



# *the carillon*

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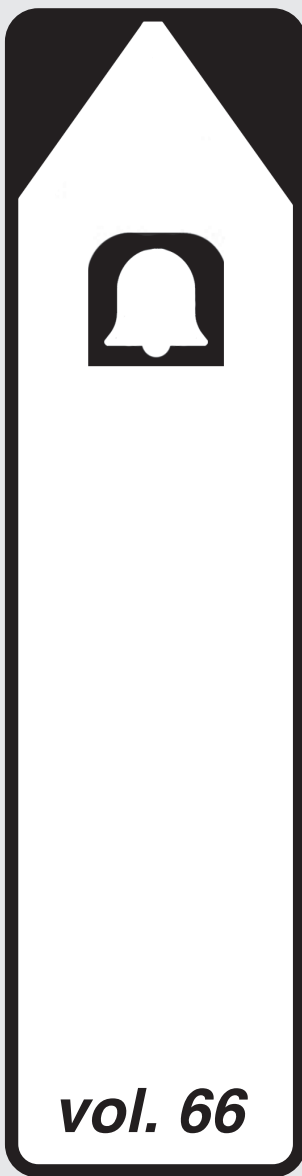
*fun in the prairie sun since 1962*

[carillonregina.com](http://carillonregina.com)



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# the carillon



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## the paper

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## land acknowledgement

The Carillon is written on Treaty 4 territory. As such, staff recognize that we are living, working, and telling stories on and of Indigenous lands. We recognize that we are on the traditional homelands of the Cree, Saulteaux, Nakota, Lakota, and Dakota peoples, along with the homeland of the Métis nation. The Carillon understands that it is pointless to acknowledge the land on which we work without demonstrating our commitment to telling stories and prioritizing voices that further the return of this land to its sacred place.

## the manifesto

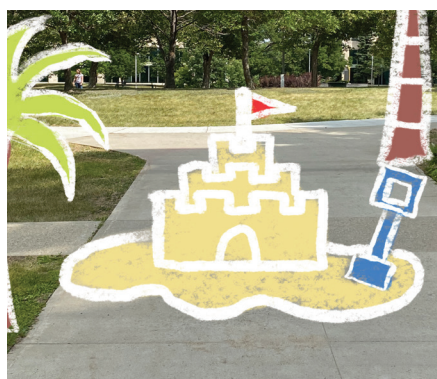
In keeping with our reckless, devil-may-care image, our office has absolutely no concrete information on the Carillon's formative years readily available. What follows is the story that's been passed down from editor to editor for over sixty years.

In the late 1950s, the University of Regina planned the construction of several new buildings on the campus grounds. One of these proposed buildings was a belltower on the academic green. If you look out on the academic green today, the first thing you'll notice is that it has absolutely nothing resembling a belltower.

The University never got a belltower, but what it did get was the Carillon, a newspaper that serves as a symbolic bell tower on campus, a loud and clear voice belonging to each and every student.

*the people's friend; the tyrant's foe*

## The University of Regina Students' Newspaper Since 1962 june 15, 2023 | volume 66, issue 2 | carillonregina.com



Just over a month away from fall semester and already this paper is full of some of the finest writing the Carillon has been graced with. Many thanks to the staff, contributors, collaborators, and interview sources who put time and care in to help get this issue out.

Student voices are being powerfully raised on topics like the climate crisis, university funding and economics more generally, enrichment of life, and the generally catastrophic impacts of capitalism. I'm excited to see more people choose to further establish and follow-through on their values via journalism in the coming months.

Please keep in mind that our editorial staff are more than happy to support contributors if you're wanting to publish with us but aren't sure where to start, and remember that the strength of a newspaper like ours is found in the diverse individuals who make it up - we'd love to see you be a part.

holly funk  
editor-in-chief

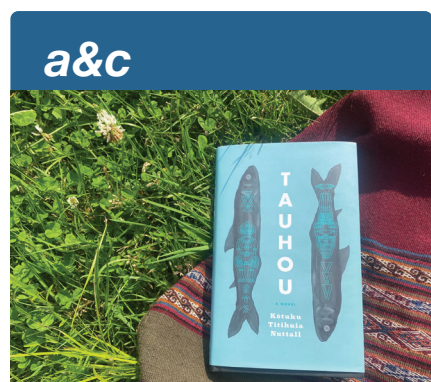
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op-ed.....wiki commons, manip by lee lim



## queer on campus p. 3

In the wake of an attack during a Gender Studies course in Waterloo we cover current climate, our campus happenings, and available supports for students.



## reading review p. 9

Maren Savarese Knopf reviews *Tauhou*, a novel by Kōtuku Titihuia Nuttall covering themes of geography, Indigenous families, and reinterpretation in a variety of genres.



## Keshen recounts p. 5

The university's president touches on budget decisions, potential future directions, and his reaction to a university community petition on provincial defunding of post-secondary education.



## fuelling opportunities p. 12

Shakirat Edoho of Atare Food Products, JC Agro, and Lose it Nigerian shares about how she established her place in the fraught and convoluted food industry.



## season grand finale p. 9

If you're looking to end your summer on a high note, peek at this variety of activities to toss on your calendar immediately.



## well-rounded activism p. 14

While causing large-scale change in this world cannot cease to be a priority, bringing activism into each relationship will reinforce your values daily - that shit generalizes.

## Queer on campus Reflections on the University of Waterloo attack

maren savarese knopf  
staff writer

*Content warning: this article discusses physical, sexual, and gender-based violence as well as homophobia, transphobia, and queerphobia. Please read with attentiveness to your mental health and wellbeing. A list of queer organizations and supports can be found on this page.*

On June 28, a professor and students were targeted in a hate-motivated attack during a philosophy of gender class at the University of Waterloo. The incident occurred during Pride Month which promotes and celebrates the 2SLGBTQIA+ community.

The professor and two students are recovering from severe but non-life-threatening injuries. Investigators on the case believe the armed assailant planned the attack and was motivated by hate related to gender expression and identity. In wake of the incident, the University of Waterloo admitted its emergency response system, tested earlier that day, did not effectively operate to alert the wider campus.

Prime Minister Justin Trudeau called the attack “horrifying and unacceptable” as universities and students are jointly reeling from the events at Waterloo and considering its impacts.

Throughout Canada, and perhaps the globe, we are seeing intensified political movements underpinned by hate and contempt for 2SLGBTQIA+ people. Most notably, recent legislative attacks to gender-affirming healthcare. Moreover, Jordan Peterson,

with provincial changes to Policy 713. The policy was introduced in 2020 to set minimum standards for New Brunswick schools to provide a safe and welcoming environment for 2SLGBTQIA+ students. The current conservative government revised the policy to forbid teachers from using students’ preferred pronouns without parental consent. In doing so, the province’s Premier Blaine Higgs publicly stated that gender dysphoria has become ‘trendy,’ and is not a trend he will be supporting through Policy 713.

Dr. Shannon Dea, professor and Dean of Arts at the University of Regina, explained that these attacks might be best understood as stochastic terrorism. Dr. Dea explained stochastic terrorism as a “useful term coined to describe what happens with the [proliferation] of disinformation.” It refers to events where a person is inspired to act violent in the name of something they perceive as wrong. Such actions are further emboldened through messages they receive, designed to elicit such responses and perhaps culminate into events like observed in Waterloo. Following the events in Waterloo, Peterson tweeted “DIE woke universities And not a moment too soon.” This is a clear example of stochastic terrorism that further encourages violence.

Dr. Dea is a social scientist who researches and teaches within the areas of gender and queer studies. She is also the author of “Beyond the Binary: Thinking About Sex and Gender.” The Dean of Arts also served as the former director of Women’s Studies at the University of Waterloo where she

or queerphobic violence is experienced. You do not have to identify as 2SLGBTQIA+ to be the target of a queerphobic attack.

There are connections to be made here with the 1989 death of Alain Brossseau. Brossseau was living and working in Ottawa when he was attacked by a group of teenagers who chased, beat, and then dropped him over the side of a bridge. His attackers later said that they acted on the belief Brossseau was gay, which he was not. Ottawa Filmmaker Carl Stewart, who created a short film on Brossseau’s life, comments “I think the fact that he wasn’t gay meant that it could happen to anyone.”

According to Dr. Dea, it’s “bad practice to extrapolate too sharply” from what occurred in Waterloo and in who we imagine perpetrators to be. In large part she says that sexual, gender-based, and queerphobic violence is experienced within interpersonal relationships and is supported by statistical research.

The caution from Dr. Dea was that if we perceive public spaces to have become ‘unsafe,’ there are further unintended impacts of making spaces more unsafe. One of which is that people

are not around and present in public space. In turn, “this makes it harder for everybody to study,” says Dr. Dea.

One element involved in directed attacks like the one at Waterloo is that other classes aren’t teaching gender and queer curricula. To this, Dr. Dea says she “doesn’t expect all profs to teach gender studies,” and rather that universities should be a multiverse in that “gender studies needs to be taught in bustling, lively, active places.”

Last month, the Carillon released its first issue of volume 66. It was bold, and one of the ‘queerest’ issues to date. A quick walk around campus revealed overwhelmingly empty newsstands shortly after they had been filled with issues of the publication. However, there was also an increase in tampered-with newsstands. Holly Funk, editor-in-chief, says “there’s always a chance it can happen when we’re a newspaper printing in favour of things that are being contested like basic human rights.”

When asked about the connection between seemingly small incidents such as the vandalism, Dr. Dea says “it’s difficult to know

whether intended or not, [but] they provoke fear. [...] People have a responsibility to make others feel safe.”

Likewise, microaggressions operate in a similar manner. Microaggressions occur mostly in commonplace, everyday slights, comments, or reactions toward aspects of a person’s identity such as class, gender, or race. Part of making spaces safer then becomes about making them intelligible as queer spaces. Dr. Dea explained that although there are good critiques around virtue signaling, hanging pride flags and having a visibly queer presence are still examples of queer space establishing that remain important.

Students who are or have experienced gender-based violence, queerphobia, transphobia, or homophobia should “start by reaching out to URSU” says Dea. The University of Regina also has counseling services, and a sexual violence office with the mandate of violence prevention and protection.

“...gender studies needs to be taught in bustling, lively, active places.”

– Dr. Shannon Dea

a professor at the University of Toronto, posted a tweet calling members of the Endocrine Society who support gender-affirming care “liars [ ] butchers [ ] monsters.” Moreover, Elon Musk - owner of the app - tweeted the following: “the words ‘cis’ or ‘cisgender’ are considered slurs on this platform.”

In a similar trend, New Brunswick recently made headlines

helped to create and teach the course in which the recent attack occurred.

“[It’s] worth noting that if gender studies students and professors aren’t safe, [universities] aren’t safe for anybody,” says Dr. Dea. In conversation she pointed to the student reports on the incident, many of whom aren’t themselves gender non-confirming. This speaks to the larger socio-environment in which gender-based



**Sexual Violence Prevention & Response**  
Web: [www.uregina.ca/sexual-violence/](http://www.uregina.ca/sexual-violence/)  
Email: [lynn.thera@uregina.ca](mailto:lynn.thera@uregina.ca) for an appointment

**Respectful University Office**  
Email: [Respect@uregina.ca](mailto:Respect@uregina.ca)  
web: [www.uregina.ca/hr/respectful-universitieservices/index.html](http://www.uregina.ca/hr/respectful-universitieservices/index.html)

**Regina Mobile Crisis**  
(306)-757-0127

**Lesbian Avengers of Regina**  
[Lesbianavengersyqr@protonmail.com](mailto:Lesbianavengersyqr@protonmail.com)

**Trans Health SK**  
Regina & South:  
[navigator.south@transsask.ca](mailto:navigator.south@transsask.ca)  
Saskatoon & North:  
[navigator.north@transsask.ca](mailto:navigator.north@transsask.ca)

**Justice Trans**  
[admin@justicetrans.org](mailto:admin@justicetrans.org)  
(819) 210-9958

**Out Saskatoon**  
Address: 213 Avenue C South,  
Saskatoon, Sk S7M 1N3  
(306)-665-1225

**Trans Life Line**  
1-877-330-6366

**UR Pride Centre**  
[contactus@urpride.ca](mailto:contactus@urpride.ca)  
(306)-900-4625

# Student satisfaction at the U of R

Why students chose to study here, whether they're content, and a little history lesson all wrapped together

nazeemah noorally  
staff writer

Regina, Saskatchewan's capital city, is home to the University of Regina, guided by its inspiring motto "As One Who Serves." The University of Regina has campuses located on the ancestral lands of the nêhiyawak, Anihšīnāpēk, Dakota, Lakota, Nakoda, and the homeland of the Métis Nation on Treaty 4 and Treaty 6.

