

Fanshawe earns a sustainability gold

Why should I have kids when the world is ending?

MIA connections hit the stage at Parkjam, Western Fair

Fanshawe to host OCAA golf Invitational

INTERROBANG



WHERE ARE THE
STUDENT LEADERS
???

**THIS YEAR'S FSU PRESIDENT
MUST BALANCE SCHOOL
WITH LEADERSHIP.**

**IS THERE A FANSHAWE STUDENT
UP TO THE TASK?** PAGE 3



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Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding areas and student activities across Canada. The Interrobang strives to be impartial in its reporting and believes in the public's right to know.

Land Acknowledgment: Interrobang acknowledges that our office is situated on the shared traditional lands of the Anishinaabeg, Haudenosaunee, Lenapeewak, and Attawandaron peoples. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We affirm the importance of our relationship with Indigenous peoples and students at Fanshawe College.

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Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

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FROM THE EDITOR Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to this week's issue of Interrobang.

In the wake of a first-time ever absence of a full-time president in the Fanshawe Student Union (FSU), our cover story asks a necessary question: where are our student leaders?

These are uneasy times. With a federal election on the horizon, Canadians are busy contemplating the nation's future. Provincially, students are trying to cope with the financial strain of a drastically reformed financial aid system. And let's not forget that globally, the human race may or may not be too late to save the world from climate change.

That's a lot to think about while managing school and daily life, and it might be easy to dismiss student politics in the grand scheme. But as I worked on reporting a more in-depth overview of the FSU's tricky situation, I found that interviews with student leaders, past and present, turned up pretty much the same thing – now, more than ever, is the time for students to step up and lead their peers.

Running for a directorial or presidential role in the upcoming by-election means voluntarily representing over 20,000 full-time Fanshawe College students for the year, all while keeping up with your homework. The job is not to be taken lightly. But it is not without its rewards.

As president, you'll get an inside look at managing non-profits. You'll build valuable relationships, conduct meetings, develop budgets, and learn how to advocate for the needs of the very group you are a part of.

The role means being the voice of a population that, speaking from experience, has never had it easy; and in this world, having a voice can sometimes be the key difference between victory and defeat.

Okay, enough preaching. Student governance is important because it's always the seemingly small stuff that ends up making the bigger picture. Please consider running in the by-election, and at the very least please vote during the voting period from October 7 to 10. Go to fsu.ca/elections to learn more about the requirements to run, and visit the FSU's office at SC1000 for more information.

Got it? Good. Thanks as always for reading Interrobang and keeping yourself informed on the going's-on of your friendly neighbourhood Fanshawe Student Union. In the words of interim president Julia Brown: "You should care. It's your money."

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca

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FSU seeks a new kind of leadership

Angela McInnes
INTERROBANG

In a historical first, the Fanshawe Student Union (FSU) is without a full-time president.

Meanwhile its overseeing board, the Student Administrative Council (SAC), has been inactive since mid-August, with only two directors currently at the helm. As Sept. 16 approaches – the opening date for presidential and directorial nominations of this fall’s by-election – the FSU is counting on its 2019/2020 students to step up as leaders in uncertain times.

In March 2018, Abdullah Qassab won the union’s annual presidential election by nine votes against runner-up Jennifer Iannessa. The win was significant as Qassab was one of the first FSU presidents to come from a regional campus (Woodstock). Despite having no previous experience in student governance, Qassab’s persistent campaigning and tenacity paid off.

Qassab began his official presidency on May 1. But by July 11, the SAC announced he was officially deemed to have abandoned his position. Neither Qassab nor the SAC commented further as to why.

“I was shocked,” Iannessa told Interrobang. “We all ran really tight campaigns...it was surprising to see the post was vacant. I was disappointed for the students because they’ve been left without a leader.”

The FSU typically runs presidential and board elections every spring. All full-time students are eligible to vote, while any full-time student who is graduating, or willing to take a year-long hiatus from the program, is able to run for president once they meet the required criteria. The winner then takes up the role in May, trains alongside the FSU executive during the summer, and continues to serve as president full-time during the academic year.

When Qassab left the position, it was up to SAC chair Cole Ayerst to weather the storm and lead the board at the time.

“It’s a lot of responsibility for anyone,” Ayerst said of handling the situation. “Unfortunately, it came basically immediately after I was elected chair. It was overwhelming.”

It took time for the board to decide its next move. The SAC consulted with a lawyer and gauged student feedback from social media before settling on a fall by-election for a part-time president. Soon after making the decision, the SAC shrank from five to two members – Cole Ayerst and Christine Belanger. Because there needs to be at least five to remain active, the responsibility of appointing a chief returning officer to oversee the by-election has been handed off to the FSU’s executive committee.

Because of his longstanding personal relationship with the College as a student, peer tutor, volunteer and ambassador, Ayerst said he originally joined the SAC because he is determined to make the school better than he found it for future students, such as his nephew. Dealing with the unexpected departure of a president-elect may have been stressful, but Ayerst is nevertheless hopeful that the by-election will see a positive turnout of both voters and eager candidates.

“There’s always room for improvement no matter what kind of organization you’re in,” he said. “I know the FSU is planning on building awareness. I would love to hit 40 to 50 per cent [in voter turnout].”

However, FSU presidential elections see an average turnout of 20 per cent of its eligible voters, max. According to the FSU’s general manager, Paul Masse, these numbers are in line with the rest of the province, with one exception.

“In my 20 years here, the highest turnout I’ve ever seen was not in the years we’ve had referendums on yes/no issues. It was when we had five candidates for president and quite a few for the executive and board. When you have multiple candidates, you get the excitement and you get the different opinions and different platforms,” Masse said.



The Fanshawe Student Union (FSU) is seeking new students to fill its leadership seats.

CREDIT: ANGELA MCINNES

Winning that election was Carlie Forsythe, who reigned as FSU president in the 2016/2017 term. During her time in the role, she transformed the FSU to its current format, wherein the SAC serves to hold the president accountable for their actions.

While Forsythe said she commends the now inactive board for its swift decision-making, she worries that the presidential role will be too much for a full-time student to take on, even on a part-time basis as planned.

“It’s a full-time position for a reason,” she said. “It’s meetings, managing your team, working with administration, helping to reach an objective, speaking at events... the new president will need to be incredibly committed to hitting the ground running. They need to balance school with this. And then learn everything to they need to in a short period of time.”

Ayerst acknowledged the challenges, saying that this year’s circumstances require Fanshawe’s student government to come together as a team. Not only will Ayerst be taking on a larger role than usual for the SAC chair, but the current executive members – advocacy and communications coordinator Chelsea Bancroft, student life coordinator

Joey Langdon and finance coordinator/interim president Julia Brown – are prepared to assist the new part-time president however they can to make the year run smoothly.

“We all look at Fanshawe as our community. This is where, no matter what aspect of life we originally came from, we all ended up at Fanshawe, we all had amazing times here, and now it’s just time to give back,” he said, adding that “students definitely should take note that it will be a responsibility. Both the director and president aren’t figurehead positions.”

So why should students care to take on the responsibility, or even vote for a new leader who will?

“You should care. It’s your money,” said Julia Brown, who admitted that she has noticed a dying interest in student politics across the province as students set their sights on the upcoming federal election, as well as politics in the United States.

She said rebuilding a community feel among students may be the best way to generate interest in the role the FSU plays in their lives, from facilitating entertaining activities to managing their health plans, bus passes and clubs. For her, the key strategy is to show a greater appre-

ciation for FSU volunteers in the hopes they will develop a strong relationship with the organization before completing their programs, which usually span shorter than those of a university.

As the temporary president, she hopes to pass along the torch to a student who understands that there’s no place for ego in the role.

