



the carillon

vol. 66, issue 11

november 16, 2023

iced over since 1962

carillonregina.com



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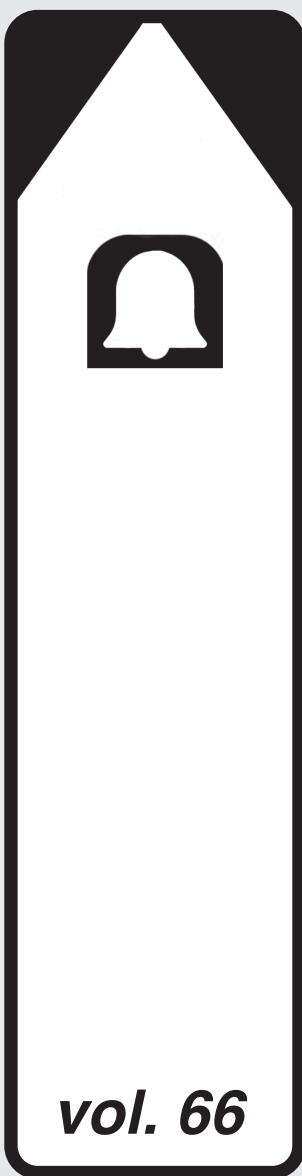
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the carillon



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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 november 16, 2023 | volume 66, issue 11 | carillonregina.com



If you've been enjoying these issues and are looking for ways to get involved, page 9 of this issue has a short list of ways you can do that!

There's only one Open Editorial Board meeting left this semester, but here's the schedule for winter so you can mark them all in your calendar right away:

Thursday, January 11 at 7 p.m.
Sunday, January 21 at 3 p.m.
Friday, February 9 at 2 p.m.
Tuesday, February 27 at 7 p.m.
Saturday, March 9 at 5 p.m.
Tuesday, March 26 at 7 p.m.

Illegitimi non carborundum

holly funk
editor-in-chief

featured photos

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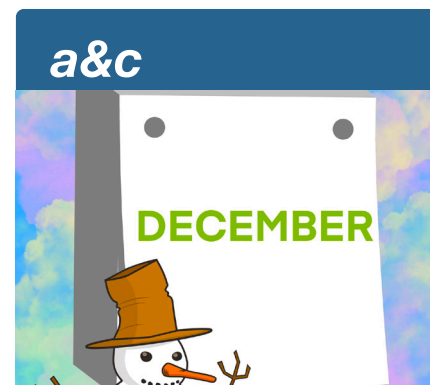
news Fund the Future p. 3

The students' union campaigns for an increase in post-secondary funding alongside other demands as the renewal of the university's contract with the provincial government approaches.



news reim-bus-ments p. 5

After having charged \$100 for both the spring and summer semesters' student bus passes this year, the students' union will be offering reimbursements for half the charges paid.



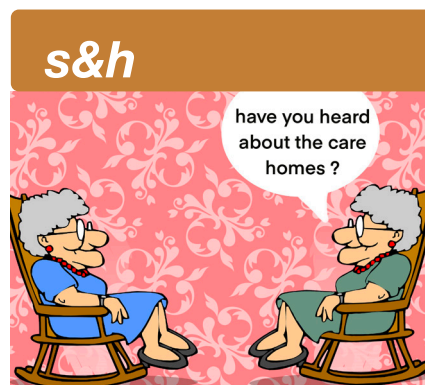
a&c December events p. 6

If you're looking to fill your calendar with events in the near future, check out a&c writer Will Bright's list of recommendations for the final month of the year.



a&c critiquing culture p. 6

In the third article of this series on culture, Mikayla Tallon outlines how individuals can analyze culture as well as the value of collective efforts in enacting change.



s&h care home calamity p. 10

Care homes are an essential service but many across Regina are falling short of their claimed values, leaving residents little time to find new accommodations following closures.



op-ed on Zionism p. 14

Holly Funk outlines their thoughts on how the actions of Israel in no way reflect Jewish values, and how this situation is not Judaism versus Islam.

URSU rallies for increased post-secondary funding

Fund the Future ramped up on-campus and Patel met with political leaders

shivangi sharma
 news writer

On November 8, the University of Regina Students' Union's (URSU) Fund the Future campaign rally culminated as students led by Oghenerukevwe Erifeta, URSU Vice President of External Affairs, made a planned walk through the university. Beginning the walk at the Riddell Centre, students demanded an increase in post-secondary funding so that the continuous rise in tuition fees is addressed and some financial burden is lifted from students.

In September, *the Carillon* published an article on the Fund the Future report prepared by URSU's advocacy team in collaboration with the Canadian Centre for Policy Alternatives.

es, while the reverse was true in the rest of Canada as of 2019/20 and 2020/21.

In consideration of those facts, the Fund the Future campaign became even more important to domestic and international students who struggle to fund their education while tuition fees keep rising. Members of URSU have been making continual efforts to address the issue. In a linked initiative, Tejas Patel, URSU president, had a conversation with Gordon Wyant, Minister of Advanced Education, and Carla Beck, MLA for Regina Lakeview and Leader of the Official Opposition, about provincial post-secondary funding and the demands put forward by URSU.

URSU's advocacy team drafted a separate document which highlighted the nine demands put forward by URSU to

mands which we believe need attention. The nine recommendations that were put forward in this document are to relieve student debt; replace students' loans with upfront non-repayable grants for low-income students; increase scholarships, bursaries, and grants for Indigenous as well as international students; fairness for international students; funding support for graduate students; addressing student mental health needs; creation of sexual assault and violence prevention policies; creation of Trans Rights legislation; addressing student food security; and addressing issues with performance-based funding."

The published report by URSU gives an in-depth detailed analysis of all nine recommendations along with a cost analysis and budget estimation of what it would cost the provincial govern-

of over \$25,000. To relieve the stress of student loans and debt, the report recommended the provincial government eliminate the interest on Saskatchewan student loans and extend the grace period for the repayment of student loans. Replacing student loans with upfront, non-repayable grants for low-income students was also suggested as a possible alternative for student loans. This would be particularly helpful to low-income and marginalized groups.

It was also mentioned that the Ministry of Advanced Education expected to increase enrolment of Indigenous students and release new enrolment goals for international students. If the number of Indigenous and international students enrolled as post-secondary students increases, it is essential that they receive adequate financial support to succeed. Indigenous and international students face higher unemployment rates than other students, and there is

and retaining graduate students in the province. The details of all the other demands can be found in the published report.

With the university's four-year contract with the provincial government to be renewed next year, a revision in the government's post-secondary funding budget is due. Patel is hopeful that the demands put forward by the students' union will be considered.

"We have high hopes that government will support students. [...] the discussion with the minister as well as Carla Beck went amazing, and they did appreciate the work that the students' union is doing. They were very supportive."

As the cost of everything around us keeps going up, any relief in the form of post-secondary funding would be a holy grail for university students. It would also be instrumental in addressing the problem of students dropping out of post-secondary institutions



“We took this opportunity to speak with members of the legislature to put forward the demand for an increase in post-secondary funding.”

Tejas Patel

an observed trend of economic inaccessibility for these students even after attaining degrees.

URSU therefore included in the report a request for the creation of special scholarships for Indigenous and international students to address the inequities they face. They also asked the provincial government to lobby the federal government to increase band funding for post-secondary education, as per treaty rights, to ensure higher numbers of Indigenous students can achieve post-secondary education.

Funding support for graduate students was also requested. As per the report, URSU believes the creation of a Saskatchewan Graduate Scholarship modelled after the Ontario Graduate Scholarship would help in supporting

due to lack of funds. The other demands that talk about mental health, sexual assault prevention, Trans Rights legislation, and food security are also connected and in need of attention.

"We also want to have a couple of more meetings with the other colleagues in the future as well to discuss and explain to them what students attending post-secondary education really want," said Patel.

With fingers crossed, students look to the provincial government to take note of their concerns and URSU's efforts, and work toward an increase in funding for post-secondary education in Saskatchewan.

It takes a group effort to reach the top.

Image: OpenClipart-Vectors via Pixabay, manipulated by lee lim

The report highlighted the decline in post-secondary funding in Saskatchewan in the last decade and compared it to trends in other provinces across Canada. The report displayed that per-student funding in Saskatchewan has decreased over the decade and domestic student tuition fees, already higher than the national average, have also increased over that time. It was also noted that Saskatchewan spent more on non-academic salaries and wages than academic salaries and wag-

the provincial government. The published document goes into the details of each of the nine demands and is accessible to students at URSU's front desk and on their website. This was put forward as a lobby document during Patel's meeting with Wyant and Beck.

Patel told *the Carillon*, "We took this opportunity to speak with members of the legislature to put forward the demand for an increase in post-secondary funding and other important de-

ment to address each of them.

The report brings to attention that Saskatchewan presently charges borrowers the highest interest rate in Canada at a prime +2.5 per cent fixed interest rate and prime rate for floating interest loans. What that means is that students who do not have the means to cover their tuition upfront will pay more for the same education than their higher income peers.

As a result, many students graduate with a high student debt

À vos marques, prêts, lisez!

Exciting opportunities for students at La Cité

nazeemah noorally
staff writer

La Cité Universitaire Francophone is the main hub for academic work, research, and services offered in French at the University of Regina (U of R) and across the province. Centered on Fransaskois (French Saskatchewan) culture, their mission is to fulfill the post-secondary education needs of Saskatchewan's Francophones, regardless of their first language. *The Carillon* discussed the impacts and benefits of French language education with Chidi Igwe, Manager of Marketing and Communications at La Cité.

What opportunities are available to prospective students at La Cité?

There are a lot of opportunities here at La Cité for both domestic and international students. That includes the number of courses and programs that we offer. We have bachelor's, master's, and PhD programs in Francophone and Intercultural Studies. We also have certificate programs in French as a second language.

When students come here, they don't only study French, but they also study other courses in French. We partner with other faculties to offer more options. In the Saskatchewan Nursing Program we have a bilingual option that allows students to do fifty percent of their program in English and fifty percent in French, and they get a bilingual degree in nursing.

Right now we also have the

Law degree program, which offers students opportunities to do their first three years at La Cité and the second three years at the University of Ottawa. We offer that program in collaboration with the Faculty of Law at the University of Ottawa. At the end of the six years, the student goes home with two degrees: a Bachelor of Arts degree in French and Francophone Intercultural Studies, and a Jurist Doctor degree in law. So, it's a good way to create opportunities for bilingual people.

Right now, we are also working closely with the Faculty of Social Work at the U of R to create a degree in the social work program with a bilingual option.

How does La Cité support students when they come here?