The university can trace its roots back to its establishment in 1911 as Regina College, a small Methodist college affiliated with the University of Saskatchewan. It offered classes in the arts and sciences, thus serving as a center of education for the local community. In 1974, Regina College transitioned into the University of Regina, an independent and degree-granting institution. This moment marked the university's expansion of programs, research opportunities, and scholarly pursuits with its commitment to academic rigor and excellence.

The University of Regina has 10 faculties, 25 academic departments and schools, 10 research centres, and three federated colleges: Champion College, First Nations University of Canada, and Luther College. Today, UofR offers over 190 undergraduate programs and 80 graduate programs including a host of francophone courses offered through La Cité, thus catering to a broad spectrum of disciplines and professional fields. This yet gives rise to a pressing question: why among all the other universities across Canada did students choose the University of Regina as their post-secondary institution? And are they content now with the choice they made? The Carillon conducted a survey and spoke with several students to get their take on the matter.

Despite its smaller size compared to other cities, Regina offers a significant advantage when it comes to commuting. This means traveling to the university is generally less time-consuming compared to larger metropolitan areas. This is seen in the survey results revealing that a significant majority of students, 83.33 per cent to be precise, chose UofR for its location and campus facilities. This overwhelming response certainly highlights the appeal of the university's convenient placement, thus decreasing the daily challenge of navigating through heavy traffic and allowing for more flexibility in the students' schedules.

Moreover, 66.67 per cent of students indicated that recommendations from friends and families played a role in their decision to choose the University of Regina while 33.33 per cent cited budget considerations as a factor in their decision-making process, and 16 per cent mentioned acceptance rate and academic quality as the influential factors.

Being located within Wascana Park, the University of Re-

gina provides an attractive study and work environment. The tuition rates are on par with the national average, and it is among comprehensive universities in the level of student financial support – available as a percentage of tuition. This shows the university's location and commitment to affordability that contributes to the quality and experience of the students at UofR.

Regarding extracurricular activities and student organizations that have contributed to the students' personal growth and

of UofR's programs provide on- and off-campus career opportunities, academic advising, learning skills, transition programs, special assistance for students requiring accessibility facilities, community-building activities, and opportunities to showcase their athletic talents. Such organizations at the university create spaces for students to thrive both academically and personally.

The survey also shed light on the satisfaction of the students related to the quality of education and academic programs available

with professors and students and go to the different events that are offered inside and outside the university." On the other hand, another student pursuing a BA in Psychology suggests seeking guidance and support to enhance one's educational experience. "Reach out to an academic advisor." This was among the recurring suggestions for continuous improvement in one's academic endeavors.

Some students expressed concerns about the teaching

classes in a timely manner, and reading early on were recommended to avoid last-minute panic or stress. Taking the initiative to engage with course materials well in advance allows for better comprehension and preparedness. The opportunity to take classes offered through Champion, Luther, and the First Nations University (FNU) of Canada was also seen as interesting by the students surveyed. Some students spoke highly of FNU, like one who noted "FNU has a very rounded ed-

“Concerns about the loss of professors, insufficient class availability, and the need to have more options for flexible concurrent programs in the Faculty of Business Administration were also raised...

overall university experience, the responses varied. The students who took the survey mentioned their involvement in specific programs such as the Ambassador program, UR careers, Student Success Centre, Accommodation Test Centre, the Muslim Students' Association, University of Regina Students' Union, and

at UofR. Results reflect a mixed perception among students regarding the quality of education. While 62.5 per cent view the educational standard as average, 37.5 per cent view it as above average and only 12.5 per cent consider it to be below average. These varying perspectives stress the fact that each student has differing experi-

... highlighting the importance to have an adequate range of courses and an adequately supported and staffed faculty.”

– Nazeemah Noorally

Cougar Athletics and Rams Football Camps. Whether it's gaining industry experience, expanding students' professional networks, connecting with the larger student community, or engaging in diverse sports activities, these organizations and programs provide students with resources to make the most of their student experience where the possibilities are abundant.

Every student has different expectations of university, different learning styles, and different needs. The personalized support

ences and opinions when it comes to the academic programs offered at the university. It is thus crucial to note that rankings should not be the sole determinant of a university's educational value.

Factors such as teaching methods, faculty expertise, research opportunities, and practical learning experiences equally contribute to the overall experience of a student. For example, a fourth-year student enrolled in the Faculty of Arts emphasized the importance of making connections: "Make connections



All the potential in the world, you simply need to decide in which directions you're pursuing.

Photo: Lee Lim

methods of professors, emphasizing the need for more engaging instructional approaches. As one student stated, "The prof can be way better with their teaching methods! Many simply only give us the materials to make sense of rather than teach it to us." Another student expressed the desire

for more biochemistry classes, indicating the need for expanded course offerings in specific disciplines. Concerns about the loss of professors, insufficient class availability, and the need to have more options for flexible concurrent programs in the Faculty of Business Administration were also raised, highlighting the importance to have an adequate range of courses and an adequately supported and staffed faculty.

Several students offered practical suggestions for improvement. Planning, registering for

education. I appreciate it." Moreover, academic advising and scholarships were also mentioned as valuable benefits, and another notable advantage raised is the opportunity for smaller class sizes and increased interaction with professors. Students can better engage in discussions, ask for clarifications, and receive individualized attention from professors from the smaller-sized classes at the Federated Colleges, creating more of a sense of belonging within the university community.

In the guise of conclusion, while ambivalence is seen among diverse students who have chosen the University of Regina as their post-secondary institution, UofR still stands as a beacon of opportunity and growth for the latter seeking tertiary education. A complexity of student experiences does exist, highlighting the multifaceted nature of educational value. It is noteworthy that the voices of students serve as a testament to their dedication to their education and their belief in the potential of the university. To everyone who has chosen the University of Regina, your decision can be not merely a choice, but a transformative milestone for your academic journey. A moment when possibilities converge, and it is up to you to navigate your path and make the most of the resources available to you.

# President Keshen on U of R funding concerns

While waves are being made by the delivered petition, dams continue to inhibit progress

holly funk  
editor-in-chief

It's been two weeks since CUPE 5791 organizers delivered the Petition to UofR President concerning tuition raises, budget cuts, and demands to mitigate the negative impacts of both on students and staff at the University of Regina (U of R).

Both tuition and the budget are approved of by the Board of Governors, who are responsible for financial operations of the university as well as its strategic direction as an academic institution. Jeff Keshen, president of the university, explained that during budget deliberations the Board will mainly look at things like "what is our current deficit; we are legally obliged to balance our budget. Now, we can carry forward a plan to balance over more than one year, but we have to show a clear path legislatively toward a balanced budget."

The authors of the petition note that base funding from the provincial government for the U of R has fallen 13.7 per cent in the past four years, leaving a "gap being filled by tuition increases, making university education less affordable and accessible for residents. International and domestic students are unfairly shouldering this burden. Staff are being laid off, positions are being cut or consolidated. The quality of education at the U of R is in jeopardy."

On June 12, 2023 Keshen confirmed in an interview that

he had received, read, and was responding to this petition. "I sent the petition off as I promised I would to the government, and I've sent out an invitation too – I wrote the organizers and am still waiting for a response." Keshen hopes that conversations with the university community will be productive, with all working to help "the institution to thrive."

The president was asked whether or not the petition sign-

ers' claim that "The quality of education at the U of R is in jeopardy" has merit, and paused to think for a tense 17 seconds before responding: "I think that proper funding of universities is essential to provide the quality of education to students to set them up for success. I think that as an institution we need to be aware of affordability, accessibility, and that we also need to as a province, as a community – not just us

but all the universities and all the post-secondaries here – be aware of how we compare to other institutions that are out there."

He continued with points on the country-wide "erosion of funds for students," noting that certain impacts of budget troubles can include the deferral of much needed maintenance projects and repairs, steadily increasing amounts of students in courses, "in programs that will have to reinvent themselves, you'll see it in consolidation of different things. [...] the economics will always drive the reality."

"It's an objective fact, it is just an objective fact that as you continue as an institution to need funds, you're going to have to find it from somewhere or you're going to have to make choices that are going to enable you to balance the budget." Keshen went on, "Inevitably, those factors have consequences. The degree to which it creates to say that you are not offering the education that students need and want, that I think is not something that I would say we're at at this stage. But again, the pattern is that you continue to have to make choices if you continue to have to make those choices."

Tuition at the University of Regina has nearly doubled in price in the past decade, which *CBC News* covered on July 6 noting a spring/summer semester average jump from \$2,662 in 2013 to \$4,117 in 2023. The Carillon thought it would be useful to ask the president what the university has been doing to ensure student

experiences, support, and opportunities are also 'inflating' at a similar pace.

Keshen spoke on improvements that the university community has yet to see. "Why is it that a student will pay so much to go to some universities, and hesitate and be dissatisfied with other ones? That's something that really resonates with me because the tuition has to reflect, I think, the experience of the students, and we are putting more money into that. I think we do also need to do better with our bursaries and scholarships to help students, I think we need to do better and do more to provide on-campus work experience for our students, I think that we need to do and invest more in co-ops for our students to prepare them. And again, I hate saying this, I think it's such a rhetorical way of saying it: we're not there."

The president was vocal on some of the supports he desires to see from the provincial government, one priority being a scholarship program, but noted that the public's perception of universities can greatly impact the funding afforded post-secondary institutions. "I do think that the public needs to be more aware of what the universities are doing, and the way that we drive discovery. The way that our graduates in fact do lead in our society, the success of graduates with university education, the way that our graduates in fact do better economically, culturally they enrich our society – I think that's part of it."



Maybe, possibly, perhaps it could be uphill from here?

Photo: Lee Lim

## Science over summer in Regina

A program hosting students to learn about carbon capture and storage

Summer turned out productive for the 40 Ph.D., postdoctoral, engineering, and policy students who got the opportunity to attend the International Energy Agency Greenhouse Gas R&D Programme's (IEAGHG) Carbon Capture and Storage (CCS) summer school from July 9-15 in Regina.

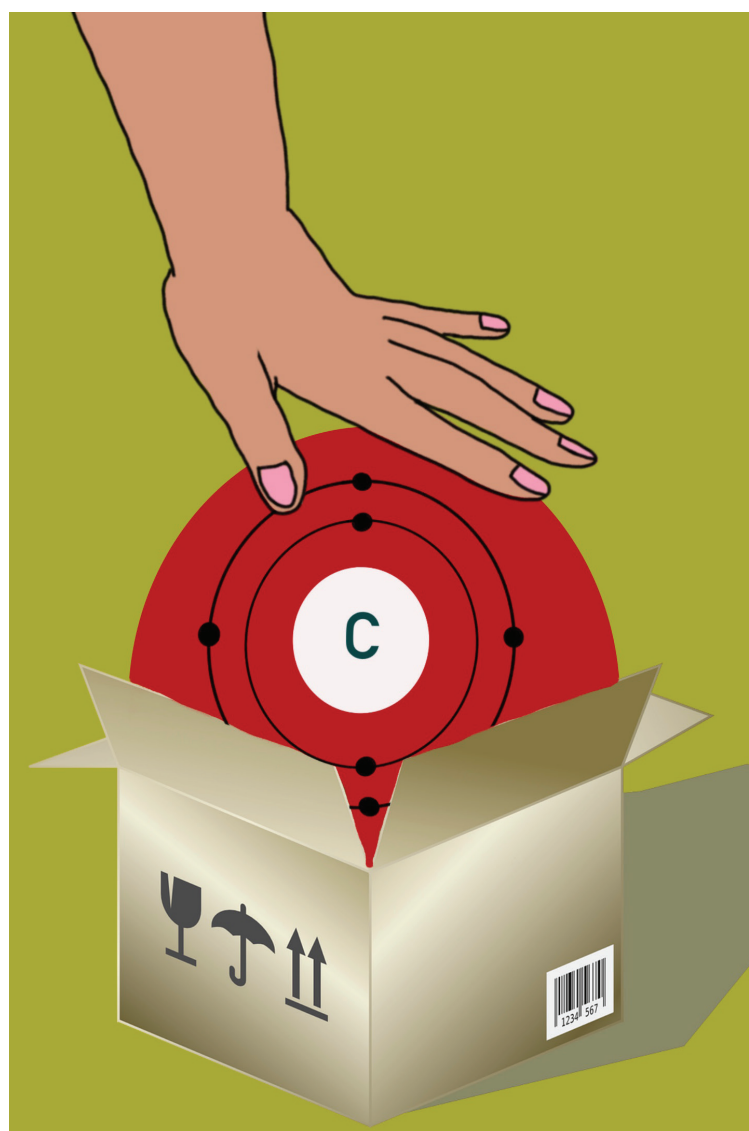
IEAGHG is a collaborative international programme which was founded in 1991 under the International Energy Agency. It aims to provide information about the role technology can play in reducing the emission of greenhouse gases in the environment. Their main focus is Carbon Dioxide Capture and Utilization and Storage (CCS/CCUS), as carbon dioxide (CO<sub>2</sub>) is an important greenhouse gas known to play a major role in climate change. IEAGHG funds the research and development of technologies that can facilitate carbon capture, utilization and storage.