“You’re representing the student body. You can’t just represent yourself. It’s an interesting thing that you have to get grips with pretty early on, is that you need to balance your personal biases,” she said.

Brown added that even though she ended up getting more than she bargained for when she took on her main role as finance coordinator, the experience has been worth it.

“Even though you’re here to have a great time and learn, when you leave you’re looking for a job. It’s experience that can translate to any sector because it basically says you understand structures and might be good for management at some point. It’s good experience, and most times, it’s fun.”

Nominations for the FSU by-election close on Sept. 27 at 4 p.m. To learn more about the nomination requirements for president and director positions, go to fsu.ca/elections.

City moves forward with transit projects

Angela McInnes
INTERROBANG

The federal government has made its largest one-time funding pledge to London by way of \$123 million towards transit and transit-supportive projects.

On Aug. 29, London North Centre MP Peter Fragiskatos and London West MP Kate Young announced the investment on behalf of the Ministry of Infrastructure and Communities, alongside London Mayor Ed Holder.

“This investment represents the single largest infrastructure project in London’s history and will improve mobility for all Londoners, regardless of how they travel,” Holder stated in a City of London news release. “In addition, these 10 transit projects will also stimulate job growth and road safety improvements. After years of division and delay, London is finally on the move.”

In March, City Council rejected two of the five proposed bus rapid transit (BRT) routes. Holder was among those who opposed the North Connection on Richmond

Street, and the West Connection along Wharncliffe Road and Oxford Street.

At that time, the council approved 10 overall projects and submitted for funding consideration from the provincial and federal governments. In June, the province committed \$103 million, with the city pitching in \$148 million.

Of the federal funding, \$91 million will go toward the three City-approved BRT segments: the East London Link, the Wellington Gate and the Downtown Loop on King Street and Queens Avenue.

According to london.ca, the East London Link will revitalize 6.3 kilometres of road from Downtown to Fanshawe College. A transit hub at Fanshawe will benefit those taking public transit to London’s eastern industrial employment areas. Plans for the Link also include widening Highbury Bridge and Highbury Avenue and Oxford Street, along with installation of smarter traffic signals.

The federal funding for the projects is a part of the Public Transit Infrastructure Stream of the Investing in Canada infrastructure plan.

“Upgrading public transit helps

our communities provide efficient and reliable services that transform the way Londoners live, move, and work. The projects announced today will provide residents and commuters with the infrastructure needed to travel across the community safely,” Fragiskatos said on an online media release at canada.ca. “This is an excellent example of how we are working to build stronger, more sustainable infrastructure that will serve communities now and in the future.”

Other projects covered by the funding and detailed on the Government of Canada website (canada.ca) include:

- 31 expansion buses
- Bus stop amenities
- Intelligent traffic signals
- Adelaide Street underpass active transportation connections
- Dundas Place Thames Valley Parkway connection
- Dundas Street Old East Village streetscape improvements
- Oxford Street / Wharncliffe Road intersection improvements



A \$123 million pledge of federal funding means the East London Link through Oxford Street and Highbury Avenue is one step closer to realization.

CREDIT: ANGELA MCINNES

Now that funding has been secured from both levels of government, the City will focus on finding municipal funding sources through charges to developers, as well as various property tax-supported funding sources.

Once the municipal sources are

finalized and a formal Transfer Payment Agreement has been received, a report outlining the full financial overview of the 10 projects will be presented for Council’s approval before the projects go to their next stage.

Original student creations featured on The Chef's Table fall menu

Emily Stewart
INTERROBANG

You'll have a chance to taste original dishes created by Fanshawe's School of Tourism, Hospitality, and Culinary Arts students.

The Chef's Table Restaurant and Café held a student competition on Aug. 21 that offered students a chance to be featured on the fall menu. Emma Rankin, the restaurant manager, said one each from the pasta, salad, and dessert entries would be featured on the menu. She also said the restaurant would declare winners from the Judges' Choice and People's Choice categories. The judges' choice was announced later that evening.

Rankin collected feedback for the People's Choice dishes until the end of August. She said the People's Choice winners will be announced at the end of the first week of September, and the menu will be unveiled the same week.

She added the event is similar to another competition held during Juno Week in March 2019, where students prepared appetizers.

"We thought that instead of just having it canapé sized, why wouldn't we try and include the students with the permanent menu?" Rankin said. "Hopefully each semester, moving forward, the students will have a chance to compete and actually have their dish featured on the menu."

Rankin said that although the menus change with the semesters, there are some items that stick



CREDIT: EMILY STEWART

(L-R) Shanette Mancao, Dwight Catibog, Alex Nguyen, Vinicius Renck, Yen Thi Hong Nguyen, Daniel Rivas Artega, Chef Matt Rice, Kevin Damm, Chef Kyle Fee, and Vu Ho Quang. The Chef's Table Restaurant and Café held a student competition where the School of Tourism, Hospitality, and Culinary Arts students prepared their own creations for a chance to be featured on the fall menu.

around with each menu change because of "popularity and demand," like the burger, the crème brûlée and the carrot cake.

Chef Kyle Fee, a hospitality technician, said the first-year culinary management students prepared the salads, the second-year culinary management students created the

pastas, and the baking and pastry arts management students made the desserts. He also said that the students gain "an empowering skill" by creating their own recipe.

"Here we're showing them and teaching them all different techniques and showing them what to do," he said. "They're taking

all that training and putting it into something that they're passionate about."

Less than half an hour before the competition began, the Chef's Table was full of diners chatting and ordering items from their summer menu. There were three salads, three pastas, and two desserts to pick. Along with the small sample plates for the guests, the students prepared a full meal sized plate for the judges to try.

Lots of people came to the competition to support the students, including local restaurateurs. Donna Arroyas, co-owner of Archie's Seafood Restaurants, attended the event with her husband Alain Arroyas, who also owns Archie's. She said they love to support Fanshawe whenever possible, especially when it's time to recruit.

"We're always looking for people to work and this is one of the prime places to get candidates," she said. "In fact, we've had a few come."

The Judge's Choice dishes were announced after the food was served, most of the dining crowd left, and clean up began.

The following dishes won the Judge's Choice, as announced at the event and confirmed by Rankin in a follow-up email with Interrobang:

Salad: Roasted squash, arugula, and pomegranate salad with blue cheese and pears, prepared by Daniel Rivas Artega.

Pasta: Spinach pasta with avocado Alfredo sauce, chicken, grape tomato, cremini mushroom and Parmesan cheese, prepared by Vu Ho Quang.

Dessert: Deconstructed apple tart with cinnamon Chantilly, almonds, and caramel sauce, prepared by Vinicius Renck.

Rankin also said in the email that she and Fee were two of the judges on the panel, along with hospitality technician Bridget Fee, Chef Patrick Hersey, and Professor Pascal Chambon.

The students, whether they won that night or not, collectively said the experience motivated them to become better chefs and make their mark in the culinary industry.

"We got to interact with the public a little bit more than just back of the kitchen," Rivas Artega said. "It gives the opportunity to see both sides, seeing the customers' appreciation and giving you feedback."

Yen Thi Hong Nguyen, a baking and pastry arts management student who made sweet potato coffee cake, felt like her cake didn't turn out how she wanted. However, the experience taught her a lot more about what she's studying and her future goals.

"Now I see my mistake when I made this cake," she said. "And I think I need to learn more with some amazing chefs here, and they can help me to pursue my dreams."



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Student Representative to
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Fanshawe working with London Jobs Now to connect employers to graduates, students

Emily Stewart
INTERROBANG

Fanshawe College is connecting its students to the regional job market.

A City of London press release from April 12 said the College joined the London Jobs Now Task Force.