In these programs, we have a huge amount of scholarship opportunities available. All the information can be found on our official website lacite.uregina.ca. There is a section on the website where there is information about the financial support and scholarships that students can take advantage of. Right now, in the bilingual nursing program, for example, we have an entrance scholarship of \$10,000 which almost covers the first-year tuition fee for the student.

These kinds of opportunities are attractive, and La Cité seeks to help students who experience different economic situations. We offer academic opportunities, but also provide some level of support to ensure that students are succeeding in our programs.

Students with a background

in French may also apply for transfer credit for their language courses. The French language placement test is used by La Cité to evaluate the level of French the student qualifies for transfer credit in.

What resources are available in the library, La Rotonde? Can students from outside La Cité access these resources, or is it reserved for La Cité students?

La Rotonde is a multipurpose environment. It serves as a library, as a reading space, and is equipped with presentation facilities, including projectors with large screens that can be used for different purposes. We call it "milieu de vie" because it serves a multi-purpose function. Community partners also use it, and students use it for various events.

In the library section, we have different resources including journals, comic books, and other resources in French. We have revision and computer facilities that students can use. We also have CDs and DVDs in French with English subtitles. We have a coffee machine where students can make free coffee.

We try to create an atmosphere, a francophone ambiance where students can feel at home and come any time and use the resources that we have to offer. Students can take advantage of all these things. The resources at La Rotonde are available to all university students, community partners, and members of the Fransaskois community who come in for activities that they hold in that space.

This year, the University of Regina [La Cité Universitaire Francophone] and Collège Mathieu are concluding a Memorandum of Understanding (MOU) to enable the two institutions to work collaboratively to enhance and expand the range of post-secondary French education available in Saskatchewan. Can you give more details about this, and are there any specific opportunities that will result from this collaboration for U of R students?

La Cité has a mandate to offer bilingual course options for French-speaking people in Saskatchewan. We realize that we cannot operate as an isolate academic institution, and need to build partnerships if we are going to serve the community better. Collège Mathieu has a similar mandate. They are offering courses to a specific panel of students, and we are offering different university-level academic degree and non-degree courses. We hope to synergize and work with them so students can transition directly after they complete some courses at Collège Mathieu to La Cité, and we will work together to expand the options that are available to students.

The MOU is in collaboration with the French school division, so opportunities are expanded for students who are leaving high school, possibly going to Collège Mathieu, and then coming through to the U of R to provide continuity in their academic trajectory. Through that, we partner to provide more options to inter-

national students as well. It is not just for domestic Canadian students. It's a framework that allows both institutions to sit together to figure out how we synergize to expand access to Saskatchewan post-secondary education and offer more opportunities.

What is your advice to students who wish to take French as an elective course?

I encourage all U of R students who need an elective course to consider a French elective at La Cité. We have FRN 100, FRN 101, and FRN 110, which are designed to serve as beginner-level French courses. You start from the very basics and the instructors understand that learning a new language is a challenging task. They are patient and willing to work closely with students as they progress.

FRN 110 is a combination of FRN 100 and FRN 101. So, during the summer semester, you get the option to earn six credit hours with this course.

We also have a tutoring system. Any student who is taking classes at the U of R has access to free hours of tutorial every week. If they need more hours, they can work with their academic advisors to get more hours.

With the incentives, options, and supports available at La Cité, French language learning is an opportunity for beginners and pros alike, whether it be a bachelor's degree, a certificate program, or an elective course.

“When students come here, they don't only study French, but they also study other courses in French. We partner with other faculties to offer more options.”

Chidi Igwe

Une pièce aussi lumineuse que votre avenir.
Photo: lee lim



What Canadians should know about MAID

Controversial criteria updates approach

shivangi sharma
news writer

Laws regarding Medical Assistance in Dying (MAID) have been subject to much discussion and contemplation since made legal in 2016. Laws governing MAID in Canada have undergone multiple revisions and amendments over time and are up for a revision again in March 2024. The Legislature is looking into extending the eligibility criteria to people whose sole medical condition is mental illness.

A federal legislation that allows eligible Canadian adults to request medical assistance in dying was passed by The Parliament of Canada in June 2016. Then Bill C-7, an act to amend the Criminal Code in relation to MAID, was introduced in the Parliament on October 5, 2020. It called for changes in the eligibility criteria for MAID. The Bill was passed on March 17, 2021, and took effect immediately.

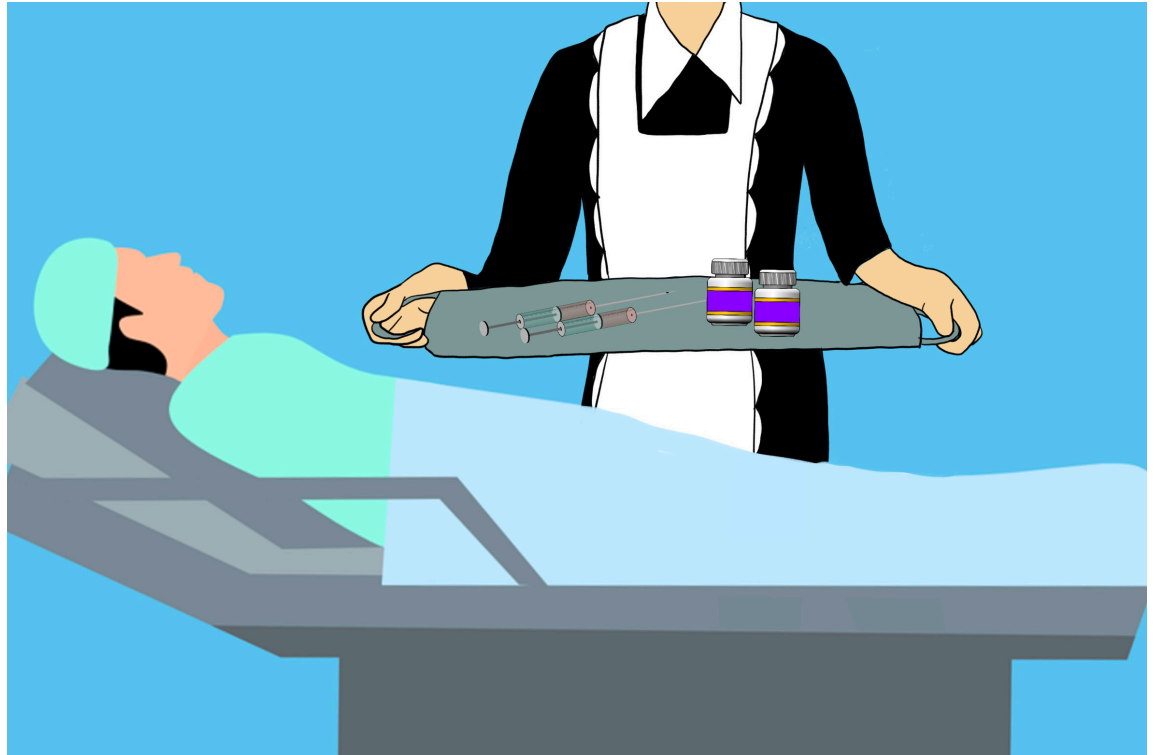
The Government of Canada announced on December 15, 2022, through the Ministers of Justice, Health, and Mental Health and Addictions that legislation will be introduced to seek an extension of the temporary exclusion of eligibility for individuals with mental illness alone. Bill C-39 was tabled by the government on February 2, 2023, which would prolong the temporary exclusion of eligibility of MAID in

cases when a person's only underlying medical condition is a mental disorder until March 17, 2024.

Bill C-39 was approved by Royal Assent on March 9, 2023, and went into force right away. Government officials believe that this delay will provide them with more time to develop practice standards and training and allow for better data collection and sharing.

Many Canadian organizations working to support those with mental health conditions have expressed their concerns regarding the provision. One of the prime organizations in Canada that works with people with mental health condition and addictions, The Centre for Addiction and Mental Health (CAMH), released an official statement publicly expressing their concerns regarding the provision.

On their website, CAMH mentions that their key concern is the lack of agreement amongst experts on whether mental illness can be considered "irremediable" for the purposes of MAID, and what criteria should be used to determine whether a person is suffering from an irremediable mental illness. "CAMH believes that governments at all levels must first and foremost improve access to quality mental health care as well as the social supports needed by the most vulnerable to recover their mental health." They also mention that there is disagreement amongst experts on whether a request for MAID can be distin-



Changes to MAID eligibility could promote political pressure for its use when alternatives exist.

Image: Clker-Free-Vector-Images via Pixabay and Mohamed_hassan via Pixabay, manipulated by lee lim

guished from suicidal intent.

Additional concerns also centre on access to mental health care and the social determinants of health. Harm reduction advocates worry that people suffering from drug addictions could be administered MAID instead of other public health initiatives that have been shown to enhance results but continue to receive insufficient funding from the government.

An article by *National Post* highlighted that advocates for

addicts and the houseless cannot be blamed for being concerned about where things are headed, especially considering the widespread lack of government support for "safer supply" programmes, supervised injection sites, and other harm-reduction initiatives. Despite evidence to the contrary, initiatives are sometimes blamed for exacerbating the opioid crisis.

As per their website, the Federal Government is working with provinces, territories, and health

care professionals to ensure that eligible Canadians are able to request MAID according to the law, and that the appropriate protections are in place. However, nothing much has changed since the provision for extension of exclusion was passed. As the deadline for making a decision approaches, the Canadian public should be watching to see what conclusion are drawn by the federal government and its officials.