IEAGHG's week-long summer school entailed a deeply immersive experience which took the participants through a detailed overview of the existing CCS technology. The diverse group of students coming from 29 different countries were selected from a pool of applicants

based on merit, recommendation, and their interest in the subject.

The selected individuals got to witness the CCS technology in action and learn more about the role technology can play in achieving the global carbon emission targets. The experience also included a field trip to SaskPower's fully integrated Boundary Dam Unit 3 (BD3) Carbon Capture and Storage Facility. The facility was started in 2014, and one thing worth noting about it is that it is the first and only CCS facility in the world that has captured and safely stored more than 5 million tonnes of CO<sub>2</sub> since it began operation.

IEAGHG through this programme aims to broaden the knowledge spectrum of CCS technology in both developing and industrialized countries. By getting more individuals informed and educated, the school attempts to deliver important lessons that can be learned from the BD3 and existing CCS technology about carbon capture, utilization, and storage. The ultimate goal is to further promote the development and deployment of next generation CCS technology globally in an attempt to curb the effects of carbon dioxide on climate change



Away with you!

Image: OpenClipart-Vectors via Pixabay, manipulated by Lee Lim

in a sustainable and efficient manner. The school covers technical aspects of CCS such as capture, transport, storage, and industrial uses through regulation, policy, financing, and communication.

With an agenda as important as CCS, it is no wonder that the school also attracts experts from across the world who have the most-current knowledge on the subject. In fact, it boasts over 677 alumni representing over 59 countries with successful careers in CCS technology and academia.

IEAGHG's summer school is an annual event that travels through the globe and has been hosted in about eight different countries covering Asia, Australia, Europe and North America. 2023 being its 15th year, this July marked the fourth time the school returned to Regina. Part of the reason so many iterations have been held in Regina is that the International CCS Knowledge Centre is based in Regina, meaning there are always chances that they might schedule the programme here yet again. Science enthusiasts, keep an eye out!

shivangi sharma  
news writer

# Fires biting at our heels

Manitoba fights for survival against rampaging flames

alister vigier  
contributor

Hardly halfway through the year and already Manitoba is already grappling with the relentless onslaught of forest fires, pushing this Canadian province toward potential calamity. An alarming 75,000 square kilometres of our pristine Canadian wilderness has fallen prey to the seemingly insatiable flames, more firmly turning a dark page in Canada's history.

Amidst the ash-laden haze obscuring the burnt expanses from the Pembina Val-

**Backburning:** this is the process of intentionally starting fires under controlled conditions in the path of the main fire. The idea is to consume the fuel in the main fire's path so that it runs out of material to burn, similarly to creating firelines.

**Aerial firefighting:** this involves dropping water or fire retardant chemicals from aircraft onto the fire. The materials help to suppress the fire and protect areas that it might otherwise reach.

**Using water:** firefighters also put out fires using water, which absorbs heat and reduces the oxygen available to the fire.

conducive to igniting blazes. This makes Manitoba's vast boreal forest, covering 75 per cent of the province, a potential tinderbox, igniting at the slightest provocation.

## Ready fuel for fires

Fueling the flames further, spruce budworm and mountain pine beetle infestations are rising. They leave dead, dry trees in their wake, providing ready fuel for fires. Research shows that beetle-infested forests are twice as likely to burn. Manitoba's future may bring fires burning hotter, faster,

ibou and wolverine could see their habitats shrink by 40 per cent. Fires also release vast amounts of carbon stored in forests, accelerating global warming.

If the situation worsens, the very identity of Manitoba – the land of 100,000 lakes, the “Keystone Province” – might be at stake. It's a grim scenario, but it's one we need to understand to prepare for and mitigate. The future of Manitoba is in our hands, let's not let it go up in smoke.

## Fire safety guidelines



Maybe if they try licking the flames back?

Photo: 12019 via Pixabay

ley to the Interlake regions, a ray of optimism emerged. Tireless brigades of local, provincial, national, and international volunteers managed to stem the destructive tide of the forest fires. 200 firefighters from Mexico just arrived in British Columbia to help fight some of the many fires in the country.

Firefighters from France and Spain have also been assisting. These forest firefighters, also known as wildland firefighters, use a variety of methods to combat forest fires.

## Managing forest fires

The strategy depends on factors such as the type and size of the fire, the terrain, the weather, and the available resources. Below are some common projects that these volunteer forest fire fighters are working on.

Creating firelines: also known as a fire-

Fire engines and hoses are often used, but in remote areas water can be transported by helicopter in large buckets.

To these brave warriors of the wildfire, I extend my deepest appreciation.

## The grasp of climate change

There's no denying it: Manitoba's ecosystem is succumbing to the inexorable grasp of climate change. Forest fires are no longer rare, but have become recurring nightmares that arrive sooner, stay longer, and spread with increasing speed, making their containment an escalating challenge. We've been spared the very worst so far, but our fortune is fading.

Climatic conditions are driving wildfires to become frequent, intense, and erratic. Increased summer temperatures, predicted to rise by 2-3°C by 2050, have been linked to increased fire activity. This

and more unpredictably.

The human cost would be staggering. Almost 70 per cent of Manitoba's population lives within the boreal region. A future escalation of fires could put 870,000 people directly in harm's way (and that's not counting the countless Indigenous communities whose culture, history, and current livelihoods are rooted in these forests).

Air quality deterioration is another concern. Forest fires emit harmful pollutants, causing a surge in respiratory and cardiovascular diseases. With increasing fire activities, Manitoba and the rest of the country could see the rise in respiratory illness and climbing hospital admission rates due to those same illnesses.

## The cost of fire suppression

The financial toll would be enormous too. Over the past decade, Manitoba spent

The government has admirably initiated the distribution of fire safety guidelines to the public, promoting responsible behaviours that echo the lessons of Smokey Bear. While this is a beneficial step, the stark reality is that no measure of individual vigilance can shield us entirely from wildfires.

Despite our conscientious camping practices, Manitoba fires will rage on, highlighting the pressing need for a thorough readiness plan and strategy.

## The repercussions of this fire season

The wildfire crisis seizing Manitoba calls for a dramatic shift in our approach. Developing policies that propel us toward a zero-carbon future isn't just appealing – it's an absolute requirement. Our fight against these blazes mirrors our broader struggle against a changing environment.

“

Research shows that beetle-infested forests are twice as likely to burn. Manitoba's future may bring fires burning hotter, faster, and more unpredictably.”

– Alistair Vigier

break, this is a gap in vegetation or other combustible material that is cleared out to stop the fire from spreading by reducing areas it could potentially spread to. Firefighters use tools like chainsaws, shovels, and other hand tools to remove trees, bushes, and other potential fuel for the fire.

means Manitoba's future could witness longer fire seasons, spanning up to seven months rather than the current five.

On the other hand, Manitoba's precipitation levels are declining. Projections suggest a decrease of about 7 per cent by the mid-century, bringing drier conditions

an average of \$100 million per year on fire suppression. This could skyrocket to \$300 million annually if fires intensify. The wider economic fallout could lead to a GDP contraction of up to 1.5 per cent per year.

Manitoba's biodiversity is at risk too. Endangered species like the woodland car-

As the final sparks of the Pembina Valley fire gradually extinguish, the lingering warmth of this disaster should act as a grave reminder. Those in positions of power must comprehend the intensity of this crisis, ensuring that the wounds inflicted by this fire season spur decisive action.

# It's getting hot in here

## Sask. summer temperatures hitting all-time highs, residents note weather shifts

shivangi sharma  
news writer

Be it online or offline conversations, climate change, global warming, rising temperature, and so on have been the new buzz-worthy phrases in the recent years (and for good reasons). The world is getting to experience the real time effects of what scientists and researchers studying climate change have been warning about for decades.

Global temperatures have been on a continual rise which has had an impact on a wide range of factors. Melting of ice caps, rising of global tempera-

tures, rising of ocean levels and ocean temperatures causing the extinction and endangerment of marine ecology at an alarming rate are a few to name. Though it's not just our animals that are suffering through these changes.

Further, it can be reasonably expected that the figures are only going to climb for 2023. Saskatchewan itself has not remained unaffected by these changes. According to a report by Saskatchewan Environmental Society, the effects of climate change have caused major forest and grassland fires, extremely heavy rainfall events with substantial floods, and the migratory spread of insect pests from further south. Their website also highlights that per capita greenhouse gas emissions in Saskatchewan are more than three times the national average. The effects can also be seen in that temperatures in the province's capital hit

the effects of record-high temperatures are not lost upon its residents. Wendy Machmer, a resident who has spent a significant part of her life in Regina and nearby places, spoke to us about the changes in weather and climate over the years and the effect it has had on the people like her who've lived through it. "We've definitely had some extreme weather with the temperatures and a couple bad storms. We have experienced different amounts of heat, similar in other years but not quite as hot," said Machmer about this summer's temperature.

Having spent quite some time in Regina, she was also able to give us an overview of how things

think that they're much more frequent and much more intense," she said.