The London Jobs Now website also went live this year, which another City of London press release announced on June 28. After the website redirects to the Elgin Middlesex Oxford Workforce Planning and Development Board website, job seekers can either use a list similar to what they would see on other job boards like Indeed.ca, or use a map that pinpoints where the jobs are located.

Both options allow prospective employees to narrow their search

based on industry, location, language, duration and skill sets. The map option also shows which jobs are on bus routes in either London or Woodstock, Ont.

A London Jobs Now Task Force Report from June 26 said that according to Statistics Canada, 28 per cent of Londoners between 25 to 64 years old are not working.

"The irony is, again, according to Stats Canada, there are at least now some 9,000-10,000 jobs wanting," London Mayor Ed Holder said. "There are some employers looking to fill those jobs."

Holder also said London has "the worst participation rate of any city in Canada today". He acknowledged the not-working population includes those who are not working for reasons tied to either their personal health, caregiving, or finances.

"But that is no different than any

other community where you're going to have those kinds of individuals," he said.

He added the goal of London Jobs Now is to be "a no excuses opportunity to find something that is consistent with your skill sets and what you would like to do", and that the city aims to "fill 13,000 jobs before the end of this council term".

Anne Marie DeCicco-Best, the College's executive advisor and government relations, sits on the task force as a Fanshawe representative to connect Fanshawe students and graduates seeking employment. She said "thousands and thousands" of students graduate annually.

"If we can help them stay within the region [and] get a job, that absolutely helps with the economic prospects we have within our own region, which is good for all of us because that means we're helping to drive the economy," said DeCicco-Best.

She also noted some of the reasons why people struggle to find employment include not knowing where to look, feeling defeated after sending out several resumes without a response, and possessing "a unique skill set".

While London Jobs Now features many positions from a variety of industries, DeCicco-Best noted that required job skills change with the times.

"Before, we always thought 'okay, as long as you have a trade or you graduate from a program, and some skill sets that you've learned,'" she said. "That that should help lead to a job."

Now, DeCicco-Best added, em-



CREDIT: EMILY STEWART

London Jobs Now launched their website earlier this year. London Mayor Ed Holder called it "the Trivago of job boards" as it gathers information from all regional employers across various websites.

employers want communication, critical thinking, and collaborative skills.

DeCicco-Best said students should visit Fanshawe's Career Services for additional help on their job search.

Darlene O'Neill, the College's director of employment and entrepreneurial student services, said that most Fanshawe grads stay within the Southwestern Ontario region.

"I don't think you can go in any institution in London or any business in London and not run into a Fanshawe student or Fanshawe graduate."

She said that students looking for work should heavily research the prospective companies, jobs, and locations they wish to work, along with building a network. O'Neill said Fanshawe's partnership with

London Jobs Now is an asset to its task force.

"We are developing the employees of the future. Fanshawe is an innovative [and] creative post-secondary institution that absolutely can meet the supply chain to meet the demands of employers," she said. "So finding employers help find their future talent is exactly what we do."

Juan Varela, a first year child and youth worker student from Colombia, said providing such opportunities to students is important.

"Most of the students here are looking to either start a job as soon as they graduate or get a part-time job or volunteer," he said. "Having that kind of tool for Fanshawe will make it easier for us, the students, to find a job."

Visit londonjobsnow.ca for more information on available jobs.

Fanshawe alumna enters Cashmere Collection show

Angela McInnes
INTERROBANG

A Fanshawe fashion design program grad is showing her softer side to help raise awareness for breast cancer.

Oakville-based designer Sarah Haunts, 27, will see her original work featured on the runway of the 16th annual Cashmere Collection fashion show, taking place in Toronto at the end of September. As a kickoff to Breast Cancer Awareness Month in October, the show famously features couture dress designs made almost entirely from Cashmere bathroom tissue.

Haunts joins the ranks of over 195 Canadian designers who have contributed to the show to date.

"It's almost like a tissue that you would use as gift wrap, but the texture is very soft, so it's very delicate like tissue paper," Haunts said of the unusual fabric. "So obviously in the design process I had to take into account the material and how delicate it was and what I could achieve with it, but I think it ended up lending itself well to the design."

In accordance with this year's theme, Legends of Fashion, the show's designers were instructed to incorporate inspiration from their own favourite fashion designer. Haunts chose Zac Posen.

"I just love his aesthetic," she said. "He does a lot of red-carpet stuff, and it's always very dramatic, bold silhouettes, but at the same time they're always flattering to the person wearing it."

Haunts graduated Fanshawe's fashion design program in 2013. In 2015 she began designing under her own label, Haunts Fashion, where she focuses on her own line of custom work of women's wear for special occasions.

While Haunts has previously taken part in shows like Fashion Art Toronto, she said it can be hard to get noticed in the competitive industry. For her, being approached to do the Cashmere Show was a



CREDIT: SKETCH BY SARAH HAUNTS, PROVIDED BY STRATEGIC OBJECTIVES

Sarah Haunts' design for the 2019 Cashmere Collection show is inspired by Zac Posen.

unique opportunity to obtain exposure while trying something new.

"I'd never really done a design challenge where I'm using a material that isn't fabric," she said.

Haunts created a tiered skirt for the gown of her design. She separated the tiers into layers, which she said was easy to achieve using the multi-ply tissue.

The show's stipulation was that the design be 90 to 95 per cent visibly bathroom tissue from the outside. Haunts was able to use a stretch-cotton material underneath the gown to stabilize it.

"I was pleased with it at the end for sure," she said. "It was interesting to play with that material."

Over 100 designs will appear on the runway of Toronto's Globe and Mail Centre on Sept. 25. The invitation-only event promotes Cashmere's fundraising efforts for Breast Cancer Awareness Month in October. According to cashmerecollection.ca, 25 cents from the sale of every specially marked package will go towards the cause.

"The more support and the more funds that can be raised for that cause, the better," Haunts said. "I'm really happy to be a part of it."

To learn more about Haunts, go to hauntsfashion.com.

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Fanshawe upgrading washrooms

Emily Stewart
INTERROBANG

As early as the end of September, there will be additional washrooms at Fanshawe College that are more sustainable and accessible.

Jon Fitzgeorge, the College's project coordinator for these particular renovations, said that washrooms "D1008, D1007, and the old D1054 and [D1056]" will be updated. Fitzgeorge elaborated that the last two washrooms he listed will be "split into single occupancy washrooms".

Donna McInnis, the College's manager of project and construction management, added that the updates will bring five washrooms in that area instead of two.

Fitzgeorge said some of the updates include more accessible washrooms.

"We're adding two complete barrier-free washrooms, which will be a huge addition to D Building."

McInnis added that the washrooms, which she called "univer-

sal" will be "AODA compliant".

In a follow-up email with Interrobang, Fitzgeorge said the new D1056-1 and D1056-2 are the "more AODA compliant rooms", and washrooms D1054-1, D1054-2, and D1054-3 are going to be the single stall washrooms.

McInnis also said that Fanshawe's department of Facilities Management and Community Safety strives for sustainability, and that her departments keep energy conservation in mind when renovations are underway.

When completed, two washrooms will have new sustainable features including LED lighting, automatic faucets, and basins with "soap, water, and hand drying all in one" sink. Instead of paper towels, there will only be a hand dryer as a way to reduce paper waste.

Fitzgeorge also said that 3D renderings of the new D1007 and D1008 washrooms were designed by Fanshawe facilities technician Samuel Adanyi, which include the sustainable features.

"We're looking to do something new," McInnis said. "Something more maintainable for cleanliness

and the space and sustainable."