Bus pass reimbursement

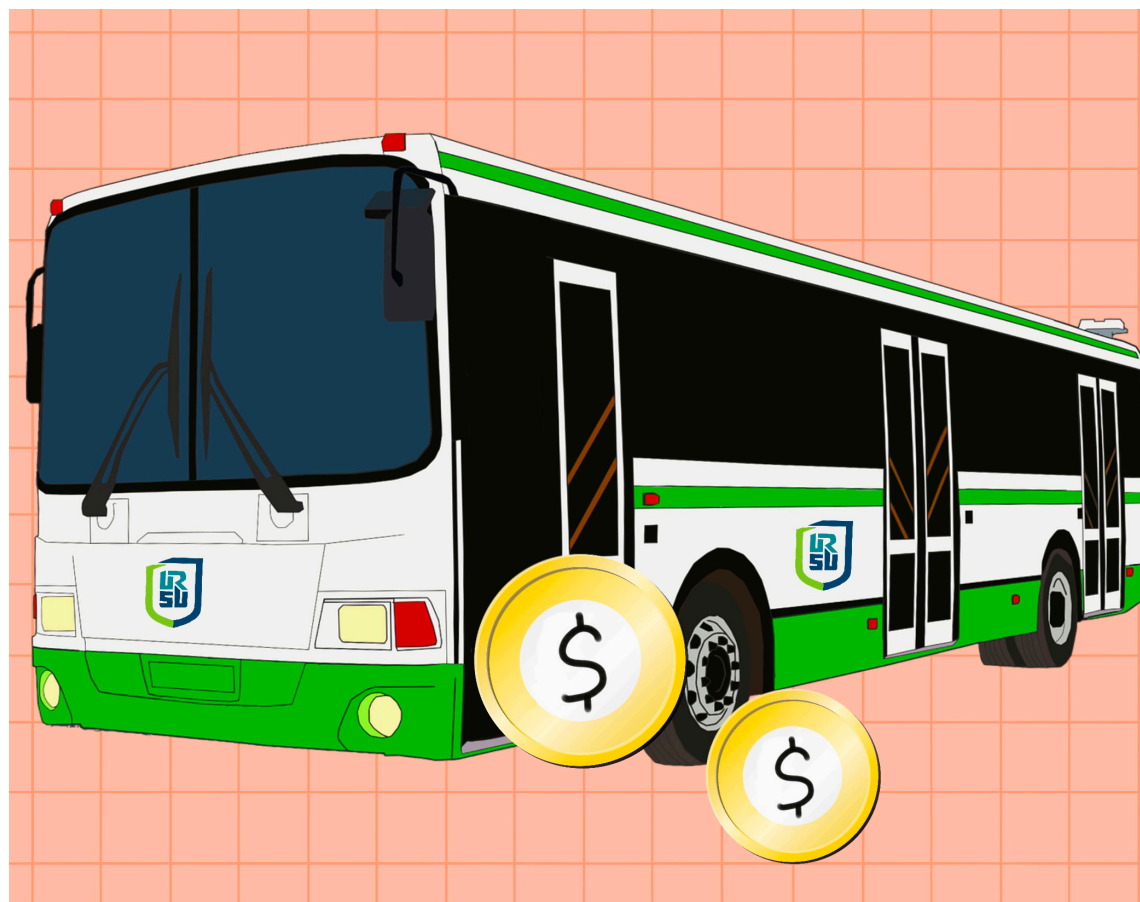
URSU putting Spring/Summer 2023 dollars back into student wallets

On November 9, University of Regina Students' Union (URSU) released a video on their social media platforms asking that students who paid twice for the student U-Pass bus pass in the Spring/Summer 2023 semester (once for the Spring and again for the Summer) apply for a reimbursement.

Tejas Patel, URSU president, claims in the video that the students who had to pay more than the amount that was charged in the previous years will get reimbursed an amount of \$112 which is equal to the amount paid for one of the semesters in 2023. "We have got your fee back for the Spring/Summer Bus Pass 2023," he said.

A number of university students in Regina do not own any private means of transportation, and as a result they rely on public transit services offered by the city as their primary means of transportation. Constant cab fares are not an economically viable option, so although not always the most convenient, bus services are one of the only ways to get around the city for a lot of students, especially international students. URSU offers students enrolled at the University of Regina a lower rate on bus fares in comparison to city transit.

The fares for students enrolled in classes are included in the tuition fee for the respective semester. There are options to opt-out of bus fare fees but most students choose not to



Ding ding! The URSU office is your stop for your money back.

Image: OpenClipart-Vectors via Pixabay, manipulated by lee lim

opt-out as the fee charged for unlimited rides throughout the semester is a lot less than that charged by city transit. On comparison, Regina transit charges \$88 dollars for a 31-day pass while students enrolled in classes have to pay \$87.60 (as of Fall 2023) for an entire semester, a four-month period.

However, things change in the Spring and Summer semesters as both of these semesters last for only two months each. Student enrolment also goes down as a large number of students take a break from classes to work full-time during the summer and to be able to pay for their tuition in the following Fall and Winter

semesters. A lot of international students go back to their home countries or to other provinces to visit their family and friends further adding to the drop in enrolment. Many students who are not enrolled in classes during these semesters but who remain in Regina still rely on their student bus pass to travel around the city.

Prior to 2023, URSU offered a similar rate to students not enrolled in classes for the entire Spring/Summer semesters at \$87.60 for May through August. However, in 2023, URSU charged \$100, exclusive of taxes, for each separate Spring and Summer semester. Much to their dismay, students who had no other option but to pay for the bus pass had to pay a lot more than they had anticipated.

After being in contact with city services, URSU has decided to reimburse an amount equal to the fee for one of the semesters. Students who paid for the Spring/Summer U-Pass can apply for the reimbursement through the link available at URSU's website and on their social media pages. The forms must be filled out between November 13 and November 27.

The reimbursement will be provided via cheque starting December 4. Students will be able to collect their cheques from URSU's front desk on the second floor of the Riddell Centre. It must also be noted that applications received after the November 27 deadline will not be eligible for reimbursement.

shivangi sharma
news writer

Regina: looking forward to December

Trying to book ahead? We've got you covered!

will bright
 a&c writer

The holiday season is right around the corner, and with that comes a boatload of events right here in Regina for you, your friends, and your family.

To kickstart the holiday season, the Regina downtown tree will be lit on November 23 with F.W. Hill Mall's Regina Downtown's 8th Annual Tree Lighting. The event starts at 5:30 p.m., but the tree won't be lit until 6 p.m.. From there, you can visit Santa, get a horse and carriage ride, and more!

The Mackenzie Art Gallery is hosting their Holiday Bazaar 2023 on November 25 starting at 10 a.m. It's a unique arts and craft fair with locally made items and a place to connect with other creatives. The Bazaar helps fund the Mackenzie Art Gallery and their exhibitions. If you like art and you want to support local artists in Regina, check out the Bazaar for only \$7 if you're a non-member.

Grasslands in Harbour Landing is celebrating their very first annual Winter Wonderland on December 9 from 12 p.m. to 4 p.m.. They will have outdoor

bowling lanes, putting greens, horse carriage rides, and crafts. They even have some prizes if you go and support them on social media the day-of. It's a great opportunity to support local for their first annual holiday event.

The Gay & Lesbian Community of Regina is celebrating their next All Ages Show as a holiday party on December 9 from 6 p.m. to 10 p.m. It'll take place downtown at Q. Anyone is free to perform as long as they submit their music on a USB and give a performing name before 7 p.m. Some regular faces will be there performing as well. It'll be a night of fun, dancing, and holiday spirit!

On December 9 at Casino Regina, Jeffery Straker returns for *A Very Prairie Christmas*. The show will have Christmas songs, old and new, some Christmas story-telling, and a sing-along. This show was sold out for the last two years, so get your tickets quick!

On December 9 from 7:30 p.m. to 9:30 p.m., the Regina Symphony Orchestra is celebrating their Christmas special conducted by Gordon Gerrard. This year there is a bit of a country twist and they will be featuring the South Saskatchewan Youth Orchestra. It'll be a fun night of

music and singing for everyone.

While *Matilda* isn't necessarily a holiday-themed show, it carries some of that magic that is special to the holiday season. *Matilda* is a musical based on the book by Roald Dahl and has a movie adaptation on Netflix, but nothing compares to a live show. *Matilda* will be running from Sterling Productions at the Conexus Arts Centre from December 19 to December 21. It's a family-friendly, high-energy show that is sure to make you smile and laugh.

On December 23, The Exchange is hosting The Bears-Nash Holiday Bash from 7:30 p.m. all the way to midnight. Local alt-rock group Bears in Hazenmore will be performing with award-winning artist Megan Nash for a holiday night of music. It's an all-ages event and a great place to get in the holiday spirit right before Christmas.

For New Year's Eve, the Science Center is celebrating Noon Year's Eve on December 31 from 10 a.m. to 3 p.m. Tickets are \$25 for non-members and they went on sale on November 15.

In Science Center fashion, they have multiple shows going on about space, electricity, and cryogenics. They will also have space-themed and shrink-based activ-



I can only fit in so many things before I melt!

Image: Ctker-Free-Vector-Images via Pixabay, manipulated by lee lim

ities available throughout the day. The animal ambassadors will be there for guests to view as well. This is an activity that's great for friends and family!

I hope you find time to check out at least one of these incredible events and that they help you get into the holiday spirit this winter.

How can we move forward?

Every one of us is capable of great things, and together we're capable of even more

"So, racism is ingrained in Canadian culture and upheld by Canadian systems. What can I do about it?" Well, there are extensive lists of things one person can do when it comes to reconciliation and decolonization. This won't be one of those extensive lists, but rather, somewhere to start.

The first thing on this list is to read. To educate yourself and to recognize how this culture and these systems have benefitted you

or held you back. Things you could read include *The Reconciliation Manifesto*, *Unsettling the Settler Within*, *Indigenous Writes*, *Reclaiming Power and Place*, and others from the compiled list by the Edmonton Public Library, which can be found online at epl.bibliocommons.com.

Of course, no one is going to or can force you to do this, you have to want it. For yourself, for everyone around you, for those

who will come after you, any reason is as good as any other. The goal is education and change. If reading isn't your jam, audiobooks are out there to find.

The second thing is to think. About all your ingrained beliefs, values, and first thoughts when seeing things in the news or in person. No one but yourself can answer any of the following questions for you, exactly like how no one can force you to educate yourself. Having said that, how do ingrained beliefs, values, and thoughts uphold the system?

There exists a theory that your first thought is society's belief, while the second is your belief. Instinctively judging someone then immediately correcting yourself is an example of this. Even if it only took a second, you have taken the time to challenge your ingrained beliefs.

The third thing on the list is to listen. Listening to people who have experienced things other than what you have will increase your knowledge base just as reading would. Our society allows for a wide variety of experiences, many of which may be different from or beyond your experiences. Considering these differences and what allows them to thrive will broaden your perspective and allow you to see things you may never have noticed before.

This is where the fourth thing comes in: watch, pay attention when in public. There may be things which have always existed, but which you never noticed until starting this journey. See the world through fresh eyes, see what is familiar and different all the same. What aspects of culture are acceptable to express in public, what aspects do you never seem to see, and why? The fifth thing is to speak. When noticing an injustice, or when becoming aware of ongoing genocides across the world, speak. People above someone else in the socioeconomic ladder consistently take advantage of their power if they aren't called out on their behaviour, including government officials.

What allowed the thing to happen in the first place and what can be done to stop it from happening again? Speak to your circle about it. Write to a paper with an opinion piece or a letter to the editor. This is why the news was created, to hold people in power accountable for their actions. More information on the topic of speaking up can be found at righttobe.org.

This is where the sixth thing on the list comes in: action. When you see an injustice, step in. Help. Help the person who is experiencing the injustice.