It is interesting to note that she mentions the city has experienced extreme weather conditions in the past but their intensity and frequency have increased in the recent years. The Royal Society's website explains that climate change can have a direct impact on the strength and frequency of floods, droughts, hurricanes, and tornadoes. While hurricanes don't threaten Saskatchewan quite so much as other coastal Canadian regions, the other three have the potential to cause drastic damage. The changes in frequency and intensity of these events

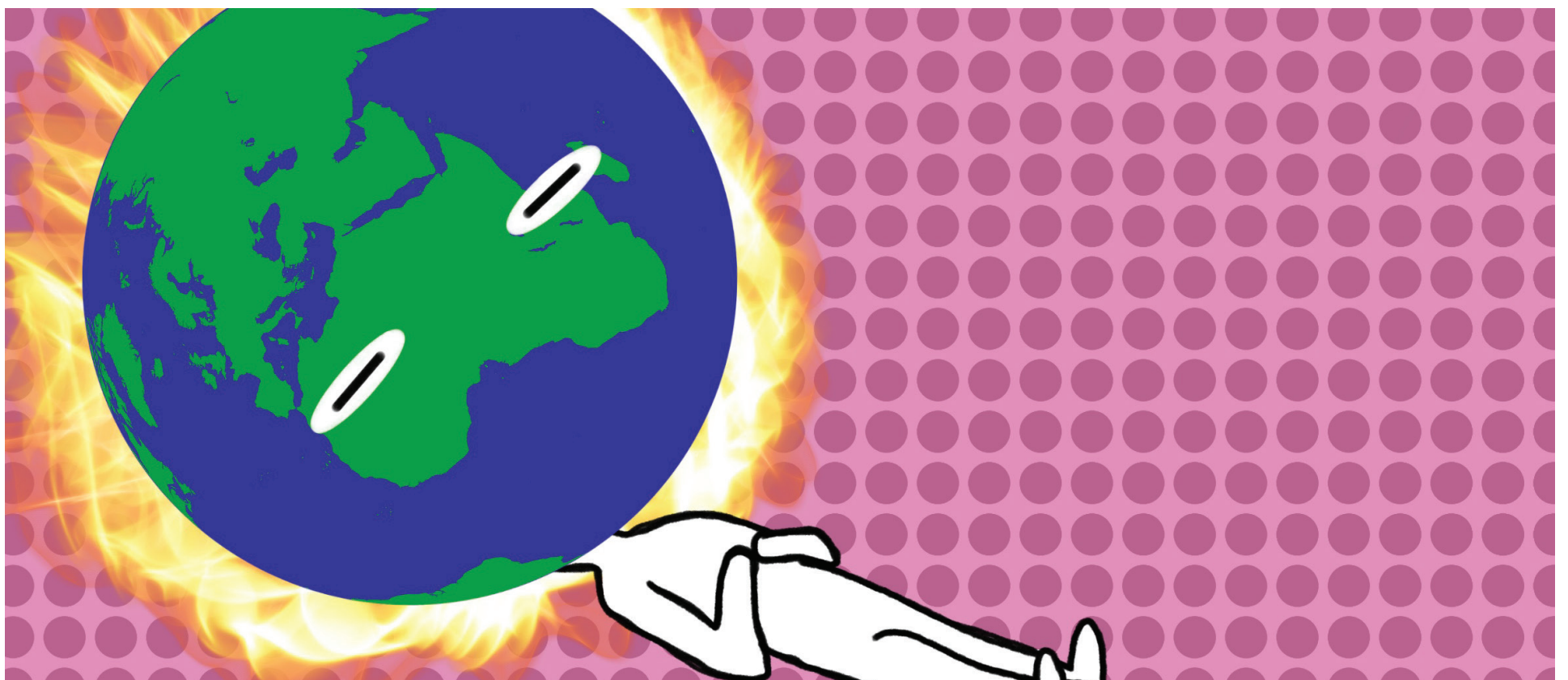
are going to have in the future if not curbed and slowed down.

Machmer mentioned that it is important to take individual responsibility and contribute toward sustainable and environmentally friendly ways of living as much as we can. Given the extent and seriousness of the crisis, I would say perhaps a little more than just what is convenient too.

According to [canada.ca](http://canada.ca)'s website, one of the primary causes that drives climate change and global warming is the emission of carbon dioxide due to burning of fossil fuels for human activities. Carbon dioxide is the chief greenhouse gas accelerating the process of global warming. With the carbon emission levels from industries and other sources being at a record high, it is obvious that human-led activities have played the utmost role in accelerating the crisis and accentuating the effects of it.

The catch here though is that human-led activities can also be regulated by human-led incentives. The crisis is not a just

“The catch here though is that human-led activities can also be regulated by human-led incentives. The crisis is not a just a pop culture storyline you watch on screens or read about in books with fictional plots anymore.”



Unfortunately, avoidance is not a coping skill with any potential for positive outcome in the climate crisis.

Image: librarianlady via Pixabay, manipulated by Lee Lim

tures, rising of ocean levels and ocean temperatures causing the extinction and endangerment of marine ecology at an alarming rate are a few to name. Though it's not just our animals that are suffering through these changes.

Countries all over the world are feeling the hottest summer ever according to NASA. Those who can afford measures to combat the ever-rising temperatures suffer physical and financial discomfort, while the picture is rather grim for those who cannot afford such measures and face health risks like heatstroke.

According to an article published by CNN in February 2023, between May 30 and September 4 of 2022 there were 61,672 people who died in Europe from heat-related illnesses. With almost 18,000 fatalities Italy was the worst-affected nation, followed by Spain with a little over 11,000, and Germany with about 8,000. With the temperatures rising even

“It is a reality, it is happening, and it is high time we take responsibility to address it with the urgency it deserves both individually and as a species.”

– Shivangi Sharma

a record high this year.

As per [climate.gc.ca](http://climate.gc.ca)'s database, the average minimum temperature for June was recorded to be the highest it has ever been since 1884. Although a few windy days and days with stormy weather and downpours were experienced, most of the days remained hot with temperatures which were unprecedented.

Summer is usually a festival in itself after the notorious winters that Regina and the rest of Saskatchewan goes through, but

have changed over the years. "It is a bit more volatile than it used to be. I think we've had a few more storms and the storms seem to be a bit more intense whether you're in the city or outside of the city. We've had things that we didn't even hear about a few years ago such as plough winds, and of course tornados are also a reality; they've always been around but I think we have them more than we used to have. [...] We've had extreme temperatures and extreme happenings in the past, but I

should be traced back to climate crisis and its trends around the world.

Wendy also mentions that this change and rise in temperature is something she expected, as she's been following news reports. While not everyone maintains awareness about climate crisis or keeps up with information about it, we've all experienced drastic shifts in the weather we expect for summer this year. People know and understand the reality of these shifts and the effects they

a pop culture storyline you watch on screens or read about in books with fictional plots anymore. It is a reality, it is happening, and it is high time we take responsibility to address it with the urgency it deserves both individually and as a species.

Awareness won't be enough anymore. Active action is what is needed before it's too late and there is not much left to save or restore.

## Saskatchewan Day weekend plan ideas

Got any plans? No? We've got you covered!

victoria baht  
staff writer

August long weekend is quickly approaching, and I wanted to take some time to tell you about all the events that are happening in and around Regina, Saskatchewan to help you celebrate Saskatchewan Day on August 7! Now, before we get into looking at all the cool things you could be doing to celebrate Saskatchewan Day, let's look at the history and what this day means.

farmers' markets.

Would you rather take some time in the outdoors with your family and friends and be active? Well, did you know that National Disc Golf Day takes place on August 5? This makes for a perfect chance to learn a new sport or to get your family and friends together to have a round or two of the game. To get you started, one field in the city is Douglas Park with 18 holes if you would like to stay in the city and play. There are also campgrounds that have made fields that may be per-

of disc golf, and then possibly hit up the Snack Shack or hang around for a sit-in dinner at one of Lumsden's many restaurants!

Now, if you are one that likes to head out of the city and maybe wants to travel the province on Saskatchewan Day, I found some great events for you too. You can explore some culture, take a dip in the lake, go camping, hiking, and more.

A very cool original event that I discovered is the "Jamaican Independence Day and Saskatchewan Day Celebration," giving

spend the day in the sun, dance to some music, and try some Jamaican food. They will have events for all members of the family so everyone could have fun! I admire this event. It seems like a great way to see things you may have never seen before, try some new foods, socialize with others, and possibly make some friends with neighbours we already share space with in the province. Go and join others at this event and try some amazing food and take a step into the culture.

Speaking of heading out of

where everyone can have fun are floating obstacle courses known as the "Aquatic Adventures." These are honestly a great addition to the lake and campsites that make it fun for kids, young adults, and maybe even adults can go on and have fun with their kids. Go and check out these floatable obstacle courses where you can run, jump, and slide all around, and if you fall off the structure you're only falling into the water. These aquatic adventures and parks are located at Candle Lake, Blackstrap, Duck Mountain, Greenwa-



Time with friends and family is what makes any summer.

Photo: StockSnap via Pixabay

A few of you may know Saskatchewan Day as a civic holiday. What does that mean, you may ask? A cool fact about civic holidays is that they are to celebrate the history and significant people inside of each province, with differing names across the country. As for how to spend the long weekend? A few small events in Regina that may be fun can be recognizable local things to check out, and physical activities with those you choose.

One of my favourite events in the city that happens during the summer which I wish I went to more often are the Farmers' Markets. Maybe this will motivate you to go and check it out for me! There is the classic Regina Farmers' Market at Victoria Park downtown. If you check it out you may come across the following items in the market: fresh vegetables and fruits, homemade baked goods, fresh canned jam, unique jewelry, clothes, or even home decorations. None of these items are a guarantee but it is what I have seen in the past at

fect if you are out camping during the long weekend. To name a few, there are Buffalo Pound's Maple Vale and Blue-Sky Valley, Katipwa Beach, and Moose Mountain.

people the chance to "Experience the real Jamaican vibe." Just by the headline, I know I am already interested. This event takes place at York Lake, and what better

the city, why don't you pack up the car and go camping? The long weekend is a great time to set up camp before the season comes to an end. Just grab some of the es-

ter, and more.

The Aquatic Adventures and disk golf are not the only ways you can stay active this long weekend. You could give hiking a try and, don't worry, none of the hikes you pick have to be super adventurous. They can just be a nice walk and a stroll in the outdoors. A few classic ones near Regina are Wascana Trails, White Butte Trails, and Nicolle Flats. Hiking is an easy activity you can do with your family, friends, and significant other. You can pack a little picnic and some goodies and make it fun, cute, and memorable.

Well, there it is! I found you some great events, and I am sure more will be promoted on social media closer to the weekend. If you want to find more events that are not listed here, try and check out Facebook, Eventbrite, and newsstands around Wascana Lake. August long weekend is a great time, so make sure you try to check out some of these events.

“I admire this event. It seems like a great way to see things you may have never seen before, try some new foods, socialize with others, and possibly make some friends with neighbours we already share space with in the province.”

– Victoria Baht

Just outside the city, Lumsden plays host to a field of its own in Lion's Park. You can make it a whole event and go play a round

way to spend the long weekend than at the lake? This event gives you the chance to step into culture. You will get the chance to

amentals and you can have a good time. I found a few extracurricular events you can check out while you are camping! One to start



# End of summer events

With school looming, here are ideas on how to spend the rest of summer

will bright  
a&c writer

We are almost halfway through summer, and there's only a month and a half left to enjoy the break from school before University is back in session. That means there's only a month and a half left to enjoy events in Regina before folks have to go back to school. As a side note, these events do not include any events scheduled exclusively during the August long weekend.

## Beyond Van Gogh

If you're like me, you've heard a lot about the Beyond Van Gogh exhibit that's been travelling the world. You can see the exhibit now or up to August 13 at the Vitterra International Trade Centre. You can see up to 300 different pieces of art by Van Gogh in this 30,000-square-foot exhibit. The show is completely immersive for visitors, and you'll find yourself surrounded by screens filled with the works of Van Gogh.

## Folk Festival

If you're like me and you love folk music, you need to check out the Regina Folk Festival from August 11 to 13. This summer will be the 52nd Regina Folk Festival. The headliners this summer are Alan Doyle, Allison Russell, The Halluci Nation, and the Strumbellas. There are areas for kids at the festival, a vendor market, beer gardens for those of drinking age who drink, and merch to buy. Tickets for the Regina Folk Festival are available online, and the festival takes place in Victoria Park.

## Summer Market

August 12 and August 13 is the Regina Summer Market. It will occur from 11 a.m. to 4 p.m. at the South Leisure Centre and Realtors Park. There will be vendors in the indoor and outdoor locations as well as food trucks. There's even a new addition this year to the market, Innovation Federal Credit Union's Innova-

tion Family Fun Zone. This is a great event for friends and family to explore local vendors.

## Shake the Lake

If folk music isn't your style, check out Shake the Lake Outdoor Music Festival on August 25 and 26 at the Conexus Arts Centre. Artists include School of Rock, Harlequin, Kim Mitchell, The Blazers, Collective Soul, Lee Aaron, and more.

## Dragon Boat Festival

From August 25 to 27, the Regina Dragon Boat Festival returns for its 31st year. It'll run from 10 a.m. to 6 p.m. on all three days. On Friday there will be a children's festival, and it will end with the first of the dragon boat races in the evening featuring the qualifying 200-meter races. On Saturday, the races continue all day with multiple divisions. Also on Saturday is the Island Trade Market, where you can purchase from local vendors. If you're interested, head down to Wascana



While it's great to take in the sunshine, don't forget about indoor summer events.

Photo: Horst Gutmann via Flickr

Park from August 25 to 27.