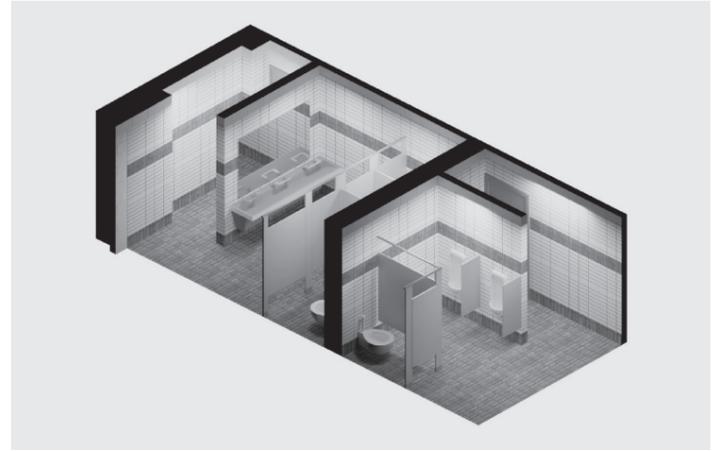
Kalila Scott, a second year environmental technology student, took over the vice president position for EnviroFanshawe during the summer. She was pleased to hear about the implementation of eco-friendly changes to the washrooms, adding it makes her feel "proud to be a student here".

"Just being in the club and getting to know the coordinator of sustainability [Michelle Cong] at the College," she said. "I've started to be more aware of how we are more eco-friendly and how we're more conscious of certain things."

Scott said the College composts coffee cups, for instance, which is unique to Fanshawe's sustainability initiatives, and advocates for recycling.

McInnis said all of the renovations in D Building cost \$400,000 total.

"The whole purpose of this project was differed maintenance and renewal of our infrastructure," she said, adding that since the work is "behind the scenes" most people in the College community are unaware of "differed maintenance"



CREDIT: SAMUEL ADANYI

Expect new sustainable features in the new D1007 and D1008 washrooms, including automatic faucets, LED lighting, and a hand dryer only, the last of which will reduce paper waste. 3D renderings by Fanshawe facilities technician Samuel Adanyi show the all-in-one soap, water, and hand drying sinks.

projects.

"This particular project, though, did have an impact on the College community."

Signs on the wooden boards surrounding the washrooms said the construction is expected to end on Sept. 27. Fitzgeorge said that for the most part, construction is on schedule so the work will "hope-

fully" be done by that date.

McInnis said that Facilities Management and Community Safety seek student feedback regarding the washroom updates. Fitzgeorge said any students can send their "questions or comments" regarding facility construction to facilitiesinfo@fanshawec.ca.

President's Breakfast serves dose of reality

Angela McInnes
INTERROBANG

On Aug. 28, Fanshawe's fifth edition of the annual President's Breakfast saw hundreds of College faculty, staff and community members come together for coffee, eggs

and a look into the future.

After the crowd ate breakfast, Fanshawe President Peter Devlin gave his insights into the upcoming year and beyond, emphasizing the importance of adapting to the reality of a transforming workforce.

"By 2024, 40 per cent of the workforce could well be indepen-

dent contractors," Devlin said. "Fast forward to 2040, where 40 per cent of the jobs that we know today will be gone – history – due to automation."

According to Devlin, today's graduates of Fanshawe College are predicted to have 17 different jobs in five different industries over

their lifetime.

"I wonder if Fanshawe College has a role in helping all of us understand that change more, and understand the opportunity that comes from that change and the opportunity that is presented by that change," he said to the crowd.

Devlin added that he was optimistic about the future, citing data from the Economic World Forum that predicts 75 million jobs less because of automation, but 132 million more.

Throughout the presentation, he also touched on Fanshawe's student population, saying that this year domestic enrolment is down at 12.6 thousand students, while international enrolment is up at 6.7 thousand.

He introduced several of the College's new programs: occupational therapy assistant/physiotherapy assistant; teaching English to speakers of other languages & intercultural competence (international only); mental health nursing; business management (international only – London south campus), and business and information systems architecture (international only – London south campus).

For facilities upgrades, Devlin noted that the London south campus will be officially opening its doors on Sept. 4. The former Westervelt College facility, located at 1060 Wellington Rd., will welcome 275 new students to four programs: agri-business management,

business and information systems architecture, business management and retirement residence management.

In addition to the new campus, Devlin mentioned A Building redevelopment, wayfinding signage implementation and preparation for adding the new Innovation Village i4C Hub to Fanshawe's main Oxford Street campus, developed in collaboration with the Fanshawe Student Union (FSU). The hub will transform several student spaces, including Forwell Hall and the library, to become more collaborative and digital. According to fanshawec.ca's Corporate Info page, the project will cost \$30 million and be built by September 2020.

The President's Breakfast ended with the presentation of the 2019 President's Distinguished Achievement Awards. This year's recipients are:

- Administrator Award: Terry Dobson
- Part-Time Staff Award: Leanne Mayer
- Staff Award: Jeannie Whitty
- Part-time Teacher Award: Cathy Urquhart
- Teacher Award: Hans Reimer
- Leadership Award: Kim Cechetto
- Program Award: Broadcasting - Radio and Journalism - Broadcast programs
- Team Award: School of Contemporary Media program coordinators



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CREDIT: ANGELA MCINNES

Peter Devlin said he was optimistic about a changing future at the fifth annual President's Breakfast on Aug. 28.

Fanshawe earns Gold STARS

Emily Stewart
INTERROBANG

Fanshawe College's commitment to a green campus led them to gold.

The College has earned the STARS Gold Rating from the Association for the Advancement of Sustainability in Higher Education (AASHE).

An Aug. 19 news bulletin from MyFanshawe explained STARS stands for AASHE's Sustainability Tracking, Assessment, and Rating System. The system promotes sustainability in post-secondary education and records the progress of the schools.

The notice added that the College boosted its STARS rating from silver to gold after adding several sustainable features to the campus, and that Fanshawe is "one of two colleges in Ontario and three in Canada to achieve this rating".

Michelle Cong, Fanshawe's sustainability coordinator, said

that although "a lot of people say congratulations to" her, the honour came from a collaborative effort from the College.

"I track and document all of the achievements we have been doing, but it's actually every part of the College who have contributed to the sustainability initiatives," she said. "Otherwise, without them, we couldn't have achieved that."

Cong added the College earned the STARS Silver Rating in 2014, which was the first time Fanshawe entered for consideration.

The sustainability coordinator said that efforts tracked in the engagement, planning and administrative, academic, and operations departments are part of the "four main categories" for STARS. She then explained what Fanshawe has done in those categories and their subcategories.

Cong said the College's efforts mainly involve operations, including solar panels on the residence buildings that generate heat for the winter.

"They use the solar energy to heat the outside air and bring the heated air into the ventilation into the building."

Cong said the College is also working on an initiative to reduce greenhouse gas emissions by "30 per cent by 2030" and "80 per cent by 2050". The goals match those of the Paris Accord and the federal government.

Other operational efforts around campus include additional water bottle refill stations and the College's green bin program, where even coffee cups can be composted.

Cong said that to meet the criteria for sustainable academics, the College added more courses and scholarships, along with innovation funding so she could create Fanshawe's zero waste event policy with students.

She added the College's engagement efforts include actions taken on-campus, such as talking to people at events like the upcoming Sustainability Fair, and off-campus with students volunteering for ReForest London and the London Environmental Network.

Cong said the College also scored points for their diversity and affordability efforts, by recruiting more Indigenous students and staff, as part of Fanshawe's 2018-2021 Indigenous Action Plan and offering fresh produce at both the London and Downtown campuses.

Although she's proud of the Gold STARS rating, Cong would like to see even more commitment to sustainability by reducing food waste, using recycled paper, and increasing the number of energy-efficient appliances on campus.



CREDIT: EMILY STEWART

Fanshawe's sustainability coordinator Michelle Cong and facilities operations and sustainability senior manager Ivan Walker. The College's sustainability efforts led them to the STARS Gold Rating after a few years of holding onto the Silver Rating since 2014.