Don't let the person commit-

ting the injustice just walk away feeling like they were in the right. Try to get them to understand why the thing they were doing is wrong. Of course, not everyone will listen, but that doesn't mean we can't try.

The seventh thing on the list is to demonstrate. Demonstrate what you have changed within yourself and encourage others to do the same. Change starts with one person and grows with them as they change their circle of people and those people change their circles.

The eighth thing on the list is to come together to incite change. Large groups of people calling for the same thing forces members of government recognize what the people want and, hopefully, support those calls through democracy.

Change doesn't happen because people are quiet and asking politely. Change happens when a group of people are loud and saying, "We are here. This is what we need, this is what we want, and this is when we want it: now." Working together is the only way anything ever changes. One person is powerful, but together we are unstoppable.



Maybe I'm an idealist, but I think our dreams don't have to stay dreams. Together we can make them our reality.

Illustration: ArtRose via Pixabay, manipulated by lee lim

mikayla tallon
 a&c editor

Moonlight Movies theatre opens

Everything you need to know

victoria baht
staff writer

A new discounted movie theatre has now opened in Regina, Saskatchewan. Its official name is Moonlight Movies but many people may know it as ‘The New Rainbow,’ a name which came about because of Regina’s previous discounted theatre, which had been around for years.

Regina’s (now closed) discounted theatre was known as Rainbow Cinemas. Rainbow, as it was frequently called, was known for being well-discounted, with the best popcorn in the city, and for always being around when

face painting, a balloon artist, and a magician.

During their grand opening, they were airing some great movies such as *Paw Patrol: The Mighty Movie*, *The Retirement Plan*, *Teenage Mutant Ninja Turtles: Mutant Mayhem* and, of course, they were selling some of Regina’s best popcorn.

Jason Longworth, the owner of Moonlight Movies spoke to *the Carillon* about the advantage of having a discounted movie theatre in the city. The affordability is key, allowing easy access to families, university students, and people of all ages to see great new movies without breaking the bank.

if we have bums in seats,” said Longworth. He wants people to enjoy the movies and this atmosphere now that it’s back and in action.

“We are not Rainbow; we are going to do some things differently than them,” he added. “What we are trying to do is honour them and what they brought to the community, like the prices, and the popcorn recipe and give people this place. But also, we have to put a bit of a Moonlight Movies twist.”

A twist! That is exactly what Moonlight Movies may need to strive for, to stay open and to welcome more guests into this area. But, how is this happening? How

tacle. “The grand opening was incredible. It was our first stress test, but it was exactly why we did the soft opening. We needed time to learn and train our staff and all that stuff. Overall, though, it was incredible!” Longworth stated.

Now, this is not Longworth’s first time being involved with the movie theatre industry. In fact, Longworth also owns and runs a drive-in movie theatre in Pilot Butte called Moonlight Movies Drive-In. The Moonlight Movies Drive-In has been open since 2020.

If you have never experienced a drive-in theatre before, it works like this: the Moonlight Movies Drive-In has a screen that

business, is what is going to happen to the drive-in?

“The drive-in is not going anywhere; we are exploring it, we love it. It is our baby. Moonlight Movies is our main source of survival right now, [...] this is our pet project on the side right now,” Longworth said.

On a closing note, the Moonlight Movies theatre’s adventure has just begun, and they seem to be looking forward to this side business and the start of their own story. Moonlight Movies is a great way to get out and enjoy an outing for a great price!

Moonlight Movies is also not too far from the University of Regina (U of R) main campus. De-



With prices like that, you’d think there’d be more people...

Photo: Jason Longworth

“What we are trying to do is honour them and what they brought to the community, like the prices, and the popcorn recipe and give people this place. But also, we have to put a bit of a Moonlight Movies twist.”

Jason Longworth

you needed or wanted it.

In 2022, however, Rainbow Cinemas had to close its doors after being open for almost 25 years. A great deal of the community was sad to see it go. Although, thanks to Moonlight Movies, Regina did not have to say goodbye for too long!

Moonlight Movies recently held its grand opening. It involved movies for the price of \$2.49 plus an additional pass for anyone who attended to use in the future for another movie. They also had

“Our goal is to give families and everyone affordable entertainment,” said Longworth. “This is not because we are trying to take away from Cineplex or Landmark. I know that in our economy there are a lot of people who need a cheaper option. [...] Having these prices allows for it to be attainable for people to come more often or have more people of the community come out!”

To keep things up, they need people to come out. “The only way we can make this work is

has the community felt and the business been with this twist?”

“For a new business, business has been [doing] quite well. But at the same time with social media, we got flooded with messages and comments at first. But the actual people at the door have not lived up to the comments. If we are going to stay here, we need more for sure!” said Longworth.

Now, as mentioned, the grand opening had quite a bit of extra action to it, like face painting and balloon making and turned out to be quite the spec-

is placed on open land, you drive in with your car, and then adjust your car radio to a certain streaming number. Once you’ve done all that, you just get comfortable however you like, whether that be sitting in the driver seat or lying in the back, and watch a movie from the comfort of your own car! It is a great experience to have and I 100 per cent recommend it in the summer months. It is always a good time.

Now, one thing customers may be worried about, now that Longworth has expanded his

pending on the route, it is about a 10-minute drive or 30-minute walk. To motivate University of Regina students to take some well-needed time off during the exam season, and to encourage students to explore the new facility, the theatre wanted to create a deal for the rest of the 2023 year. For the rest of the year, anyone who shows Moonlight Movies a U of R student ID card will get a half-price rate.

It's time to talk about SSSniperwolf

An overview of what's been going on between Jacksfilms and SSSniperwolf

will bright
a&c writer

Alia Shelesh, who goes by the name SSSniperwolf online, is a YouTuber with over 30 million subscribers and 24 billion views across nearly 3,500 videos. From 2013 to 2017, her uploads were mainly gameplay of various video games and several Q&A videos. After that, her videos shifted toward reaction content.

Jack Douglass, who goes by the name jacksfilms online, has been creating content on YouTube since 2006. His early videos were parodies of popular products. He rose to YouTube fame with his series "Your Grammar Sucks" where he read off internet comments with poor grammar.

Douglass first began making commentary against poor reaction channels all the way back in late 2015 with a video called *Reacting to an awful react channel*, in which he watched a reaction channel view *Your Grammar Sucks #99*. The reactor spent nearly six minutes not saying a word, just

beCreators on Twitter uploaded a tweet stating, "where does @sssniperwolf get video ideas? from fans!! here's what she had to say at the #VidConAN23 YouTube Keynote: 'it's really important for me to engage with my audience. i get a lot of content ideas from them in the comments. it's important to grow and adapt as a creator!'"

Douglass then uploaded to his own Twitter a screenshot of YoutubeCreators' tweet and Shelesh's recent uploads with a guy wearing shades emoji, thumbs up emoji, and a heart emoji. Shelesh quote tweeted, stating, "I'm going to have to start charging u 20 [per cent] since you get your ideas from me [face with hand over mouth emoji]."

Shelesh spent the night of June 28, 2023 posting several now-deleted tweets about Douglass, making fun of him. She stated, "the only thing that is funny about u [sic] is your hairline," "bro is stuck in 2013 and wonders why people don't think he's funny anymore," and "his thumbnails bad tho. [sic] there isn't a single video i would want to click on."

ed each of her reactions.

The next day he uploaded the video *Let's tttalk about Sssniperwolf* to his main channel. He discussed that Shelesh never asked permission to use anyone's content in her videos, having reached out to the creators, and how her use of their content brought them no additional views or money. Douglass stated that Shelesh's content wasn't fair use because of her lackluster commentary.

On July 27, Twitter user Piesaurus3 tweeted to Douglass with an image of a Bingo card he made out of Shelesh's videos. Douglass's content on JJJacksfilms would shift into clips from his SSSniperwolf Bingo Streams where he played bingo with SSSniperwolf's videos.

While at the time Shelesh made no official statement, she did make references to Douglass in her videos making statements about how he was stealing her content.

Douglass made an official update about Shelesh on his main channel on August 16, 2023 called *Sssniperwolf is getting worse. Here's proof*. In this video, Dou-

He lives 5 minutes away from my shoot" prompting her 6 million Instagram followers to vote yes or no.

In another story, she posted a video of Douglass' home with the caption, "Let's talk like adults." She claimed in another story that Douglass was harassing her. On Twitter, Shelesh's sister stated, "damn does he not know how to fight or something??" in a quote retweet of Douglass stating Shelesh doxxed him.

YouTube made no comment about Shelesh's actions, despite Douglass asking YouTube to, and neither did they comment on her doxxing Douglass, as it is against their terms of service, for an entire week.

TeamYouTube stated that Shelesh would be temporarily suspended from having her video monetized, though the Twitter Community Note will tell you that only the most recent video at the time of that tweet was demonetized. Shortly after, Shelesh apologized on Twitter, but incorrectly referred to Douglass as 'jacksfilm.'

The backlash against her ac-

to twerk for her in exchange for visuals of her breasts. There are many other Omegle videos that Shelesh has deleted of her making sexual remarks to minors and flirting with minors.

Shelesh's former partner Evan Young is currently suing Shelesh for Breach of Fiduciary Duty, Tortious Interference With Contractual Relations and Business Expectancy, Conversion, Accounting and Appointment of Receiver, Breach of the Implied Covenant of Good Faith Fair Dealing, and Breach of Contract. Young states that Shelesh's videos were scripted and that her original gameplay videos were actually Young's gameplay.

On November 10, 2023, fellow YouTuber Azzylnd accused Shelesh of stealing her content. Shelesh tweeted out "I have backup of videos and screenshots before she changed the thumbnails to look like I copied her. [...] The way you're trying to manipulate this is fraud." Azzylnd responded to a tweet by Dexerto stating, "This is not about who copied who. [...] It's about exploiting your position of power and weap-

“There are many other Omegle videos that Shelesh has deleted of her making sexual remarks to minors and flirting with minors.”

| Will Bright



Image: Ctker-Free-Vector-Images via pixabay, manipulated by lee lim

| In-depth character creation, my beloved.

watching Douglass's video until it ended.

His first commentary on Shelesh's channel was in October of 2022, in a video simply called *SSSniperwolf* where Douglass said seeing an article about Shelesh's multi-million dollar home inspired him to make his own channel "JJJacksfilms" which would become home to satire content based on Shelesh's content.

In June of 2023, Youtu-

Douglass uploaded a video that night called *Sssniperwolf but every 10 seconds I read a tweet she sent me tonight* where he watches one of Shelesh's videos, but pauses to read her tweets.