## Seussical

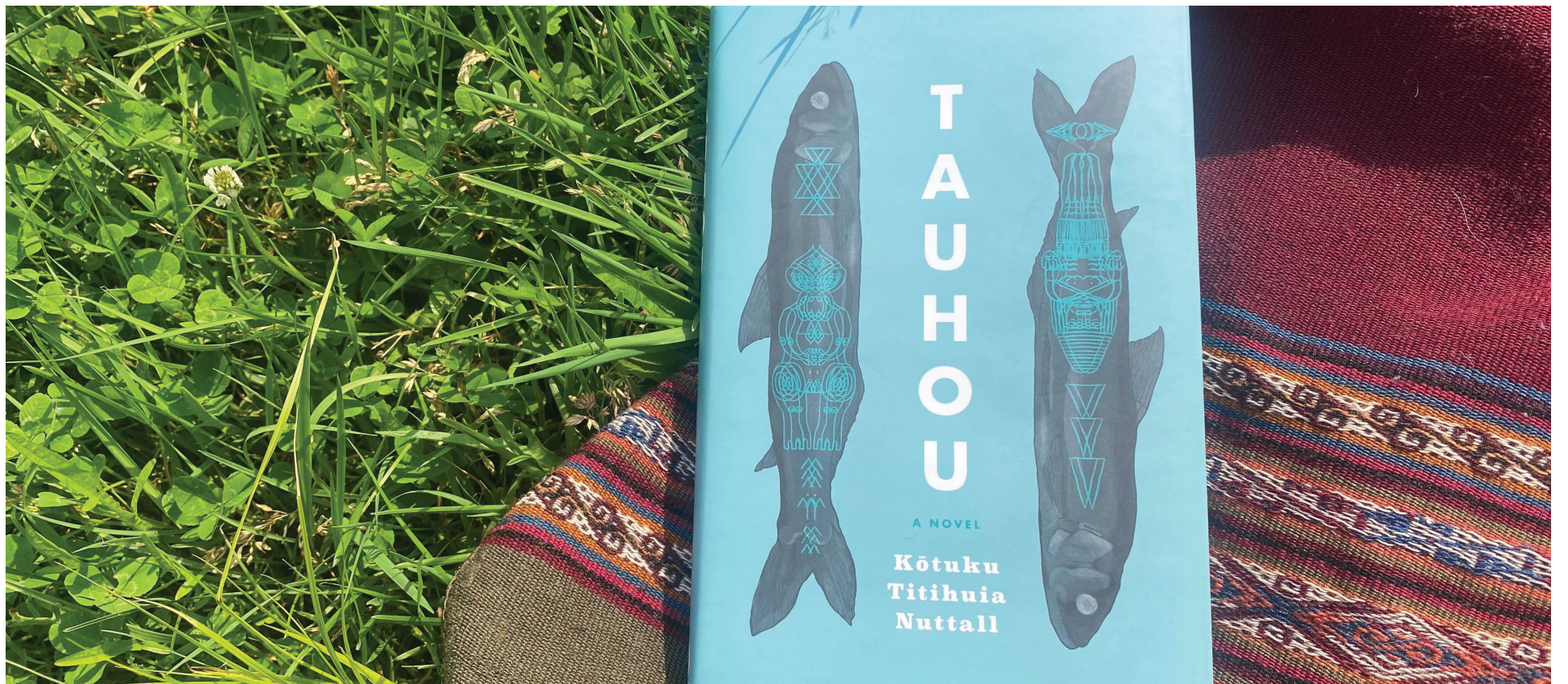
Are you a Dr. Seuss fan? Then you won't want to miss Sterling Productions latest iteration of the Seussical showing from August 30 to September 1. Head to the Capital Auto Theatre in the Conexus Arts Center for a show that brings to life the stories of Dr. Seuss. See on stage

your favourites like Horton the Elephant, the Cat in the Hat, and more. It's a fun show for all ages and you can get tickets through the Conexus website.

There are six different events you can check out in Regina this summer before classes hit and we're elbows' deep in coursework. Have fun and enjoy the warm weather!

# Summer reading review: *Tauhou*, a novel

As many books are wont to do, *Tauhou* invites readers to an alternate world



Laying in a meadow (or backyard) to read is a favourite summer pastime of many.

Photo: Maren Savarese Knopf

An integral part of summer for readers such as myself is my summer reading list.

With the passing of National Indigenous History Month in June, this month offers us the opportunity to reflect on the ways in which we incorporate Indigenous history into our lives every day of the year.

I invite you to read and explore the work of Coast Salish and Māori author Kōtuku Titihuia Nuttall whose recently released novel *Tauhou* has made its way into my hands and remained in my thoughts long after putting it down. As we read together this summer on Indigenous lands, most of which are colonially occupied and stolen, *Tauhou* in-

vites us to visualize an alternate post-colonial world.

*Tauhou* includes themes of Indigenous families, womanhood, and post-coloniality. It is both a testament to the resilience of Indigenous women and the power of kinship. Sometimes fable, sometimes historical fiction, poetry, and autobiographical, this work is perhaps best described as a hybrid novel. It is an exploration set within the Canadian geography of Vancouver Island and Aotearoa, New Zealand, both of which are connected by the ocean they share.

Resonant with this connective element between space are the words of Tongan and Fijian anthropologist Epeli Hau'ofa,

who writes, "our ancestors who lived in the Pacific for over 2,000 years viewed their world as a sea of islands, rather than islands in the sea." The positioning of Vancouver Island and Aotearoa as sitting side-by-side within the Pacific Ocean brings us to the off-page possibility of considering what it means to see the ocean not as an object of disconnection, but one that weaves us together and includes Turtle Island.

Each chapter offers the reader something different, be it a memoir, a poem, an account of the apocalypse, or a story about a monster. Each chapter illustrates the power of words and works to transform our imaginings of shared geography and a post-co-

lonial future. Like the waves of the Pacific Ocean that tie this collection of stories together, the reader is gently 'taken out to sea' and invited to embark on a journey through time, cultures, and space.

In a recent interview with Vic Books, Nuttall shared how the writing of the novel stemmed from a combination of intuitive writing, inspiration from other Indigenous authors, and coming to terms with an artistic outcome that may look different from Euro-centric understandings of literary works. In large, Nuttall's inspiration for the novel was her own family, her whakapapa, and her childhood split between two places and two Indigenous cul-

tures.

In 2022 Nuttall began a Ph.D. at the Victoria University of Wellington and is focused on developing a methodology to support Indigenous authors emotionally, intellectually, and spiritually while writing. As part of the completion of her Ph.D., she is working on a new novel described as "Native horror." The forthcoming novel will be divided into three sections, each following a different generation of Indigenous people navigating the impacts of a race-based human experiment.

maren savarese knopf  
staff writer

# Bye, Colleen

Miranda Sings a tone-deaf ‘apology,’ pitching years of abuse as an oops

will bright  
a&c writer

In the last few weeks have you seen someone online making a fake apology with a guitar or ukelele and wondered, “What was that all about?” If you have, this is the place for you. Those videos are referencing the recent scandal surrounding a YouTuber named Colleen Ballinger, better known as Miranda Sings.

Miranda Sings was big enough to have her own Netflix show *‘Haters Back Off’* that lasted two seasons, a Netflix comedy special, and an episode of *Comedians in Cars Getting Coffee*. Miranda was a character with an obnoxious voice, red lipstick smeared over her face, and a massive ego. The content Ballinger made as Miranda was aimed toward children. These videos for children often referenced an ‘uncle’ that was an allegory to child sexual abuse.

The first known person to call out Ballinger on inappropriate activities was Adam McIntyre in April 2020. McIntyre uploaded a video to his channel entitled “*colleen ballinger, [sic] stop lying*.” There were two main points McIntyre addressed in his video. The first was that Ballinger sent McIntyre lingerie when he was 13. The lingerie was featured in a haul live stream and was worn

out of the account and apologized to Ballinger. Information has since been revealed that Ballinger had approved the ‘coming out’ post.

In response, Ballinger uploaded a video entitled “*addressing everything*.” Among other things, she addressed McIntyre’s allegation that she sent him lingerie. Ballinger admitted that she

Silvestri worked during one of Ballinger’s tours and was emotionally abused by DeSoto during the entire tour. DeSoto would purposely sabotage Silvestri in an attempt to make Ballinger upset with him. As more commentary and drama YouTubers began to make videos on McIntyre’s side, more victims began to speak out.

One of these was a young girl

of Ballinger being inappropriate with children in group chats. Colleen asked McIntyre if he was a virgin when he was 13. When he was 14, Ballinger talked about sex toys in a group chat full of mostly minors aged 13-17. She sent a video to the same group chat of her putting a tampon in her mouth and asked them to do the same. When McIntyre was

how old Oliver was and how old they would be when he could see them. T Ballinger called Oliver “pretty” and “cute” on multiple occasions. He wanted special videos of Oliver. He talked about sex with this 13-year-old.

At the time of the scandal, before she made a statement, Colleen Ballinger was doing a podcast called “*Oversharing*” with

““ She claimed that the “only thing that [she] ever groomed is [her] two Persian cats,” which isn’t entirely true either. She has shaved her cats on multiple occasions, which would not be necessary if they were properly groomed.”

– Will Bright, with quotes from Colleen Ballinger

sent the lingerie, but claimed that McIntyre asked for it. Ballinger showed edited clips from the livestream to make her claim true, while the entire livestream was still available on her channel that showed McIntyre was telling the truth.

For the next three years, McIntyre was labelled a liar. Ballinger’s fandom hated him. He was attacked by the fandom.

named Becky. Becky was brought on stage during a Miranda show for a yoga challenge. Becky was wearing a romper when she was brought on stage, and Ballinger spread her legs for the entire audience. Becky has stated that she was incredibly uncomfortable and that she remembers the moment Ballinger brought her on stage, and her eyes widened when she realized how few clothes Becky

14/15, Ballinger asked him for photos of his “ass” in the group chat. She also asked the group of minors for detailed information about their first time menstruating. She asked the group chat how she should approach the man she was interested in for sexual encounters.

She isn’t the only one in her family who was inappropriate to minors.

Trisha Paytas. Screenshots surfaced of Ballinger sending photos of Paytas’s naked body from Paytas’s OnlyFans to her fans through DMs, including McIntyre, who was a minor. She allegedly hosted watch parties for her and her friends to watch Paytas’s adult content and make fun of her. Paytas claimed that when she learned of this, she asked Ballinger if it was true, and Ballinger denied it.

On June 28, 2023, Ballinger uploaded a video called “*hi*.” where she responded to the controversy surrounding her with a 10-minute ukulele song that has now been dubbed “*Toxic Gossip Train*.” She did not apologize in this video. She claimed that she hadn’t been seen recently, but she was seen at her two live shows. She claimed that she hadn’t talked to her fans in group chats in years, but she only left a group chat with her fans on June 23, 2023. She claimed that the Miranda character was PG-13, but she was at the 2023 Kids Choice Awards, and her Netflix show is TV-PG. She claimed that the “only thing that [she] ever groomed is [her] two Persian cats,” which isn’t entirely true either. She has shaved her cats on multiple occasions, which would not be necessary if they were properly groomed.

“*hi*.” is now the most viewed video on her vlog channel.

After the uploading of her video, a woman who worked on her Netflix show came out to say that Ballinger made sure that there were limited people of colour in the background of scenes and asked for all Asian items to be removed from a set that was previously an Asian market.

Other videos have surfaced of Ballinger ‘acting’ as racist stereotypes.

Other than those few videos, she was in her thirties through all of this. She was not young or inexperienced in the world and the internet. She was in her thirties.



Colleen’s representatives are claiming her non-apology was published for purchase without her knowledge or permission.

Image: Clker-Free-Vector-images via Pixabay and PaliGraficas via Pixabay, manipulated by Lee Lim

by Ballinger’s friend Kory DeSoto over his clothes. In the video, McIntyre showed the lingerie and clips from the haul livestream.

The second was how McIntyre was creating content for the Miranda Sings Twitter account that Ballinger was posting. Eventually, Ballinger gave McIntyre the log-in information to the Twitter account and one of the posts he made was a ‘coming out’ post about Miranda coming out as a Megan Trainor fan. This led to accusations that Ballinger was queer-baiting. McIntyre logged

The reason why? Ballinger herself.