"We've actually been doing a great job," she said. "But there are many things right now we can do too."

Cong added that since there are many concerns for the environment, she wants everyone part of the College to know "that we've been doing a great job and that we've accomplished a lot". She also wants to encourage the community to think of more ways to build sustainability.

"We can build a sustainable culture," she said. "Let's make recycling a norm. Let's make putting coffee cups in the compost bin a norm and let's encourage each other on doing that."

Kalila Scott, the outgoing vice president of EnviroFanshawe and a second year environmental technology student, said that she's happy to hear about Fanshawe's gold star for sustainability, and that

she's becoming aware of the College's eco-friendly efforts.

"A lot of my classes were out by where they were doing renovations like putting in more solar panels and solar walls," she said. "So it feels good to be part of a school and a community that is working every day to move forward and promote eco-friendly [lifestyles], just implementing things that will help."

Moving forward, Scott would like to see more sustainability awareness to educate the students.

She also said she just found out that Fanshawe's bookstore offers a recycling station for pencils, electronics, and pens.

"Every time I ran out of pen, I didn't know what to do with it," Scott said. "And I would just throw it in the garbage and just small things like that, it's all about awareness."

Model railroad group open to new members

Angela McInnes
INTERROBANG

The London Model Railroad Group (LMRG) has embarked on a new journey.

The group recently moved into a new south London location at 4474 Blackie Rd., unit 127, where it has been busy designing and building a model railroad that combines nostalgic themes with new technologies. The facility will be open to the public during this year's Doors Open London event from Sept. 14 to 15, as well as the first Tuesday evening of the month year-round.

The group hopes the event will spark interest from potential members who are 18 and older.

"We're trying to generate a new generation of model railroaders and expand the hobby," LMRG president Joe Chiasson told Interrobang.

The LMRG was founded in 1938, with its new location being only the third in its 80-plus year history. The new two-level layout features long runs, sweeping vistas and a 12-inch helix that allows trains to travel from one level to the other.

The group spent all winter planning out a model layout that depicts the London and Port Stanley region as it might have been in the '70s, using modern-day components.

"The '70s, as far as the development of railways goes, is a transition era. And it caters to people who have interest in older types of equipment, plus those who have interest in more modern types of equipment," Chiasson said.

In addition to realistic scenery and buildings, the layout will offer an interactive experience using animation and automation.

Chiasson said that an Arduino programmable control will be used to animate figures, crossing gates and some portions of building

structures that are moveable. It will also operate traffic lights and building lighting.

He added that there's more to model railroading now than ever before.

"Model railroading is a universal hobby," he said. "It encompasses many things. A little bit of history, a little bit of artistic flair, a little bit of carpentry, and a little bit of electronics particularly now because we're moving to what's called digital command control, the more modern control system for model railways."

Chiasson first joined the LMRG while studying in university. He said being a part of the group gave him the opportunity to learn a multitude of technical skills, as well as keep local history alive.

Doors Open London is a city-wide heritage event giving Londoners interactive access to museums and organizations. During this weekend and the monthly open house nights, visitors can check out the LMRG's progress as member's construct bench work, install wiring, and lay track and switches. A history of the club and instructional displays will outline the club's origin and future direction.

"The upcoming Doors Open event is about telling your history, and this is a great opportunity for us because since 1938, this is only our third location," said Chiasson. "It's a much smaller location than we've had previously, but because of the number of members that we currently have and the level of detail that we want to put into the layout, it's what we can manage. Everybody's welcome to come and take a look."

To learn more about Doors Open London, go to doorsopenontario.on.ca/en/london. To learn more about the LMRG, go to lmrng.org.

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God and the work-and-rest equation



Michael Veenema
RELIGION

As a young wizard, Harry Potter didn't get a lot of encouragement to enjoy himself. If you've read the books or seen the movies, you might remember that his aunt and uncle, the Dursleys, not being wizards, tried to deny Harry the usual enjoyments of childhood. Cousin Dudley on the other hand, was their pride and joy. He had his own bedroom and received dozens of presents each birthday. In contrast, Harry was forced to sleep under the stairs and to make breakfast for the family. They didn't even let him open mail addressed to him.

The Israelites, in the biblical story of their liberation, also did not get a lot of encouragement to enjoy themselves. Working 24/7 for their Egyptian slave-masters about 3,500 years ago, they were even refused temporary leave to worship the god of their ancestors, which included Jacob, Isaac, and the most formidable of them all, Abraham.

Enter Moses, an Israelite. In early adulthood he committed an act of manslaughter. However, God had a role for him. God sent him to confront the Egyptian leaders in the court of the Pharaoh, and to lead the Israelites to freedom.

They emerged out in the desert. There, God revealed to his newly freed people that they were no longer to work like slaves. They were now *the free people of God*. From now on, the people were to cease working one day a week. The children in their families, the male and female servants, visiting foreigners, even the animals, were to cease from their busyness and rest.

That pattern was enshrined as one of the Ten Commandments that you may have



CREDIT: PEOPLEIMAGES

Life is short. Do you really want to spend your free time scrolling?

heard about. The command states that people ought to rest one day in seven because even God himself rested the day after he had finished the six days' work of creation. (I am not insisting that that part about God's work and rest should be taken literally, but I can't get into that right now.)

Until a half century or so ago, Canadians generally, and Christians specifically, tried to replicate the pattern of one day of rest for every six days of work. Jewish people, the descendants of the Israelites, of course did too. For the Jewish community and for a small number of Christians, it was Saturday. For the majority it was Sunday.

The Christian Churches, however, had generated some bad feeling about the one day of rest by strongly encouraging – one might say forcing – as many people as possible into worship services, often two per Sunday. Church leaders and legislators kept recreation and sports to a minimum and managed to keep the doors of businesses and retailers

closed.

Quite rapidly – by which I mean within about a century – things changed. They changed a lot. The industrial revolution introduced shift work on a mass scale. Shift work bulldozed Sunday rest off the map for many employees. During the World Wars, the relentless grind of battle destroyed any opportunity for a weekly day of rest. New York, the city that above all others became known as a badge of pride the motto, “the city that never sleeps”. Our eternal appetite for entertainment and services means that large numbers of us work as retailers, fast-food providers, bar tenders, entertainers, and theatre staff seven days a week.

Finally, computers and the internet. From a CBC interview I learned that the creators of digital apps have this as their main goal: to capture our attention for as long as possible so that we will be exposed to the ads which are the source of revenue for the app provid-

er. The internet may be free. But it can cost you your life. I mean that valuable time for resting your mind and body easily gets eaten up by social media and online video time.

I myself am not great at resting. I'm a bit extroverted. I enjoy online videos. Also, I like being busy. But the downside is that I don't spend as much time with family and doing things just for enjoyment as I should. I'm trying to get better. But it is a challenge.

So, I would say, if you are the kind of person who easily becomes busy, ask yourself if being overly busy is such a good idea in the long run. As it turns out, well rested people tend to achieve more. People who take time to play usually do better with their relationships and in the work place. They are less likely to succumb to depression and anxiety. And if past and present promoters of the Ten Commandments are right, when we take the right amount of time for rest and recreation we become a little more like God.

Why have kids when the world is ending?

Leandra Gumb
INTERROBANG

For the longest time, I never wanted kids. Everyone said that would change as I age, and I really hate to admit they're right. When I met my partner, I thought there would be nothing cooler than to have a small human being made of 50 per cent me and 50 per cent of them.

I had to get a couple of things sorted out first obviously. Will I have a career chosen that will allow me to support a family? Okay, check. Do I know what age I want to have it? After my career has been established hopefully by the end of twenties or early thirties, check. Will the planet I live on sustain my child's life? That's the breaking point.