Almost a month later, on July 26, 2023, Douglass uploaded a video to the JJJacksfilms channel called *Grading an awful reactor* where he watched one of Shelesh's videos *Cool Things You've Probably Never Seen Before* and grad-

glass shows Shelesh repeating reactions, cutting out jokes from TikToks that she uses herself, cropping out usernames of creators, reacting to the same content in multiple videos, being silent for up to 40 seconds, and just not being in sections of videos.

The situation went from satire to serious on October 13, 2023 when Shelesh uploaded a poll to her Instagram story stating, "Should I go visit @jacksfilms?"

tions towards Douglass brought up older controversies and questionable behavior from Shelesh in older videos.

In a video from 2019 called *Asking People PEWDIEPIE vs TSE-RIES on OMEGLE* she encourages a young girl, who looks underage, to touch herself in a sexual manner. In another video called *Mom Caught Kids Twerking! (Funny Omegle Moments)*, which has now been deleted, she asks two underage boys

onizing your fanbase, (JacksFilms knows ab [sic] this)."

Recently, Douglass has stated that after the doxxing, he will return on JJJacksfilms to react to content, sent to him with permission, and play a more positive spin on the creator bingo while giving critiques.

Douglass and his wife have stated that they are scared to leave their home and are considering moving.



Get involved with

🔔 *the Carillon* 🔔

Special General Meeting - November 20 at 3 p.m.

Meet us in the Riddell Centre's Multipurpose room (RC128) to learn about your student paper, and to participate in its governance process. Your perspective is important! Limited catering from 13th Avenue Coffee House will be available.

Contribute to the newspaper

Check out carillonregina.com/contribute/ for information on publishing your work in the students' newspaper, and carillonregina.com/pitch/ for contribution inspiration!

Open Editorial Board meetings

Come chat with editorial staff about the newspaper at our office in RC227. The final fall semester meeting is scheduled for November 21 from 7-8 p.m.

Become a director on our board

Head to carillonregina.com/board-of-directors/ for information on how to express interest in one of the two vacant student-at-large seats on our Board of Directors!

Regina care home closures

Ousting in winter months with inadequate notice

pall agarwall
 s&h writer

Private Care Homes (PCH) as the words imply are homes that provide care. It should be a simple matter, and yet in Regina, PCH's are closing left and right under suspicious circumstances.

PCH's, such as those owned by Orange Tree Living, have closed abruptly and without regard for its residents' wellbeing. Orange Tree Living manages the operations of three PCH's in Regina: Precious Memories Villa, Parkview Villa, and Princess Villa. CBC News reported that in early October, "residents of senior care homes at Precious Memories and the nearby Parkview Villa were alerted via an email from Orange Tree Living, the private company that owns the homes, that they would be closing on Nov. 2."

The reason for the shutdown is still unclear. However, some sources say it is due to unresolved financial reasons, while others say that it is due to a complaint regarding client care. Either way, PCH's are supposed to provide quality care for loved ones, and they are not doing that.

There are many care homes and assisted living facilities in Regina. Yellow Pages brings up over 80 results when "care homes or assisted living facilities" is searched. With the abundance of these care homes in Regina, it is

clear that there is a population in Regina that requires the services of these facilities.

The Ministry of Health is responsible for the licensing and overseeing the operations of PCH's across the province. Tim McLeod, the Minister of Men-

ing to a different need level of its residents. However, they all provide care to people who are dependent, in some way, on others to meet their needs.

The out-of-the-blue, illegal shutdown of these necessary services has left residents and their

changing homes. The closure of the Orange Tree Living PCH's, however, had notice as short as 72-hours.

The Precious Memories Villa provided "meal preparation, hygiene, cleaning, and supervision," as stated on the Orange Tree Liv-

ing recent PCH closure in Regina, tried to contact social services for support. The government representative she got a hold of could only offer monetary support, to which Harper would not be eligible for until her month's pension was used up.

The lack of social support for these situations is alarming. The assistance that can be offered is limited to monetary funds, and this is not a solution when a person is evicted and left houseless for an undetermined length of time.

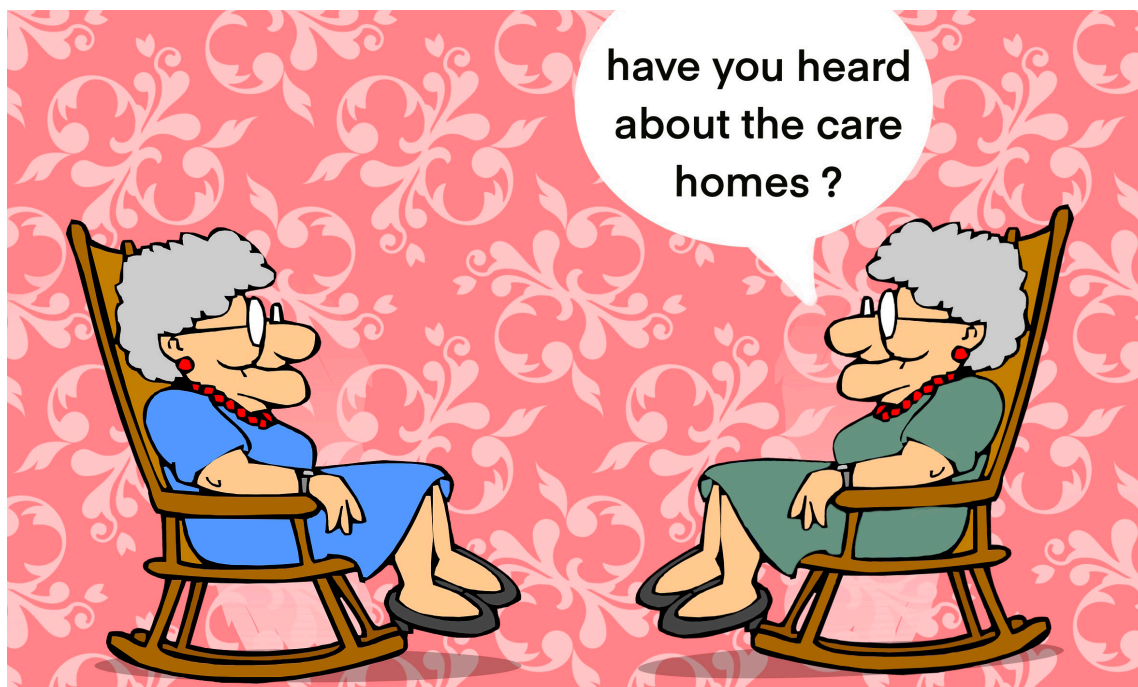
Jeanette Kaytor, whose mother was recently evicted from Precious Memories Villa, spoke to reporters at the Saskatchewan Legislature on the issue. She said, "My mother had just gotten out of the hospital two weeks earlier. She was just starting to recover and get better, [...] And then boom, we have to find another care home."

The PCH options available to the evicted residents are expensive, and not a sustainable option for many of the families needing one.

This can be an opportunity for the community to come together to formulate a plan to address this problem. Together, the community and the government can find a way to fulfil the expectations of a care home: providing safe, quality care.

ing website. The evicted residents considered their care homes their home. With the eviction, they are now left without secure housing.

The social services available to retired people are limited. Evelyn Harper, a retired elderly woman recently evicted from Cedar Woods Manor, another



These care homes don't seem particularly caring.

Illustration: ArtsyBee via Pixabay, manipulated by lee lim

tal Health and Addictions, and Seniors and Rural and Remote Health, spoke to the Saskatchewan Legislature in Regina on October 25, 2023. McLeod said that there are around 71 PCH's in Regina.

There are multiple classifications of PCH's, with each cater-

families scrambling. According to a statement given by the Ministry of Health, a private care home is required to give residents a 30-day notice of shutdown and assist residents with relocation.

Because of this, social assistance and services are normally unnecessary for residents

Learning about mental health

Looking for a supportive environment to talk about the tough stuff?

victoria baht
 staff writer

The Helping Others thru Peer Education (Hope) Learning Centre is Saskatchewan's first recovery college. The Hope Learning Centre provides a unique learning opportunity with a mixture of in-person, online, and remote courses and certifications meant to help people with their mental health.

Free courses offered during specific times on their website include Adulting 101, Borderline Personality Disorder 101, Anxiety 101, Depression 101, and ADHD 101. In an interview, Danielle Cameron, the acting director at the Hope Learning Centre, said, "Our recovery college courses are built around the people. [...] They are giving the information and giving us the lived experience. We are there to mediate and generate conversation with them."

Courses offered through the centre are intended to help people understand their mental health and provide tools to improve it.

Cameron explained, "Instead of working with what is wrong with the person or the mental illness, we work on what is strong! So, what are the person's strengths, what are they doing, and what are some tools to help with anxiety or panic attacks? This is a way that we break away from the professional view. We build on resilience and stay participant-focused."

The various free courses are intended to help explore a person's mental health, with a special emphasis on creating a supportive and safe space to talk. As Cameron put it, "It is so powerful, and so amazing to be in a room full of people who may have the same experiences and emotions that you do. [...] We create a very safe and comfortable supportive environment. Everybody is treated the same."

"For example, we give tips and tools on how to help with emotions," said Cameron. "If you are taking Anxiety 101, and it is getting close to finals, and you are anxious about that, we will give you tools and tips on how to manage that [anxiety]. Whether it is relaxation or a grounding ex-

ercise, we will give you a bunch of different tools that you can use."

The Hope college also offers certifications like Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), and Psychological Health and Safety Training. These are all certifications that may help individuals help others in their communities.

The certifications offered on the Hope website come with a fee, but once completed, you can put it down as a certificate on a resume. The training offered is certified by appropriate agencies. For instance, ASIST training is the certified training of LivingWorks, and the Mental Health First Aid training is certified by the Mental Health Commission of Canada.

Cameron explains that the certifications may be helpful towards destigmatizing certain topics, such as suicide. "ASIST helps people help individuals who may be thinking of suicide or already have a plan in action. [...] People do not like to talk about suicide. People think if we talk about suicide, it is more likely to happen. But it is the opposite. The more



Teaching you everything your parents didn't.

Photo: Danielle Cameron

you talk about suicide, the more you educate yourself and see those signs and symptoms."

The ASIST program is a two-day certification with plenty of information and opportunities to practice talking and asking about suicide. It is designed with social stigmas in mind, making it a safe and valuable space to learn.

Hope Learning Centre offers a unique opportunity to expand

your knowledge about mental health. Whether you want to obtain certification to help others or take a course to help yourself, the Hope Learning Center has you covered.