Three years later, on June 3, 2023, someone named Kodee Tyler uploaded a video called “*Why I Left the Colleen Ballinger Fandom*.” Tyler stated and showed screenshots of Ballinger attempting to discredit McIntyre’s claims and seeking information to paint McIntyre in a bad light.

The next new person to speak up was Johnny Silvestri in a video called “*There’s More to the Story (my experience with Colleen Ballinger)*.”

was wearing. Becky was a minor at the time. Silvestri worked this tour and claims that those working on the tour were very upset with Ballinger’s actions, including Ballinger’s husband Erik Stocklin.

On June 10, 2023, Ballinger performed a live show, despite not saying anything during the last week. At this live show, Ballinger sold merchandise with the word ‘Canceled’ printed on it.

During this time, and following that live show, more and more screenshots and receipts surfaced

A former fan named Oliver (they/he) has shared screenshots of his relationship with Colleen’s brother Trent. T Ballinger asked Oliver not to share their conversations and told them he wasn’t allowed to speak to minors. Oliver, at the time, was 13. T Ballinger would repeatedly send pictures of Oliver back to himself. He would get upset when Oliver went to sleep because he couldn’t text while asleep. He asked Oliver if he was having sex with someone. He asked several questions about

## Experiencing football while growing one's network

An opportunity to enjoy sports while meeting like-minded people

pall agarwal  
 s&h writer

Sports communities are very popular in North America, and highly celebrated and cherished in Canada. People are excited about and look forward to football games and as they head over to the stadium sporting their team colour and pride, there is nothing but enthusiasm for their team. There is a lot of impact in the community through these games and the local businesses stand to gain much out of these events.

Businesses and organizations come together to support the community and bring forth an evening of laughter, cheer, competition, and learning. The Saskatoon Chamber of Commerce, Saskatchewan Young Professionals and Entrepreneurs (SYPE) Regina and Saskatoon, along with local entrepreneurs collaborated with Saskatchewan Roughriders to offer an exclusive VIP experience on July 15. The event was held at The Terrace on Level 3 of Mosaic Stadium, with the chance to mingle and talk to people as there are no assigned seats. "You feel like a part of the group or a family" says Talitha McCloskey, Board President of SYPE Regina. The intention was to give entrepreneurs the platform to come together, network, and learn about each other's business all while having a great time at the game. The entire experi-

ence was indeed successful and beautifully curated.

As the stadium filled with people in their green jerseys, it was the true ambience of a Canadian football game with fans cheering for their team, foam fingers showcasing the "GO RIDERS" message, and beers available for \$5. Experiencing The Terrace as opposed to being on the stands was well-embraced by many. The entrepreneurs were observed mingling, talking, and connecting to each other with a common ground of supporting their favourite team. With such an impact on the sports community and giving back to people, organizations like SYPE and Saskatoon Chamber of Commerce have done a lot to support the growth and forward movement of businesses involved.

"The Saskatoon team took the charge on planning this for the entire membership" says McCloskey. Having faced no trouble or limitations to get the tickets and access to the platform and event, SYPE Board members seemed thrilled to be there and hop on an opportunity to grow their network. In conversation with the CEO of Saskatoon Chamber of Commerce, Jason Aebig, it was learned that since the age of 15 Aebig has been to nearly 100 games, and was looking forward to the VIP experience organized by his team along with the SYPE chapters. "Allowing businesspeople across the province to come in together and have some fun,"

says Aebig. The idea of gathering professionals together for an atmosphere like that was clearly indicated and intended through the goodies handed out like foam fingers and pom poms.

"The Roughriders' organization value people coming to the game. This is one way to have a partnership with them where we bring a lot of people to the game and they provide us with the opportunity to network and know each other" says Aebig. The collaboration with the Roughriders was a smooth process from developing the price to getting members the access. The experience in The Terrace area was impeccable and gave a sense of a private watch party.

"It is a cool set up. It is a nice atmosphere, for sure. The lights are really pretty," says Andrew Tran, Board member with SYPE Regina. For first-timers like McCloskey and Tran, The Terrace experience was a lot of fun. As for her first Riders game, Meaghan Butler – Saskatoon SYPE Board member on the Marketing and Events Committee – described the venue as "really beautiful." Being involved with sports like softball since childhood and with her brothers playing football, she was excited to be there on The Terrace and watch the game.

The organizing team on The Terrace cross-checked the name of the individuals coming from different chapters, indicating a well-planned and prepared setup for the members to access. A com-

plimentary drink ticket was also given to everyone attending the VIP experience with the organizations. Meanwhile, as the players tackled and piled on each other, Riders were leading 7-0 with one

fans on the field, there was Toss the Rock where fans get a chance to toss the football at a moving truck. It was absorbed with fun and laughter in the crowd.

With the theme of the game

“

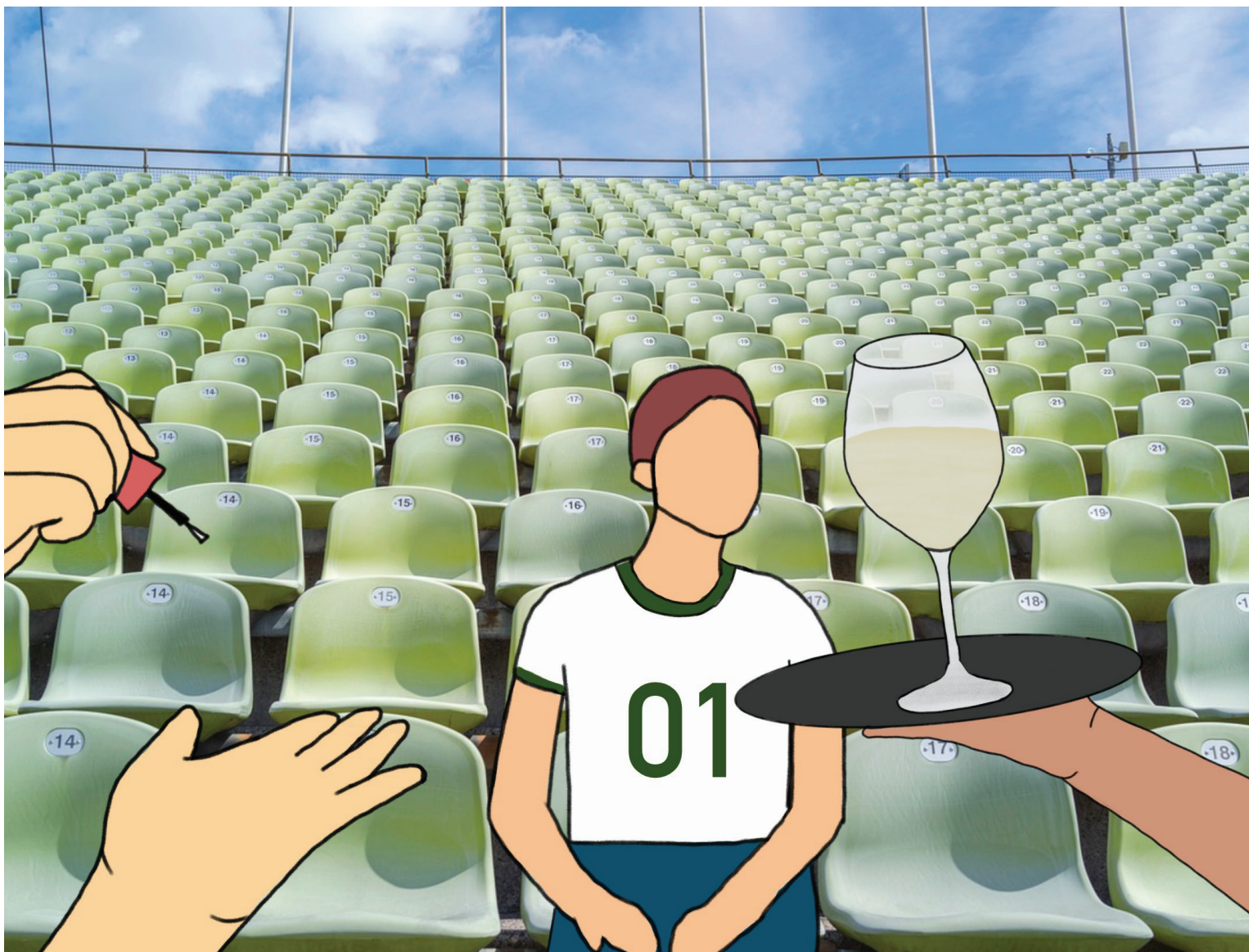
The Roughriders' organization value people coming to the game. This is one way to have a partnership with them where we bring a lot of people to the game and they provide us with the opportunity to network and know each other.”

– Jason Aebig

touchdown and one field goal. It was an exciting atmosphere to be a part of, with people cheering and waiting for their favorite players to tackle and take down the opposite team. Involving the

being celebrating Indigenous culture within our community, the members surely acknowledged the theme and cheered during the opening First Nations dance. As half-time approached, Terrance Littlelent performed a beautiful display of hoop dancing. Hoops formed beautiful shapes, curated with an array of different colours. The performance was acknowledged with a standing ovation and thunderous applause. The cheerleading team did a great show of support for the players as they continued to lift up scores. A lot of fan involvement initiatives were observed throughout the stadium, including a kiss cam and challenges with rewards of gift cards. The wave dance was well-enjoyed by the audience as they continued doing it for three or more rounds. The local entrepreneurs continued discussing, mingling and talking to each other while enjoying the game.

With losing our quarterback, Trevor Harris, for a tibial plateau fracture of his right knee, fans were giving up hope until seven seconds to the game's end when we were a point ahead. Until the last three seconds there was anticipation of a home win, until the last goal by the Stampeders and their clear win of 33-31. The fans departed with loss in their hearts but love for the team. On the other hand, the entrepreneurs felt contented and satisfied on contributing to the sports community by gathering for a common cause.



Sports would be a lot more interesting if it came with this sort of treatment.

Photo: AKrebs60 via Pixabay, manipulated by Lec Lim

# Out on the waters

In the prairies, being close to water is a rare joy

Did you know you can canoe, kayak, and paddle board all on Wascana Lake? We interviewed Eric Sallas, staff member at Wascana Centre Canoe and Kayak Rentals, and got some information on how you can enjoy these activities on Wascana Lake.

Kicking things off with available gear, you can rent single or

double kayaks, canoes, and stand-up paddle boards are \$20 an hour, and all rentals available on a first-come-first-serve basis. You have to fill out an online waiver, get set up with life jackets, paddle, run over the rules, and then you can be on your way. The rentals are not supervised; you just go on your own. You are free to hit the

“It depends on the day and the weather,” said Sallas. “If it is a very calm day with little winds, it should be fairly easy once you are on the water. You just paddle your way around. If it is a calm day, it makes your experience calmer. If it is windy, it may be more of a struggle going around the lake.” Sounds pretty fun and easy to

Now you know how you can go on the water and also where to get some lessons. But why should you go paddling on Wascana Lake? Sallas, for one, loves kayaking. “I used to be a sprint kayaker with the WRCC. Later I started working here. My favourite thing about kayaking on Wascana Lake is when it is a calm day, I like hug-

joy much in Saskatchewan. “The feedback is very positive due to the fact we are from Saskatchewan and are mostly on land. There is very little ocean nearby. So, getting the option to be on the water is something that is unique compared to other places!” said Sallas.

Have I convinced you yet to go and try out this activity? I myself love to paddle board and I go on Wascana Lake quite a bit. One comment that I always get from people is “Aren’t you scared that you are going to fall in?” Well, it does get better with practice.

According to Sallas, “There is a risk of course. It normally comes right at the dock. This is when you are shifting your weight from a solid object to a moving object which is the boat. Once you are in the boat tipping is very minimal, especially in a kayak. They are extremely stable boats because you are in a wide boat, and you are low in the boat compared to a canoe. The risk of tipping is small. Comparatively, paddle boarding is riskier and you want a fair amount of experience before paddle boarding.”

With all of this in mind, it might just be time to give these sports a try. With limited risks and a whole lot of room for adventure and fun, hopefully some readers out there will go out and try something new!



This looks very calming, but only until your phone falls into the lake.