I think by now we've all heard of the rumours. If we don't get our act together and start having some compassion for the earth, climate change will become irreversible by 2050. In my lifetime, I'll be alive for that moment and experience some of the tragedies humanity will have to deal with. I'll be lucky to pass before stuff really starts going down.

My child will have a lifetime of environmental anxiety. From the moment they can absorb information, they'll be dealing with warnings of an environmental apocalypse right around the corner. What if they want kids? They will be raising their child right around 2050 if they chose to have babies.

The main cause for extinction of planet

species, animal species and the main cause of excessive carbon emissions is humans. Some of us don't even care. We are so selfish to see forests on fire, ice caps melting extremely fast and species dying by the handful and not do anything about it.

You've seen that polar bears are endangered, and if you are trying to reverse that I applaud you. I'm sorry to tell you that at the rate the planet is heating up, they will become extinct regardless of our efforts. I try my best to be environmentally friendly, especially because the demise of planet Earth sounds terrifying and our planet deserves better.

It really pains me to see people not doing the simplest things to reduce their carbon footprint. We have so much power in the things we do every day, but we simply chose not to out of convenience. But I want to help, and I know others do too.

Get on your friends' cases about not using reusable coffee mugs, water bottles or Tupperware. Stop using produce bags. Your vegetables and fruit make it just fine from the farm, the transport, and grocery store without a small plastic bag. They'll be fine naked in your shopping cart.

Stop eating meat like it's your lifeline. Agriculture is one of the leading industries for carbon emissions and water waste. I don't understand how it isn't obvious that it takes a boatload more of resources to raise, feed, kill and transport livestock than it does vegetables or fruit.

Do your research and try going meatless



CREDIT: BOONYACHOAT

Why plan for a future when it feels like the world is doomed?

at least once a week. Ride your bike, say no to straws, eat less fish, stop using single use plastic, reduce your food and water waste;

just do a little more each day. Open your eyes and realize that your future children rely on you to maintain our planet.



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Seven simple tips to help you save money while in school

Lubna Shaikh
INTERROBANG

While being a student comes with a number of expenses, there are a number of ways that you can save money while on a minimal budget. School is expensive and there are endless opportunities to spend your hard-earned income or student loans. By making some small changes today, you can save yourself a lot of money over time.

1. Rent your textbooks or buy used books. There are some fantastic online resources where you could rent textbooks for the semester and return it once you're done. Or if you do like to actually possess the physical book you could always go get one from the Fanshawe Student Union (FSU) Used Book store if it's available. The Fanshawe Student Union runs a consignment book shop during the first two weeks of the Fall and Winter terms so get a copy for yourself real soon. Find out more at fsu.ca/used-book-shop.

2. Make a budget and STICK to it. Making a budget is the easy part. Next, you need to put it into action. But remember: a budget is not a permanently fixed thing. On

the contrary, it is meant to be dynamic. So, update it when things change.

3. Make your own coffee. If you buy one regular coffee a day it could cost you an average of \$2 to \$3. That will end up costing you \$600 over the school year. That's a month of rent just spent on coffee. Instead, you could buy a really good travel mug, buy your beans in bulk and make yourself a good warm coffee because you're going to need it.

4. Coupons, flyers and loyalty cards. Get your hands on as many coupons as you can, and use them to reduce your grocery bill. Keep an eye out on your mail because some of those coupons and flyers can be a real money saver. Also, if you can sign up for free loyalty cards at retail outlets then make sure you sign up for them ALL.

5. Cook at home. Limiting the number of times you eat out each month can save you huge amounts of money. Cook big meals and put the rest in Tupperware containers. Bring the leftovers with you to school and heat them up to save money on meals.

6. Ask about student discounts. While many stores offer discounts to students, these deals are not al-



Follow these easy steps to save a few bucks.

CREDIT: SEB_RA

ways advertised. Don't be afraid to inquire with a store employee. Have your student card ready. Ask and (sometimes) you shall receive.

7. Resist impulse purchases. Always ask yourself if you need it

or want it. The answer may not be what you want but it's more practical. And practical is what you need to be right now. Make sure to make purchasing decisions on the spot without thinking about the conse-

quences.

Keep in mind that the key to financial health is being aware of how you're spending your money and cutting out the unnecessary expenses wherever possible.



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MIA musicians to perform at Western Fair

Emily Stewart
INTERROBANG

When visiting the Western Fair, be sure to catch musicians from Fanshawe College's music industry arts (MIA) program perform at the I Love Local showcase.

Greg Blanchard, director of marketing and communications at the Western Fair District, said that I Love Local features performances with local musicians and dishes with regionally sourced ingredients. He said the 10-day music series became a "favourite" part of London's tradition and that it's rooted in two aspects integral to the Western Fair community and music.

"To support the local music community just makes sense for us," he said.

Blanchard sent a press release to Interrobang announcing the performers for the I Love Local tent at the Western Fair and other details about the long-running Forest City tradition. Second year MIA student Sarina Haggarty and MIA alumni Saveria and Jordan MacDonald of Texas King are slated to perform.

Blanchard said the Western Fair District and its events throughout the year provide a "unique and different" local music venue that can boost the local musicians' careers. Haggarty, for instance, previously performed at the district's Camluc Classic event, which Blanchard said is the closing night at the race-track.

"These are performers that we're helping to nurture and develop with this," he said. "And they'll be entertainers that we'll lean on hopefully for years to come as part of the fair."

Haggarty, who grew up in London, said she enjoys attending the annual fair, especially riding the Niagara Falls ride and eating ice cream and cotton candy. She's looking forward to returning to the Western Fair as an I Love Local performer.

"Everyone loves live music so it's cool that they have lots at the Western Fair every day," she said.

Haggarty has plenty of shows and new music coming up, and said she's looking forward to "work hard, pull all-nighters, and get stuff done" when she returns to school and balances her performances. Although she already established herself in the local music scene before Fanshawe, she enjoyed meeting new musicians in her first year and became interested in the program after fellow MIA alumni talked about the program positively.

"London is very fortunate to have [the MIA program] and there's incredible pros as well."

MacDonald also said she enjoys the rides and cotton candy, but the



CREDIT: EMILY STEWART

Greg Blanchard, the Western Fair District's director of marketing and communications, said the district and its events like the Western Fair provide a "unique and different" local music venue for artists like Saveria, Texas King's Jordan MacDonald and Sarina Haggarty.

Arkells concert at the fair was likely his "favourite experience". After playing at I Love Local and the Parkjam Music Festival, where the festival's Facebook page said Texas King will play on Sept. 5, the band will embark on a North American tour with Big Wreck between Sept. 18 to late December. MacDonald spoke highly of the MIA program, noting it's where he "learned a lot about performing and stage presence" and how Texas King met and came together as a band.

"You can see from all of the bands that have come out of MIA and all the artists and stuff, that it's mostly good stuff," he said. "If London wants to continue seeing good stuff, and listening to good stuff, then they should keep supporting people coming out of the program that produces good stuff."

Saveria, known for her win on CTV's *The Launch*, grew up attending the Western Fair annually, and is looking forward to playing at the event.

"My first concert was Down with Webster at the Western Fair and I remember being so fanatic about it and so excited to see people perform," she said. "And I've always dreamt of being on that stage too."

After *The Launch*, Saveria performed at major local music events like JunoFest and the Forest City London Music Awards. She was also announced as a performer for the Parkjam Music Festival Pop Night on Sept. 8.

"I've always wanted to do bigger stages and for bigger audiences and now it really makes me feel like I'm professionally immersed in the

industries that Canada has."