A balanced lifestyle

Here's something to help make things a little easier to handle

pall agarwall
s&h writer

People can be great multitaskers and usually manage the stress of multiple tasks well. However, everyone needs to remember to care for their health when working. Neglecting your health and diet can severely affect your health, especially when balancing work, home, and sometimes school. To address this problem, many dietitians and nutritionists recommend taking periodic breaks and eating healthy meals.

But as many know, this is not always so simple. Gabi Abreu, the author of the Working Woman's Health Collection, is a health coach and aspiring dietitian with a Bachelor of Science in Nutrition and Dietetics. The Working Woman's Health Collection is a website comprising recipes and lifestyle tips designed to bring

Abreu said it's "unrealistic" to expect yourself to get "a 60-minute workout every single day when you're also working." She said that her biggest tip is to find ways to incorporate nutritional value into your day. "I think it can make it feel a little bit less overwhelming."

Abreu has come a long way since university, and in her interview, she mentioned how managing full-time studies and work along with maintaining a good lifestyle was challenging. "I was first starting university, [...] sometimes nutrition or making time for workout seemed like the least important thing to do when you have exams, work, meetings, [and] things like that."

Life can be hectic, leading to the negligence of a person's physical needs. Those with packed schedules tend to ignore what they eat, when, and how much, and can ignore their

I actually made time for myself, and I know that it can seem impossible at the time as well when you have so much going on. But I think you function better when you make time for enjoyment in school, too," Abreu said.

Maintaining that balance of work and life is essential. Balance can help you think better and perform better in every aspect of life. "I think sometimes if you're overworking, [...] that's more of a chore, and you're not like pouring into yourself. It is easy to kind of feel burnt out or overwhelmed, and you're likely not to perform as well, too, in your exams," Abreu said.

Finding a balance between work and life can help you better understand yourself. As you find a balance, your mood improves and you can step back and look at your life through the lens of an outsider. If, and when, you can

services to help people determine a healthy diet and lifestyle that works for them, and is working on a cookbook that is due to be released soon.

Abreu's venture brings together all the people who have been struggling to find a go-to place for lifestyle, beauty and a balanced lifestyle. As Abreu said, "The Working Woman's Health Collection is a collection of recipes and lifestyle tips that embodies just that. You'll find a variety of quick and easy meals, that I, myself, reach for as an everyday working woman. And, of course, some recipes for when you do have a little more time on your hands."

Abreu's mantra is, "Focus on progress, not perfection. The key to building sustainable habits is to start small and make them easy to do." She believes in lifelong growth, an open mindset, and

class into my everyday life".

Abreu consistently updates the information on her website, believing that knowledge changes with time. Abreu has seen many trends in diets and nutrition, and she writes about many of these in the blog on her website.

She has also broken different myths around nutrition on how people find it necessary to shop and purchase from expensive places to prepare healthy food. "I think sometimes there is this misconception that you need to shop at [special kinds] of places to be healthy. [...] I see that a lot," continued Abreu. "I create educational posts to kind of break down those barriers." Abreu's blog has many posts dedicated to providing easily-made recipes with easy-to-find ingredients.

Balancing a healthy lifestyle with the stress of today's work can be a real challenge, but it is

“Focus on progress, not perfection. The key to building sustainable habits is to start small and make them easy to do.”

| Gabi Abreu

together the importance of preparing tasty, healthy food and the busy schedules of working women and university students.

"What's helpful is to [...] focus on maybe like what you can add in little-by-little. [...] Focus on adding in one or two servings of vegetables a week, adding in maybe a 20-minute walk once a week. Little things like that can definitely add up," said Abreu.

body's need for exercise. This can lead to stress, as well as other undesirable side effects. To combat this, Abreu suggested, "If you're studying for hours, [make] time for a 20-minute break to go for a walk or like do something with a friend."

When you can find the time to take care of yourself, the results speak for themselves. "I noticed a really big difference when

do that, that is when you can take meaningful steps to make your life better. This can be done by adopting healthy habits to create a balanced, healthy, and sustainable lifestyle.

Abreu's venture, the Working Woman's Health Collection, embodies this by providing lifestyle tips and easy-to-make recipes. Abreu also offers consultation

never giving up when things get tough.

Starting the Working Woman's Health Collection was her way of using her education to impact others' lives. She wanted to share her gathered knowledge and skills in a way that could best impact others. "As time went on, I was able to adjust and translate the information I was learning in

one that has plenty of resources to make it easier. Dietitians, nutritionists, and health coaches like Abreu have made resources like the Working Woman's Health Collection to help. Resources like these make the best of where people are already at, making them a great resource when you do not know where to begin in the journey to balance.



As if it's that easy.

Image: Clikker-Free-Vector-Images via Pixabay, manipulated by lee lim

Healthcare updates in Saskatchewan

From rural support to racism, Saskatchewan has got it all!

kim kaufman
s&h editor

Rural Healthcare Updates

In Saskatchewan, much of the population is rural. Small towns are scattered across the province, but few offer health-related services. In the towns that do offer these services, they tend to be understaffed and underfunded. This situation was exacerbated by the COVID-19 pandemic, which forced the closure of many rural emergency rooms (ERs).

Since then, efforts have been made by the Saskatchewan Health Authority (SHA) and others to reopen these facilities with the proper staff and funding. The Health Human Resources (HHR) Action Plan, developed by the SHA and updated in October of 2022, described the efforts.

The action plan update said, “Progress has been made on each of the four pillars of the Action Plan: *recruit, train, incentivize and retain*. This includes resumptions and restorations of acute and emergency services in a number of communities that have experi-

areas of the province.”

As a result of the difficulties, the audit suggested that the appropriate authorities “implement and monitor the success of targeted plans to fill hard-to-recruit positions with significant gaps. [...] Determine the optimal supply of new graduates to help address staffing shortfalls. [...] Establish a First Nations and Métis recruitment and retention plan. [...] Centrally analyze results from staff exit interviews, [...] and assess] whether student clinical placements are a successful recruitment strategy for hard-to-recruit positions.”

In a November 2, 2023, news release from the SHA, they reported that the HHR Action Plan had “improved access to acute and emergency services” in rural Saskatchewan communities.

Several healthcare centres had recruited RNs to provide improved services to their communities. These locations include Lanigan Hospital, Watrous Hospital, Biggar & District Hospital, Canora Hospital and Collaborative Emergency Centre, Kamsack Hospital, and Wolsley Memorial Integrated Care Centre. The recruitment of RNs has improved

The Ministry of Health is offering a “one-time rural and remote recruitment incentive” to fill high-need healthcare positions in Saskatchewan. This incentive offers up to \$50,000 to healthcare workers, with applications open while funds last. Some of the high priority positions include RNs, Nurse Practitioners, Continuing Care Assistants, Medical Laboratory Assistants.

Applicants not eligible for the incentive include currently employed healthcare professionals and recruits from the SHA’s Philippines International Recruitment Initiative.

Racism in the RGH

The Regina General Hospital (RGH) has been accused of racism, again. 10 foreign-trained doctors from Africa and East Asia filed a complaint against the hospital on October 5, 2023 with the SHA. This event has launched an investigation into the hospital for these claims and poses an uncertain future for healthcare in Saskatchewan.

10 physicians in the internal medicine unit experienced racism in the workplace when Dr.

others and we don’t deserve to be equal.”

Dr. Tom Perron, one of the White physicians working at the hospital, co-signed the human rights complaint. He told *CTV News* that “A number of people(s shifts) [...] were cut down significantly in an effort to get them to leave.”

The Regina General Hospital seems to have a history of racism against BIPOC individuals. An interview done by *Global News* describes another time in which the RGH was racist.

Janelle Orcherton, an Indigenous woman who received medical care at the RGH, was discriminated against by the staff in November of 2021. Orcherton, concussed with a sprained ankle and broken shoulder blade, was misinformed by staff members that she had been brought in by the police for being intoxicated.

Orcherton had received her injuries following a fall down some stairs while she was with friends doing beadwork. 911 had been called following the accident, but the staff communicated racist stereotypes to Orcherton and her mother instead of the truth.

“It’s hard to know there’s a

this plan included “marketing Saskatchewan both within and beyond our provincial borders to ensure people here at home, across Canada and globally know Saskatchewan is a great place to find healthcare opportunities, build your career and enjoy a high quality of life.”

The intensive news coverage of the human rights complaint against the RGH threatens the positive impacts of the action plan and the trust in the SHA and associated government healthcare representatives. Going forward, it could prove detrimental to recruiting and training foreign and BIPOC health professionals if they cannot trust their workplaces to be supportive and healthy working environments.

However, the timely response of the SHA may restore some hope in the healthcare system. While it is still under investigation, the Minister of Health, Everett Hindley, was recently interviewed by the NDP MLA for Regina Coronation Park, Noor Burki.

Hindley disavowed the racism presented in the healthcare system, stating, “There is absolutely no room for racism in health care, or frankly anywhere



Because everyone loves hospitals, right?

Image: Megan_Rexazin_Conde via Pixabay, manipulated by lee lim

enced disruptions.”

In December of 2022, the Provincial Auditor of Saskatchewan released an audit. In Chapter 12 of the audit was an assessment of the staffing needs of the healthcare field and the ability of the SHA to fill those needs.

The audit found hard-to-recruit positions, such as Emergency Medical Technicians and Registered Nurses (RNs), were “hard-to-recruit for various reasons. For example, some are in-demand positions, [...] and/or are located in rural or remote

these centres’ ability to provide “quality and accessible care.”

The Virtual Physician (VP) pilot program was recently launched for the Oxbow and Porcupine Plain area. According to the SHA, the “VP pilot program is an innovative temporary solution aimed at addressing physician shortages or coverage issues in the community. By utilizing HealthLine 811, nursing staff have been able to consult with remote physicians located elsewhere in the province during critical periods.”

Bonnie Richardson became the lead of the hospital’s department of medicine. According to *CTV News*, “The 10 doctors allege the shifts were no longer fairly divided among the 17 members of the department.” More desirable shifts were given “entirely to white physicians.”

The change in management changed the workplace from inclusive to toxic. Dr. Abiodun Abdulazzez Olajide told *CTV National News*, “We felt like there was a gross abuse of power, essentially telling us we’re not as good as the

stereotype out there of being the drunk Indian,” Orcherton said in an interview. Orcherton filed a complaint with the hospital administrator and was informed that this complaint was only one of many.

These events could pose significant problems for the healthcare sector, especially since it is already experiencing staffing shortages. The SHA launched the HHR Action Plan in September of 2022 to address the shortages.

The recruiting section of

in Saskatchewan. We take these concerns very, very seriously.”

Hindley continued, “We have health care workers from across the globe coming to Saskatchewan to work here in our province, those that have been in our province for decades upon decades, serving patients and residents right across this province. And they are such valuable health care workers as part of our health care teams.”