Photo: Blake Handley via Flickr

double kayaks, canoes, and stand-up paddle boards. The rentals come with life jackets, paddles, and safety kits. The prices are per hour, per boat rentals. Single kayaks are \$15 an hour, while dou-

water no matter your experience level.

With gear in place and fees sorted, it is important to know what to expect when heading out on one of these activities.

handle! If it is your first time ever paddling or have limited experience, you can also get a referral to Wascana Racing Canoe Club (WRCC) which offers a Learn to Paddle program.

ging the shoreline a lot and getting nice and close with nature.” If getting involved with nature was not enough motivation to try this out, common feedback from those who give it a shot tend to love it because it is a very different activity that we do not get to en-

victoria baht  
staff writer

# From CPA to Food, she has it all

Shakirat Edoho combines her skills and passions to do meaningful work

pall agarwal  
s&h writer

Roller coaster journeys are always awe-inspiring. Even having gone through a vast array of experiences, people still choose to do what they truly believe in and love. Surrounded by food since childhood, Shakirat Edoho, Certified Public Accountant (CPA) and Certified Management Accountant (CMA), talked about following her passions as something that “A lot of people like to do but don’t want to do.”

She was born and raised in Nigeria, a country in West Africa, where she lived until she was 18. She graduated from the University of Saskatchewan with an undergraduate degree in Business Economics. To build more into this degree and progress in her career, she decided to get her accounting credentials, starting off with getting her CMA and then moving to CPA. Edoho has spent most of her professional life working in municipal governments – City of Saskatoon, City of Regina, Saskatchewan Economic and Gaming Authority, and eventually worked with the Saskatoon Police as well.

An avid lover of management accounting who enjoys

process efficiencies and modifications, Edoho was drawn to food out of love and passion. Fascinated by agriculture, she “wanted to be a farmer because it blew [her] mind how you could grow a greener corn and you could get so many corns out of a green.” Every passion needs a first step, and Edoho started food blogging while she was working as an accountant. Her food blogging page on Instagram, @9jafoodie, now has almost 332,000 followers with content ranging from food recipes to breaking food myths.

Since then, she has also built up her venture Atare Foods, which she describes as “an umbrella company for a group of companies including JC Agro, Atare Food Products, and LIN Nutrition Health.” Her other pages like LIN (Lose it Nigerian) which focuses on nutrition education today has 146,000 followers on Instagram (@loseitnigerian), and focuses on developing healthy food goals and building a sustainable balanced diet for better living.

Talking passionately about jollof, “which is a base for a super popular West African dish,” Edoho mentioned how “as a generation, we’re using that ability to cook at home, but a lot of people don’t like to do it because it takes time.” Introducing modern cook-

ing and combining it with convenience and health in one of her product lines Edoho stews jollof and presents it in a reusable jar so that it can be mixed in with rice or other ingredients, ready to consume. Edoho emphasized the “communal experience” that food brings as we can share culture with people through food. In her service line, Edoho has Lose it Nigerian which focuses on personal modifications for people who are battling with food. With her team of “recipe developers, registered dietitians, nutritionists, [they] approach those people and help them to carve out lifestyle modifications using their food.” They have reached over 10,000 people across 80 different countries.

Coming from a business background herself, Edoho has been surrounded by determined, powerful women such as her mom who is an entrepreneur in the fashion space. “I had something to offer that nobody else was offering,” said Edoho. Using her accounting and economics education, Edoho today has successfully built a company undertaking her own smaller companies as well.

Her new venture which she referred to as her “baby” JC Agro is still developing, and the goal is to “look at the environmental



A profile shot of Shakirat Edoho.

Photo: Akin Oyebo

impact of international food import.” She firmly believes that to start something it is imperative to “know the why – that’s the most critical thing. Because why you’re doing something will always impact your growth and accelera-

tion in that space.” With Canada being a multicultural community with a lot to offer in terms of food, Edoho has taken this opportunity and evolved it into a business that continues to make lives better.

# A Titan of a problem

Cutting costs at the cost of safety is never a good idea

katlyn richardson  
contributor

By now we have all heard about the Titan submarine implosion. The internet was filled with memes and jokes about the sub while the search was ongoing. Some may call this tasteless humour, while others are starting to actually examine the lack of empathy.

The reality is the rich are the problem. With record inflation, it is becoming more apparent how disconnected the rich are from the average experience. As the wealthy distance themselves from real world problems, average folks are left to suffer alone.

When those aboard the Titan first went missing, it was quickly revealed that the CEO of OceanGate ignored the safety recommendations and fired the engineer who made it known that there was a high chance of implosion. Rich business owners like this often try to get around rules put in place to protect people just to make as big of a profit as possible at any cost. They regularly lobby governments to drop regulations in place to protect others. This attitude has caused a huge division as it really shows no remorse for putting people at significant risk. With inflation affecting so many people, we are starting to see just how little these people understand the problems that they are partially at fault for causing.

The rich are often also the class that lobbies governments to drop regulations that are there to protect others. Safety regulations are crucial for several reasons and extremely vital when a human life is in someone's hands. Take safety regulations in the workplace, which create a secure environment for employees, visitors, and customers as well as leading to increased productivity, reduced absenteeism due to injuries, and improved employee morale. These protections also allow people to gain better confidence in the potential companies they can buy from.

As for the class divide, we see these people recommending some strange ideas on saving money such as surviving on the free food samples at grocery stores and malls or renting out your closet space to strangers to

“The OceanGate sub disaster was a preventable tragedy and a reminder of how much risk a human is willing to take just for a rare opportunity.”

– Katlyn Richardson

save on rent. Some may even suggest having your parents buy you a home so you can easily own one yourself without worrying about the astronomical costs associated with home buying. It's these kinds of tips that make it very apparent how little they

how fast the Canadian government was willing to throw millions into the search effort of OceanGate or even helping those struggling most in the country. While I would love to say a government should just tell these rich people and their families to

fund the search with their estates or really fund anything they refuse to lose a tiny bit of profit over, I know it's not how it will work. While on the one hand I think “well if they don't want to pay their share, they can kick rocks,” I know how badly that will affect the economy.

If Canada were to turn their backs on the rich tomorrow, we would see massive companies pulling out of Canada causing major job loss, our GDP tanking, and trade drying up. The better option is using financial penalties to punish behaviour that just hurts people. In this scenario I would put a percentage-based fine on OceanGate such as five per cent of the total sales from the sub trip. A fine of about \$35,000 would be rather small to a multi-million-dollar corporation, but rightfully affects the image.

When companies cut corners that then cause serious harm, it affects customers' trust in what they purchase. I remember from my time of being a big Grey's Anatomy watcher what happened when a large medical company purchased the hospital; subpar protective gear was purchased and given to surgeons to use. For a while there were no consequences and people were fine. Then a bunch of patients ended up with infections that killed at least one patient. When the investigation was launched it was soon discovered that it was caused by a type of bacteria the surgeon was carrying, and infected the patients due to micro-

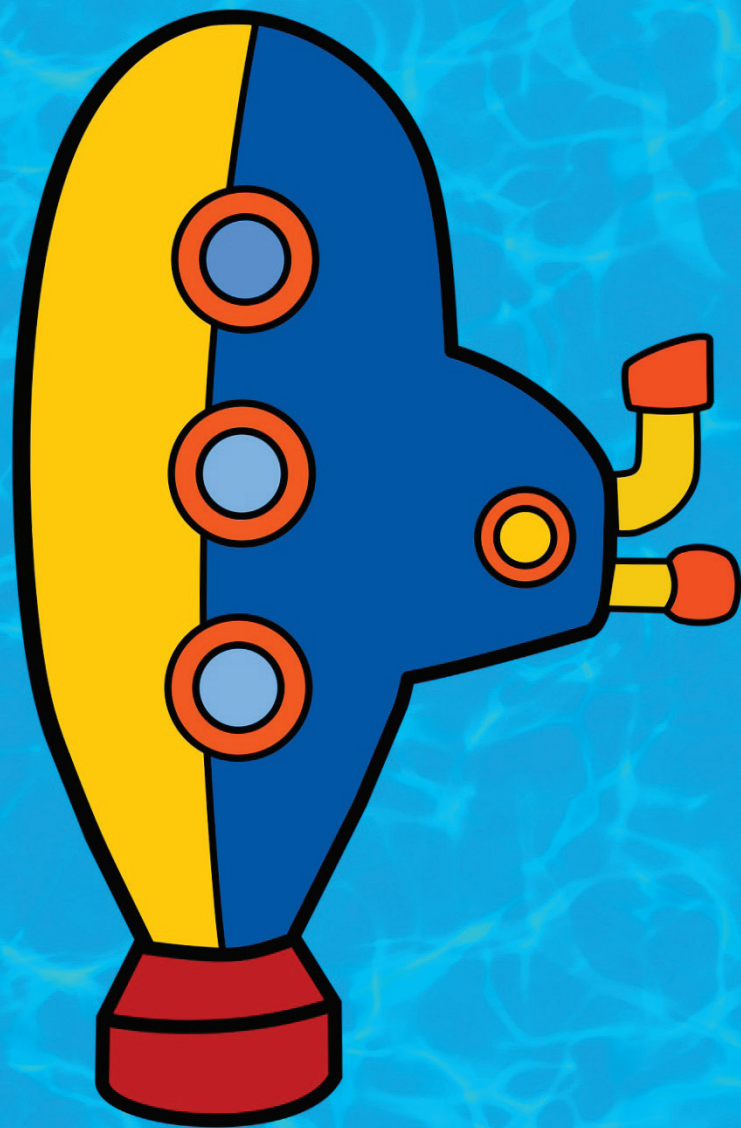
scopic holes in the subpar protective gear.

The effects of this event triggered a significant mental illness episode for the character that even years later she still struggles with. At no point did we see the owner of the medical company show remorse. Keeping in mind that TV is an over-exaggeration of the real world, we do see this in real life. The phrase “you're only sorry because you got caught” very much rings true in these situations.

The OceanGate sub disaster was a preventable tragedy and a reminder of how much risk a human is willing to take just for a rare opportunity. The risks were made even more significant by ignoring safety concerns raised by a person hired to ensure safety for those in the sub. The fact that OceanGate might actually face little if any punishments for this act of pure ignorance is disgusting. People were killed out of pure selfishness and this will not be the last time this happens.

I hope in the coming months that government agencies step in to create harsher punishments for ignoring safety recommendations from trained professionals. The sooner this carelessness is punished, the sooner we can hope to make the wealthy elite pay their share instead of making everyone else cover the expense of fixing their mistakes and saving them from their own stupidity.

## poorly regulated standards



Regulations may cost money, but are probably a lot better than having your submarine implode.

Image: OpenClipart-Vectors via Pixabay, manipulated by Lee Lim

# Relational activism

## Reframing where we 'do' activist work

When you think of activism or an activist, what is it that you think of? In answering this question, you likely imagined an activist as someone with a driven commitment to a cause, hardworking and taking their activism 'out there' and 'doing something.' This is an accurate representation of what most of us have come to understand as activism.

In *"Belonging, A Culture of Place,"* bell hooks contends that in doing any kind of work that aims to deconstruct systems of domination and undertaking activist orientated action, we must adopt an ethic of relational reciprocity. To do so, perhaps the most obvious - but often overlooked - place to begin is from within our own relationships.

The term "relational activism" draws attention to the ways people make change happen through their personal and informal relationships. The principles of relational activism are unlike other movements for social change because we can begin the process from wherever we are and whoever we are in relation with. This is done by understanding how unjust and violent systems code the ways in which we relate to one another and by using daily practices to resist and change norms.

An example could look like asking why a person did XYZ action to hurt us and what caused them to, rather than deciding to turn around, do the same, and hurt them back. This challenges what is essentially a logic of equal punishment and revenge. This is seemingly minute, but on a larger scale it is the very same logic that underpins our carceral systems. Thereby, relationships become a key site for addressing and hopefully abolishing - in this case - carceral logics. Examining our everyday interactions helps us become cognizant of how our actions support and uphold violent systems, stay open to discussion, and to hold ourselves to accountable for our own complicities.