The MIA alumna, who graduated in 2018, said Fanshawe's program developed her "sound as an artist" and taught her how to work with other musicians. Along with performing, she's interested in producing music for other artists and is also "very passionate about songwriting".

She encourages Londoners, whether they are fellow musicians or simply enjoy music, to check out local artists. She added being an emerging artist can be difficult with

working "extra jobs" and dealing with "so many loopholes on how you can be successful".

"We're all aiming for that same goal to be in those positions where we can perform on bigger stages and have our songs explode on Spotify or on iTunes," Saveria said. "I think it's so important because we're such a small community that we really need to rise all of us to the top and be as supportive as we can."

MacDonald will perform on Sept. 7 at 5 p.m., Haggarty will

perform on Sept. 14 at 2 p.m. and Saveria will perform on Sept. 15 at 2 p.m., as scheduled on the Western Fair District website.

Other MIA-related acts scheduled to perform on the website include Delta Stone and the Wardogs (Ryan McNevin,) and Averages (Taylor Holden).

The 144th Annual Western Fair runs until Sept. 15. General admission is \$15 at the gates. Visit westernfairdistrict.com/westernfair to find out more information, including the full I Love Local schedule.



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New FSU magazine guides students to life outside campus

Advertorial
INTERROBANG STAFF

In fall 2019, Fanshawe College is welcoming thousands of new students.

From budgeting to long-term career planning, many of these students will experience a ton of challenges for the first time. Taking on these newfound responsibilities is important, but having fun in their new home shouldn't be an afterthought.

That's why the Fanshawe Student Union's (FSU) communications & publications department created The Navigator.

"The Navigator makes the perfect companion for both students and parents to discover the best spots to visit and things to do in London and area for the complete college experience," said Deena Griffin, advertising coordinator for the FSU.

The magazine will help new members of the Fanshawe community get to know the best in London's entertainment, shopping, food & drink and more, all according to Fanshawe students who have written for the FSU's campus newspaper, Interrobang. The colourful publication also includes a list of the hottest summer festivals, coolest seasonal patios, a complete

breakdown of the Forest City, as well as a handy map.

Everyone can get their copy of The Navigator for free around campus and wherever Interrobang newspapers are distributed.

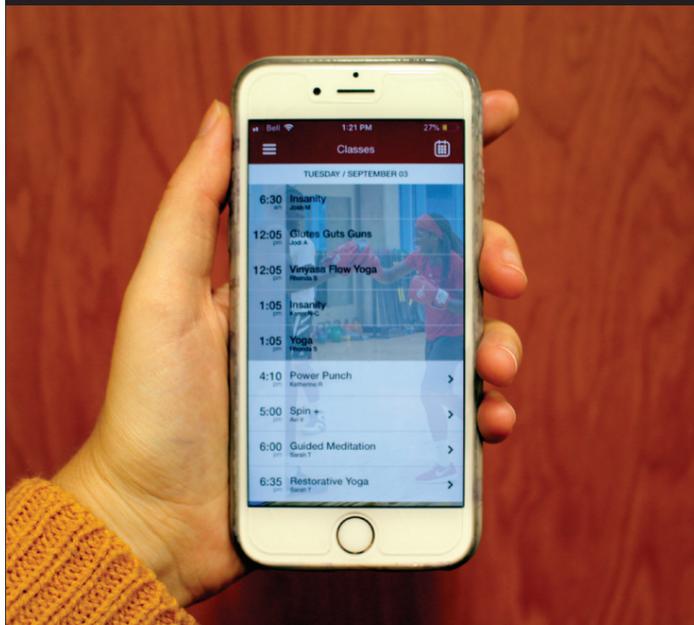
Don't see your favourite London spot? Use the hashtag, #FSUMust-Do to share photos of must-do activities in London and on campus that you think the FSU should know about. Your photo could be featured on our social media accounts, and make you eligible for future contests and giveaways.

Don't just stick to Fanshawe campus – flip through The Navigator and see for yourself what London has to offer.



HEALTH & FITNESS

Karen Nixon-Carroll



CREDIT: ANGELA MCINNES

The Fanshawe Wellness Centre app will help you make the most of your Wellness Centre membership.

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Course schedule? Check. Meal card? Check. Bus pass? Check. Wellness Centre membership? "Do I even have time or energy for that?" you wonder.

YES! I'll make it simple for you: If you have an even an hour gap between classes, a free morning or afternoon, you have time to do something! Something is better than nothing. Exercise will help circulate your blood for better brain and immune function, help you feel more alert and energetic and will help keep off those inevitable pounds gained when you eat or drink a bit differently than you did previous to coming to college.

The first thing to do is to log into WebAdvisor and fill out the necessary forms to be a member at the Student Wellness Centre, located in J Building. This gets you access to the fitness area, classes, included fitness programming with a fitness consultant, climbing on the rock wall and more!

The next step is to download the Fanshawe Student Wellness Centre app and to check out our website at studentwellnesscentre.ca. The website will give you detailed information and the app will allow you to sign up quickly for a variety of programming. Classes are all included and most are 30 to 45 minutes in length so that leaves plenty of time to wash up, change and get back to class with your healthy post-workout snack or meal!

To get the most out of your membership and to figure out how to maximize your time in the Fitness Centre, sign up for an orientation, included in your membership (tour, how to use equipment, member etiquette, discussion of goals, etc.). This includes an InBody assessment of your body composition (body fat percentage, muscle mass and more).

You can also get an InBody assessment for free one time each month to track your progress. We include a follow-up orientation appointment to make sure you are doing well with everything.

After the orientation, we encourage you to sign up for our Individual Program Design (IPD), also included with your membership. Choose your main goal (i.e., strength and muscle building, athletic training, weight management or running/learn to run) and we have the program for you! This also includes a follow up IPD, where the orientation is a prerequisite (are you counting? That's 4 free sessions with a trainer so far!!).

We also have awesome Exclusive Group Training (EGT) programs. This fall we run our Fit in 30 program (\$20 for 4 weeks plus 2 weeks of assessments and other programming), then we have our Trim Down program (4 weeks, plus assessment weeks) for \$20. You meet with two trainers, 2 times a week and get online support as well as support and some friendly competition from the group with our wellness challenges. Then, look for our Biggest Winner Program which begins in January!

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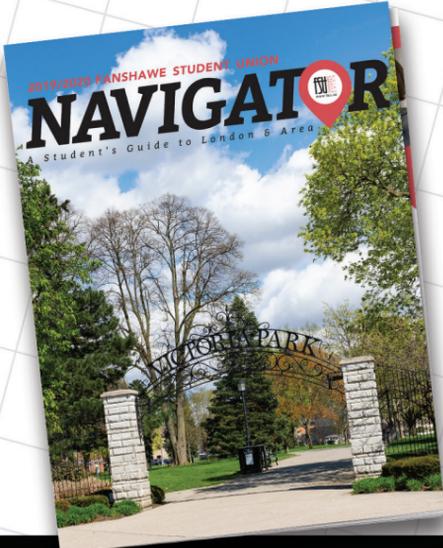
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Karen Nixon-Carroll is the Program Manager at the Student Wellness Centre.



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How the Mighty has risen

Angela McInnes
INTERROBANG

Haviah Mighty is triumphantly returning to her old stomping grounds, on her own terms.

Originally from Brampton, Ont. and now based in Toronto, the 26-year-old rapper is slated to appear at London's first ever Parkjam Hip-Hop Night on Sept. 12, sharing the stage with Ice Cube, Method Man & Redman, Snotty Nose Rez Kids and Maestro Fresh Wes.

Like all other performances she's had in London after graduating from Fanshawe's music industry arts (MIA) program in 2013, this upcoming set signifies Mighty's transcendence from crumbling under the pressure to conform to boldly doing her own thing.