“ We felt like there was a gross abuse of power, essentially telling us we’re not as good as the others and we don’t deserve to be equal.”

Dr. Abiodun Abdulazzez Olajide

Wrapping up the fall term

Getting a head start on the end

nazeemah noorally
staff writer

Perhaps you've been diligently checking off your academic goals, staying on top of your coursework, and making the most of your in-person classes after the fall break. That's quite an accomplishment! Yet, as the semester continues to race ahead, it's also high time to start preparing for the end-of-semester final exams. Here are some tips that can help you get started to prepare for your final exams.

Connect with your instructors.

If you haven't done so already, reach out to your instructors. It's not uncommon for students to find themselves feeling disconnected from their instructors, whether it be because of differences in teaching style, lack of engagement, or other factors. You may have found the teaching methods or approach less engaging and you have been tempted to skip classes. Yet, it's crucial to remember that your instructors are your 'steadfast partners' in your academic journey. Take the initiative to attend your instructor's office hours and give yourself a chance to clear up any concerns you might have regarding your coursework.

The Student Success Centre can be a game-changer.

Located on the second floor of the Riddell Centre, the Student Success Centre is a valuable resource for academic support. Services like academic advising, learning

skills, math and writing tutoring, as well as transition programs are available to cater to the academic needs of students. Explore the Student Success Centre's upcoming events on its Events Landing Page at uregina.ca/student/ssc/events/index.html to find resources that can support your final exam preparations. You may also want to check out uregina.ca/student/ssc/resources.html for resources to help plan your semester. If you prefer face-to-face assistance, their on-site representatives are available from Monday to Friday, 8:15 a.m. to 4:30 p.m.

Schedule downtime in your calendar.

While preparing for finals is crucial, it is equally important to schedule downtime. Plan breaks and moments of relaxation in your personal schedule to help prevent burnout and mental exhaustion. Motivate yourself to create a balanced routine that incorporates study sessions, leisure activities, moments of self-care, and meditation. Make sure to also stay hydrated.

Create a personalized study plan.

Try something like spaced repetition, where you revisit course material at increasing intervals over time instead of cramming to remember information long-term. The active recall technique challenges your brain to retrieve and reconstruct information by recalling information from the memory. Sticky notes, digital flashcards, and mind mapping make the brain better engage with the material.

The Feynman technique is a more unique tool. To use this technique, first



choose a topic that you want to understand better, then explain it as if you were teaching it to someone else, for example a kid, as simply and clearly as possible. By doing so, you will identify gaps in your understanding of the material, and can then go back to your lecture notes or textbook to fill in those gaps.

Stay mindful of class registration.

The last piece of advice would be to be mindful that registration for next semester's classes has already opened. It is not unusual for students to delay their registration as they get busy with midterms, quizzes, and final exams. However, you don't want to be caught unable to snag a spot in a class you need. Classes fill up quickly, so it's best to register as early as you can. Make sure to connect with your academic advisor early on to stay on track with your academic goals. After all, your academic journey is uniquely yours; embrace it and thrive!

Why is it that literally anything sounds interesting when you should be studying for exams, and nothing does when you're not?

Image: OpenClipart-Vectors via Pixabay, manipulated by lee lim

An imposter among us

Self-doubt is common, yet crippling

hammad ali
op-ed editor

Many years ago, on a day when I was struggling with all the challenges life threw at me, I poured my heart out to a friend. I shared all the rough times I had been through, how I thought that things would get better over time but never seemed to, and how I never felt like I was enough.

At the end of my rant, which my friend so patiently and lovingly listened to, I asked, "Am I the only one who feels this forlorn?"

My friend, who has his wise moments, answered my question with one of his own. He asked, not unkindly, "If you were the only person who felt this way, why would there be a word for it?"

On the surface this was a simple rejoinder, and yet I cannot tell you how many times since then this one thought has sustained me. If I were the only person feeling this, why is there a word for it? It must mean others felt it, wrote about it. Knowing that you are not alone in your darkest thoughts somehow makes those thoughts lose some of their power.

This story is on my mind today because I am at a crucial juncture in my graduate pro-

gram. But the situation I am facing is by no means unique to graduate students. As I sit in my research space, charged with analyzing a new problem, supported in part by scholarships that I have been fortunate to secure, one thought often rears its head. What if I am not good enough? What if everyone involved with my acceptance into the program, the scholarships, the grades, have been wrong?

In short, I am struggling with imposter syndrome. Since there is a phrase to describe this feeling, clearly others have felt it too. Except my mind can believe, with immense ease, that all those others were wrong to doubt themselves, while I am not.

Let us back up a bit. Imposter syndrome is, broadly speaking, a feeling of self-doubt about intellect, skills, and qualifications, especially when one finds themselves among other high-achieving individuals. For me personally, it is often rooted in respect, if not awe, for my fellow researchers. I respect how good they are in their own fields, and find myself falling short in comparison. This is then followed up by a conviction that someone, somewhere, made a mistake by letting me into this group and that I am way out of my depth. Any day now, people



Sitting around working with his brilliant coworkers, the grad student feels like he is in a lifelong game of Among Us.

Illustration: lee lim

will realize their mistake and I am going to be shown the door.

As you can imagine, it can be hard to be productive and confident about your work while your brain is playing these tricks. Imposter syndrome is real and can cause a lot of suffering. While I still struggle with it every day, a few things have worked for me not completely cave in to it. First and foremost...

Trust the experts.

To get into a college/graduate program/job, you had to

compete with other applicants. Your application was perused by people who have been doing this for a long time and know what to look for. When it is too hard to have faith in yourself, have faith in their experience and judgment. They picked you from a pool of applicants, so you could not have been completely unqualified. Perhaps there is a gap between where you should be and where you are. Which brings us to...

Compare yourself to your own past.

There is no point comparing yourself with others. You have not had the same experiences. Compare yourself to your own previous best. Are you learning more? Are you doing more? Do you know more today than you did before? Can you write better? In every tool of your trade, strive to get just a little better each time. And lastly...

Take on challenges.

Something that worked for my battle with self-doubt was to gather evidence against the charge that I was an imposter. I volunteered to present a difficult paper, or to write a report explaining a field of study, or just to read a difficult paper and convince myself I understood it. The point is, I take on challenges, and when I complete them, I have one more piece of evidence that I can in fact do those things. And if I fail, I then know why I failed and how to do better.

None of these things are a panacea. I still struggle with self-doubt and I still have bad days. But taking my own advice, I can say with some sense of accomplishment that I have fewer bad days, spaced further apart. I guess the goal is not to be perfect, just better.

Thoughts of a prior Zionist

To call for a ceasefire is to call for conversation, which you must model

holly funk
editor-in-chief

There are many things I'd like to get across with this piece, but one of the core elements is that justice for Palestinians has never been about Judaism versus Islam.

I have all of the love in the world for Judaism. I, myself, am an atheist, but as someone devoted to religious studies I have a wealth of knowledge on and respect for the blessings that religions have brought to humanity. This knowledge allowed me to have an incredibly joyful conversation this summer with a Jewish comedian where he spoke on his love for the religion because, from his perspective, it does not demand that people act in a certain way, but rather that it demands people think intentionally about how they act.

One story this man told me that will never leave my memory is how, in his youth, he spoke with his father about organ donation after death. For a slew of reasons Judaism generally prohibits the donation of organs from a body after a person has died, and he was well aware of this.

However, Judaism also has two concepts called mitzvah and chesed, which essentially (there is more to this, but the word count of the article prohibits me from including all context) outline that Jewish people should engage in kindness at every opportunity. This is briefly outlined in Leviticus 19:18 as loving "your neighbour as yourself."

This man shared with me that he thought of organ donation as a mitzvah, and that he had a conversation with his father when he was a teenager outlining



For those forced to represent their flag with a fruit.

Photo: hosnysalah via Pixabay

why he thought so. Despite religious prohibitions, his father understood that this person believed it to be a kindness, and agreed to give parental permission to this minor to donate his organs should he die while a minor.

Even though he may not have personally agreed and may not have done the same, the father understood the kindness intended and wanted to support his

child in showing kindness to whoever may benefit from that act.

I do not see this in Israel's actions toward Palestinians. What I do see is Israel bombing Palestinian hospitals. What I do see is Jewish people, including the Chairman of the Jewish Network for Palestine, condemning the apartheid state. What I do see is lawyers across the globe rallying to oppose the genocide that is being enact-

ed, alongside millions of people across the globe gathering to protest the violence that has occurred since 1948.

I also see countless people supporting apartheid and essentially adopting the view of Winston Churchill who supported the genocide of Indigenous peoples across North America, South Africa, and Palestine. I see journalists being targeted and murdered for having the courage to cover the events actually occurring in this space. I see Jewish people in Israel being assaulted by Zionist law enforcement for standing up for their own beliefs and begging for an end to the violence. I see a fascist, nationalist, totalitarian state.

Now I speak to the allies. If you are genuinely, truly, from your spirit and your soul calling for a ceasefire and peaceful negotiations, you must be calling for a ceasefire in your personal relationships as well.

You will not always be able to hold your temper. Some will be hell-bent on demonizing the population being occupied and exterminated, making whatever claims they can to support genocide.

However, you must try with those who will listen with the intention to understand rather than respond. You must try with those who seek to learn rather than blindly promote the propaganda that's been fed to them. You must try.

Though now I am an anti-colonial atheist, I was raised as a far right-wing Christian Zionist, and it was through the efforts of others I was able to recognize the inhumanity of that position.

If you have any kindness in you, call for a ceasefire among those in your social circles and speak to the horrors being committed.