When we understand these systems as being connected and encoded in our practices of relationality, then our solidarities become connected. In *"Leaning In,"* Vikki Reynolds explains that "relationships of respect and dignity [act as a] frame for our solidarity, [...] and the imperfect practice of being and needing allies." Central to this we must navigate the imperfect, sometimes uncomfortable, and always messy 'thing' that is relationship. We do this with the understanding that we are working towards a shared and desired outcome.



The way I know this picture is not real is that everyone looks content with life.

Illustration: Jasmina El Bouamraoui and Karabo Poppy Moletsane via Wikimedia Commons, manipulated by Lee Lim

In *"Gender Trouble,"* philosopher and Gender Studies scholar Judith Butler says "Let's face it. We're undone by each other. And if we're not, we're missing something." In such, we become mutually constituted co-creators of our realities, our communities, and our futures as we endeavour to relate to one another. Sometimes, as Butler reminds us, this might

mean 'undoing' pre-existing ideas and notions that we tell ourselves about ourselves. This itself is a type of intimacy.

For hooks, community is salvation. Yet, what underpins and creates our communities is our relationships. Because of this, relationships act as an important position from which to redress systems of violence. This is par-

ticularly true for settlers as they confront ongoing harms of settler colonialism that hinder us from living as treaty people.

maren savarese knopf  
staff writer

# Summer break in action

## Unlock summer job opportunities

nazeemah noorally  
staff writer

Have you ever found yourself standing at a crossroads, contemplating how to make the most of your well-deserved summer break by securing a job, earning some money, and gaining experience as a student at the University of Regina? With a range of prospects available, including co-op programs, summer student jobs, and academic coursework, this season is an opportune moment for students to leverage their skills and expand their horizons. Yet, figuring out how to make the most of this time can be the most challenging part, but with the right mindset and some planning students can have a productive summer by updating their resumes and engaging in an internship or job related to their field of study.

For students seeking practical experience, co-op programs, internships, or full-time jobs can be viable options to consider, especially if they are taking a break from classes at this time. While internships, which can be paid or unpaid, are short-term placements befitting for students looking to gain industry exposure, full-time jobs or co-op programs give students the flexibility to earn an income while gaining hands-on experience in the field of work. It is worth mentioning that the University of Regina's co-op program is over 50 years old now, and the simplest way to get into

this program is to complete an application form and meet the requirements for the PGPA and the minimum credit hours.

International students need to have applied for their work permit prior to applying for this work term. Students can have the opportunity to work even overseas, and many co-op students have permanent jobs lined up

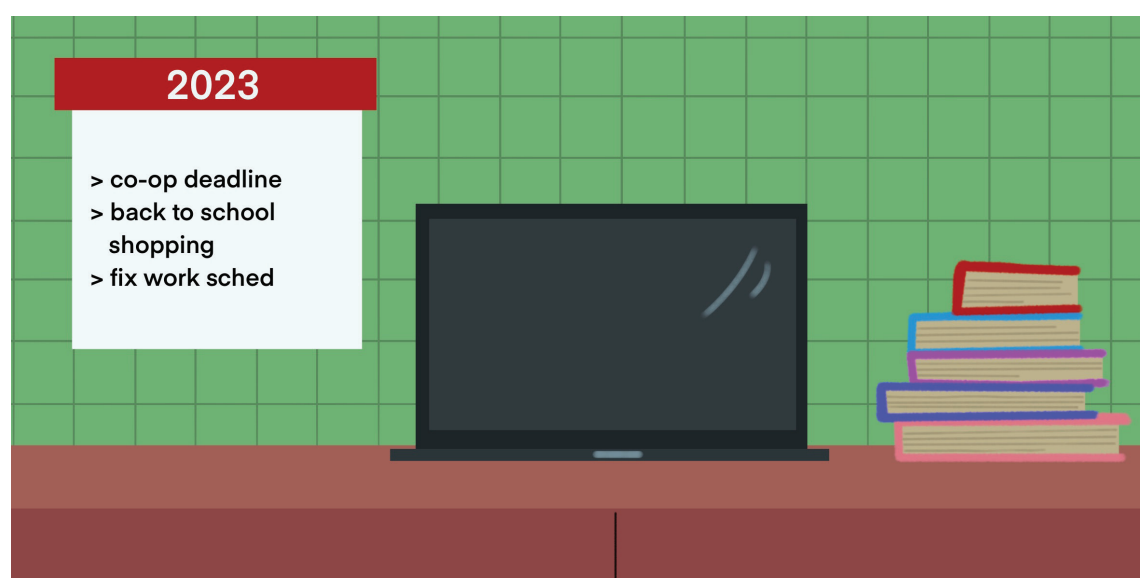
school boards, public service departments, and any other organizations who are seeking employees with a background in education, thereby connecting the latter directly with students from that Faculty.

The foundation of securing a job that aligns with your interests and career goals starts with a tailored resume. Your resume serves

interview preparations, and marketing your skills workshops. By participating in these workshops, you can refine your resume and develop the confidence and expertise necessary to leverage your skills and excel in the job market.

Now, while focusing on career development is vital, it is also essential to recognize the value of balance and self-care. Summer actually provides an opportunity to explore other areas of interest as well as engage in volunteer opportunities either on or off campus, which is equally important to give back to the community and expand your network.

During this process, it is essential to avoid burning out. It's perfectly reasonable if you take out the summertime to relax and recharge. You may consider scheduling time for yourself, whether that's setting boundaries, spending time alone, with your loved ones, friends, or pets or simply taking a step back from activities that do not align with your priorities. In brief, as students embark on their summer break, they have different options to make the most of this time and the possibilities are abundant. The onus is on the students to choose the path that aligns with their goals and aspirations. Whether it's gaining industry experience, expanding their professional network, connecting with the community, or prioritizing their commitments, a fruitful summer certainly awaits those who seize the opportunities presented.



To-do lists are a great way to keep track of all the things you did not do on time.

Image: Lee Lim

even before they graduate. These requirements usually vary by Faculty, and the Centre for Experiential and Service Learning (CESL) office at the Dr. William Riddell Centre, Room 163, is your one-stop shop to get access to these comprehensive job search opportunities and counselling to add to your work experience.

One such resource is the university's career portal, a central-

Colleges as well on the online career portal. Moreover, don't miss out on attending UofR's annual spring and fall career fairs which are the biggest recruitment events, connecting Canada's top employers with the university's students and alumni. Another target event is the Education Career Expo, which was held on January 30 this year in the CKHS Gym 3 and is designed specifically for

as a first impression to potential employers and plays a crucial role in showcasing your qualifications, experiences, and skills. Your resume must be up to date as this will enable potential employers to gauge your suitability for specific positions and increase your chances of being contacted for interviews. Go to [urpath.uregina.ca](http://urpath.uregina.ca) to register for career workshops including customizing resumes,

The faculty, staff, and fellow students in the **Psychology Department** at the University of Regina would like to congratulate the undergraduate students enrolled in our **2022-2023 Honours program**. Your family and friends should be proud of your accomplishments.



# *Congratulations*

Front row (l-r): Julia Gregory, Shakthi Senthil Kumar, Chelsea Russill, Joanna Vint, Danielle Sled, Manahil Fatima, Tilar Steinke, Kayla Kirby, Maija Kiviharju. Middle row (l-r): Jared Graham, Thomas Czinkota, Holden Norrie, Emma Cowman, Zoe Stradeski, Magdalyn Derow, Sierra Messaros. Back row (l-r): Michaele Williams, Saad Waqas, Nadine Mounir, Anas Arwinin, Laney Yarycky, Jake Dormuth, Donna Dumitrescu, Ava Bowns, Jaedyn Whittal, Kelsey Dabek, Andreea Ababei, Sarah Gulash, Ala Eisa, Matea Gerbeza. Missing: Sherrie Bellegarde, Cassandra Byblow, Kayla Inglis, Amara Kohlert, Sarah Nakonechny, and Taylor Stremick.

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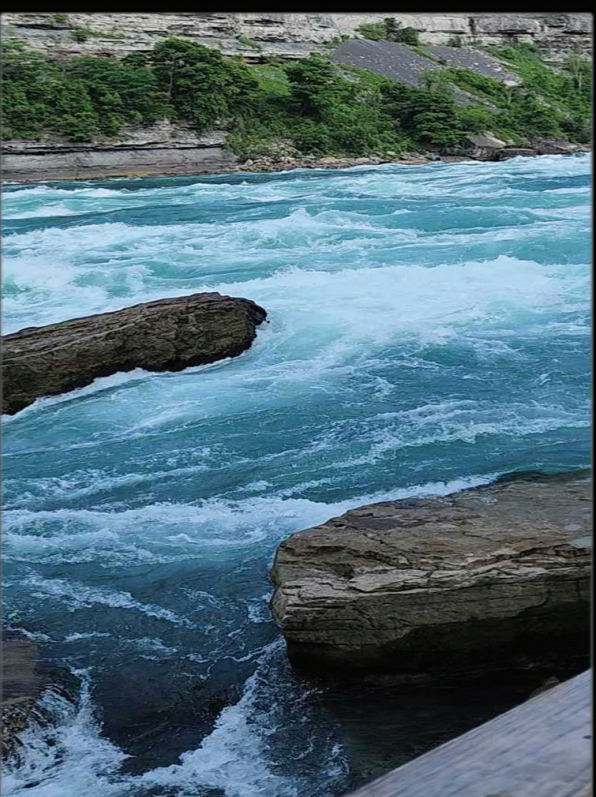
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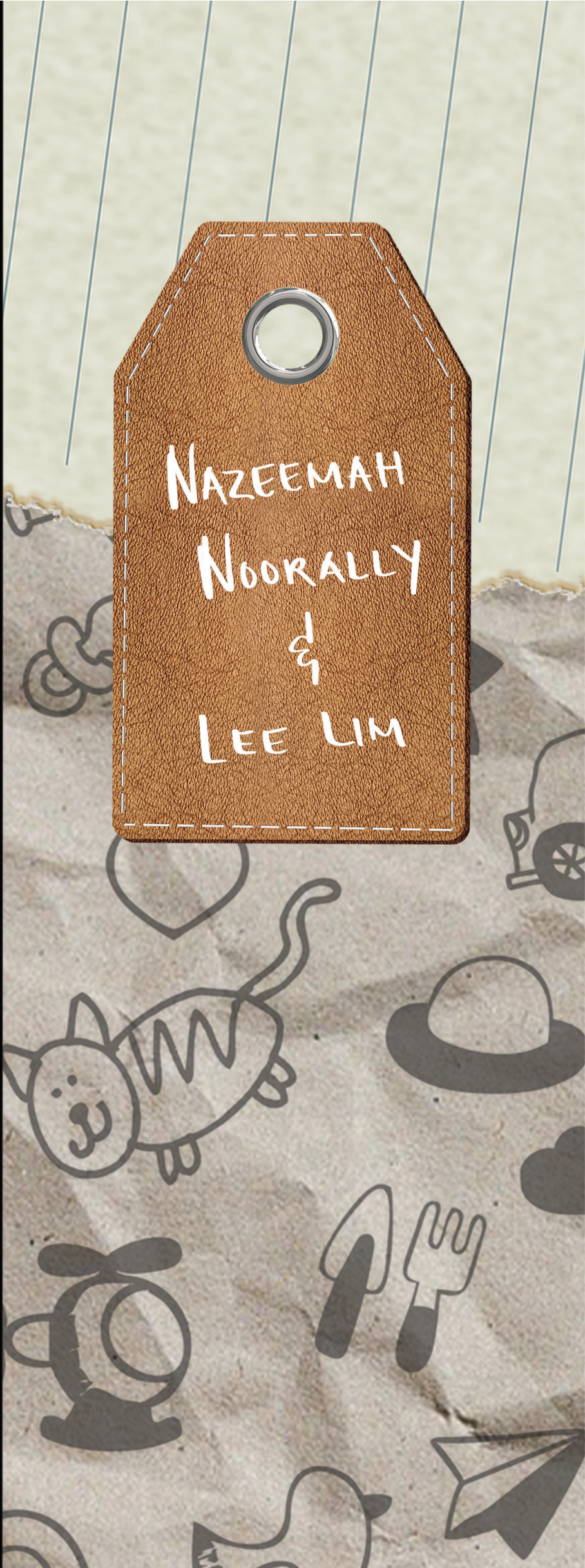
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