PROGRAM
GUIDE

91.3 FM CJTR
REGINA COMMUNITY RADIO

MONDAY

- East Coast Countdown**
6-7 am
- Acoustic Café**
7-9 am
- On the Air & Story Emporium (rpt)**
9-10 am
Music and storytelling
- Mists of Thyme**
10-11 am (spoken-word)
- Toast and Coffee**
11 am - 12 pm (spoken-word)
Community events
- Chinese Connection (repeat)**
12-1 pm (spoken-word)
- TBA**
1-3 pm
- Queen City Improvement Bureau (repeat)**
3-4 pm (spoken-word)
- The Basement**
4-6 pm
A variety of all-Canadian music
- Rhinestone Cowboy**
6-7 pm
A focus on female country, indie and folk artists
- Polka Power**
7-9 pm
Polka music
- Blues Rock Café**
9-11 pm
The name says it all
- The Buffer Zone**
11 pm - 12 am
Anything goes
- Phil Haunts the Witching Hour**
12-1 am
- Loak Virsa (repeat)**
1-2 am (spoken-word)
- Phil's Overnight Jam**
2-6 am

TUESDAY

- Putumayo World Music Hour**
6-7 am
- Sunny Side Up**
7-9 am
- On the Air: Really Great Old Jazz**
9-10 am (repeat)
Jazz music from the 1920s to 1950s
- Inside Europe**
10-11 am (spoken-word)
- Canadaland**
11 am - 12 pm (spoken-word)
Canadian news and current affairs
- TBA**
12-1 pm (spoken-word)
- Borderlines (repeat)**
1-3 pm
- Just Drawn That Way (repeat)**
3-3:30 pm (spoken-word)
- TBA**
3:30-4 pm
- Rock Mollusk**
4-6 pm
Progressive rock music
- The Graveyard Tapes**
6-6:30 pm (spoken-word)
- WINGS**
6:30-7 pm (spoken-word)
Raising women's voices through radio
- TBA**
7-8 pm
- Serendipity**
8-9 pm
Chillwave, indie rock and more
- Synesthesia**
9-10 pm
- TBA**
10-11 pm
- Operation Manatee**
11 pm - 12 am
- Phil's Overnight Jam**
12-5 am
- Navaye Ashena (repeat)**
5-6 am (spoken-word)

WEDNESDAY

- Red Barn Radio**
6-7 am
- Bean Water**
7-9 am
- Living Planet**
9-9:30 am (spoken-word)
Environmental stories from around the globe
- Science Unscripted**
9:30-10 am (spoken-word)
- Chinese Connection**
10-11 am (spoken-word)
- Get Chatty With Kathy**
11-11:30 am (spoken-word)
A mixed bag of topics
- Muzyka Ukraine**
11:30 am - 12:30 pm
- WINGS**
12:30-1 pm (spoken-word)
Raising women's voices through radio
- Scotland Calling**
1-3 pm
- Mists of Thyme (repeat)**
3-4 pm
- Wednesday Girl**
4-6 pm
- Spoiler Alert**
6-7 pm (spoken-word)
Old and new movies
- My Electric**
7-9 pm
Current electronic music
- Dodecahedron**
9-10 pm
Contemporary independent music
- Ribbon of Darkness**
10-11 pm
Country and western plus more
- Rock Mollusk Ledged**
11 pm - 12 am
Avant-garde music
- Phil's Overnight Jam**
12-5 am

THURSDAY

- Daebak! (repeat)**
5-7 am
- The Mystic Voyage**
7-9 am
- The Book Show**
9-9:30 am (spoken-word)
- WINGS**
9:30-10 am (spoken-word)
Raising women's voices through radio
- Principal Prairie (repeat)**
10-11 am
- Inside Europe**
11 am - 12 pm
- The Bridge (repeat)**
12-1 pm
- On the Air & Story Emporium**
1-2 pm
Music and storytelling
- On the Air: Really Great Old Jazz**
2-3 pm
Jazz music from the 1920s to 1950s
- The Road (repeat)**
3-4 pm
- Goose Tones**
4-6 pm
Everything jazz
- Living Planet**
6-6:30 pm (spoken-word)
- Just Drawn That Way**
6:30-7 pm (spoken-word)
- Queen City Improvement Bureau**
7-8 pm (spoken-word)
- Once More With Feeling**
8-9 pm
- Rhythm 'n Vibes**
9-11 pm
Afrobeat, amapiano, hip-hop, R&B
- Lunar Lounge**
11 pm - 12 am
Cosmic mix of lo-fi, chill pop, electronic, jazz, neo soul
- Phil Haunts the Witching Hour**
12-1 am
- Rincon Latino (repeat)**
1-2 am (spoken-word)
- Phil's Overnight Jam**
2-6 am

FRIDAY

- WoodSongs Old-Time Radio Hour**
6-7 am
Grassroots music
- Wake and Break**
7-9 am
- Science Unscripted**
9-9:30 am (spoken-word)
Science stories that will change your day
- Get Chatty With Kathy (repeat)**
9:30-10 am (spoken-word)
- TBA**
10-11 am (spoken-word)
- CanQueer**
11 am - 12 pm (spoken word)
- Indigenous Vibes**
12-1 pm (spoken-word)
Stories from indigenous people in our community
- East Coast Countdown**
1-2 pm
- Putumayo World Music Hour**
2-3 pm
- Spoiler Alert (repeat)**
3-4 pm (spoken-word)
- The Dog Run**
4-6 pm
A musical menagerie
- The Bridge**
6-7 pm
Connecting poetry and music
- Principal Prairie**
7-8 pm
Tunes by Sask artists
- Daebak!**
8-10 pm
One-stop shop for all things K-pop
- The Junk Drawer**
10-11 pm
You never know what you might find
- TBA**
11 pm - 12 am
- Phil's Weekend Music Mix**
12-6 am

SATURDAY

- TBA**
6-8 am
- The Jubilee Gospel Show**
8-9 am
- The Road**
9-10 am
Alt and Outlaw Country
- TBA**
10-11 am
- A Little Off The Top**
11 am - 1 pm
Saturday morning oldies featuring the B-sides
- Bollywood Mehfil**
1-2 pm (spoken-word)
Pakistani news/music
- Pinoy Myx**
2-3 pm (spoken-word)
Filipino news/music
- Plain A.I.R.**
3-4 pm
Artist-in-resident program (changes monthly)
- The Capital**
4-6 pm
- Ribbon of Darkness (repeat)**
6-7 pm
Country and western plus more
- TBA**
7-9 pm
- Dodecahedron (repeat)**
9-10 pm
- A Hot Mess**
10 pm - 12 am
Punk, metal, industrial and rock
- Phil's Weekend Music Mix**
12-6 am

SUNDAY

- Music and the Spoken Word**
6-6:30 am
- Maple Leaf Phil**
6:30-7 am
- The Book Show**
7-7:30 am (spoken-word)
- New Times**
7:30-9 am (spoken-word)
Religious discussion
- Sunday Funnies**
9-9:30 am (spoken-word)
Analysis of the bizarre and nihilistic world of syndicated comics
- TBA**
9:30-10 am
- Loak Virsa**
10-11 am (spoken-word)
East Indian news/music
- TBA**
11 am - 12 pm (spoken-word)
- Rincon Latino**
12-1 pm (spoken-word)
Chilean/Latin program
- World of Blues**
1-3 pm
- Borderlines**
3-5 pm
Real country music
- Navaye Ashena**
5-6 pm (spoken-word)
Persian news/music
- Putumayo World Music Hour**
6-7 pm
- Plain A.I.R. (repeat)**
7-8 pm
- TBA**
8-9 pm
- East Coast Countdown**
9-10 pm
- TBA**
10-11 pm
- Phil 'til Morn**
11 pm - 5 am
- Bollywood Mehfil (repeat)**
5-6 am (spoken-word)

Villain School pt. 3

"Villain School 3"

by William Bessai-Saul



Bird People pt. 4

"Transport Solutions"

by William Bessai-Saul

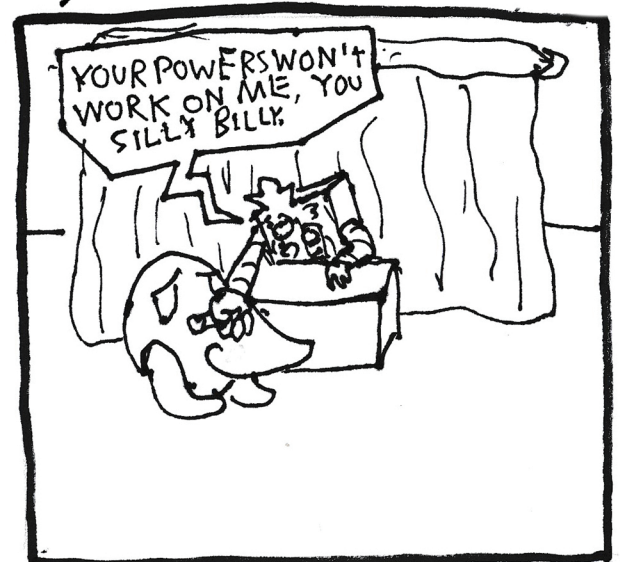
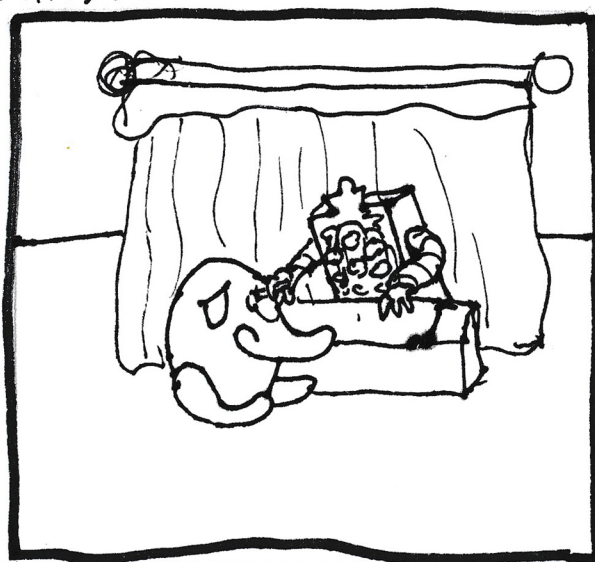
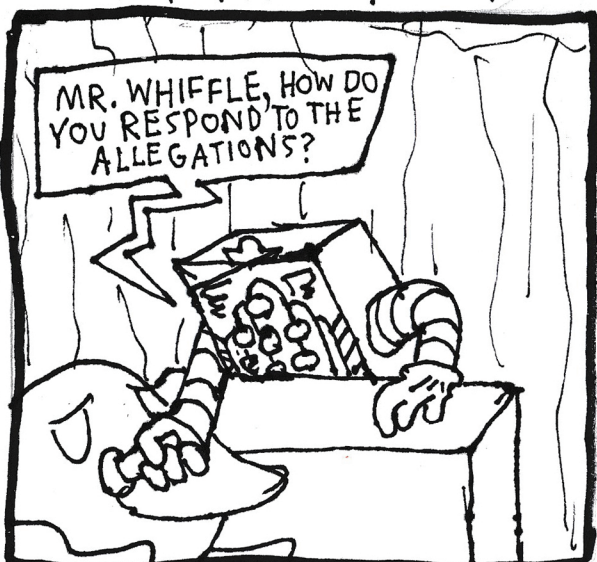


<https://williambessaisbirdpeople.weebly.com/>

Mr. Whiffle pt. 4

"Mr. Whiffle Responds to The Allegations"

by William Bessai-Saul





Once upon a time ...