As a black woman living in a society struggling to take accountability for its own racist tendencies, Mighty told Interrobang she is used to feeling uncomfortable. This discomfort is one of the themes fuelling her latest critically acclaimed album, *13th Floor*, which recently earned her a spot on the 2019 Polaris Music Prize shortlist.

The album's title serves as a metaphor for marginalization that is dismissed by those who don't understand it. Its songs address Mighty's upbringing, unlearning, shirking the expectations of others, breaking barriers and stereotypes, and not compromising to accommodate others. It also includes passages of change, progress and self-love.

Mighty has contended with these

themes her whole life, and felt like an outsider even as a young student aspiring to make a name for herself in the world of hip hop.

"I'll never forget the way I felt when I was in school in London. I know that I'm talented and I'm validated within that, but also the peers that I have around me do not understand me, and then that understanding for the duration of two years did somewhat change what I thought I could talk about, or how I could approach my live shows," Mighty recalled.

"I remember picking up my guitar and playing with a loop pedal and rapping at the same time, because nobody would come to my shows if I didn't have a guitar in my hand. It's a great skill to have, but it's not logical for my live set now," she said. "I've come back to what's logical live, but I learned a great skill in the process. I think what London represents for me is a coming-of-age era and really knowing that I am true to myself."

Since graduation, Mighty has applied many of her skills towards achieving her goals. She co-executively produced *13th Floor* with Tim 'Zoolman' Hill of A Tribe Called Red and collaborated with numerous artists include Sean Leon (Waves), Clairmont The Second (Smoke), and her sister, Omega Mighty (Wishy Washy). The album's production features include Zoolman, Obuxum, Robotaki, Young Dreadz, Taabu, Lambo and her younger brother, Mighty Prynce.

While Mighty has been tirelessly writing and recording music since she was 11 years old, she said she



CREDIT: YUNG YEMI

Haviah Mighty's music reaches out to listeners who understand, or want to understand, exclusion and erasure. She performs at the Parkjam Hip-Hop Night on Sept. 12.

is still happily in shock to see the *13th Floor's* warm reception from both critics and audiences.

"Now that I can speak my truth, and then be acknowledged also for speaking my truth, as important as I felt it was, I feel like being vali-

dated in its importance by the response that I'm getting, and by the acknowledgement that the record is getting and by the things people say. I've had people approach me and let me know things that I would have never though the songs

would have spoken to people in the way they have," she said. "It's deeper than I could even imagine." Learn more about Haviah Mighty at haviahmighty.ca. To see her at Parkjam, go to parkjamfestival.com.

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FANSHAWE'S STUDENT VOICE

Practical film effects deliver an authentic film experience

Haydn Rooth
INTERROBANG

Hollywood loves to find what is new and hot in the world of filmmaking. Whether it be the newest camera or a new camera trick, a part of every filmmaker's job is to keep themselves up to date in terms of technique as well as physical gear.

Some of the newest technology that is still actively being developed and improved upon is computer-generated imagery (CGI). CGI has become many director's bread and butter when it comes to their film's effects but many filmmakers disagree with the direction of CGI. Most of the opposition believes that CGI detracts from the

film and may even lead to the film feeling cheap or that the actors really are not invested in the project.

For years, special effect houses and creature creators were pumping out what some people may call, "movie magic". The fact is, a lot of that "movie magic" is accredited to practical effects, incredibly detailed sets and authentic non-living film characters (like E.T.). For a very long time, practical effects were the only reason a lot of movies felt magical. However, the concept of CGI has challenged the filmmaking landscape causing a divisive rift between producers, directors and many others involved in this side of filmmaking.

So, what happens when you try to update "movie magic"? You

end up with some of the worst films ever made sprinkled along with some excellent films that in my opinion, could have been improved with practical effects over CGI. *Godzilla*, released in 1954, directed by Ishirō Honda is an example of how amazing practical effects can be.

A simple rubber suit, some detailed sets and an allegory for the horrors of nuclear war propelled the kaiju to mainstream success. The "movie magic" that made the original *Godzilla* so great was updated for the 1998 Roland Emmerich directed flop, *Godzilla*. The American-made *Godzilla* flick had not decided to use the goofy-Toho era *Godzilla* suit, nor the more rough and tough Heisei era *Godzilla* suit that fought the likes of Destroyah. Instead, they shelve the suits entirely and go to the cutting-edge technology that the world of CGI had to offer.

This is not a cautionary tale of bad CGI ruining a film with an otherwise good cast and setting but is an example of how CGI, no matter how good it is, will never replace the genuine feel of practical effects. The CGI *Godzilla* was state of the art for computer-generated imagery at the time. So much so that the design terrified kids across the nation despite there being a kids cartoon to go along with the film.

I remember watching this movie in what must have been 2002. I was happy to see the familiar face

of Ferris Bueller (Matthew Broderick) but was ultimately terrified by the monster. Even with solid CGI, good casting and a solid set choice of the beautiful New York City; this movie still ultimately flopped. Many people left the theatre thinking that what they had just saw was in fact, not *Godzilla* but some mediocre attempt at a kaiju cash-grab.

To fix things, the original production company responsible for *Godzilla* (TOHO) ended up killing the CGI monstrosity in a later film. What makes practical effects so great then? Genuine set pieces and creature creations will illicit genuine responses from your actors. Acting can make or break a film so in my opinion, the film should reflect that considerable effort was put into the direction of the acting talent. What a lot of people do not realize is that the acting direction should be thought of in more than one stage of production.

For example: Ridley Scott's 1979 classic, *Alien*, has the classic 'chest-burster' scene that blew audiences away for years to come. The horrified reactions from the crew of the *Nostromo* are all one-hundred percent real. The special effects team and the directing team did not notify the acting talent that the actor playing Kane (John Hurt) would have a small alien burst-forth from his chest cavity in a grandiose spray of blood and gore. Sigourney Weaver who was of course playing



CREDIT: TOHO

Godzilla, released in 1954, is an example of how powerful practical effects can be.

in her classic role as Ripley looks absolutely horrified in that scene, watch it back and really pay attention to everyone else's reactions.

All in all, CGI is not the end of filmmaking as many directors seem to enjoy preaching. However, CGI can be used as a hybridizing film technique. The *Final Destination* series uses a hybrid of practical effects and CGI to make very elaborate deaths interesting and believable. While practical effects in my opinion should be your bread and butter, many people really enjoy the cheesy CGI. Without CGI, *The Matrix* probably would have been a little bland.

In conclusion, practical effects evoke authenticity and make your film feel genuine.

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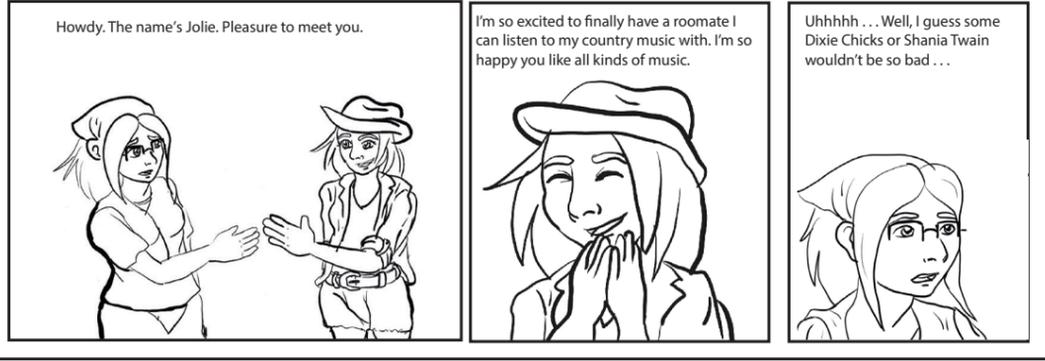
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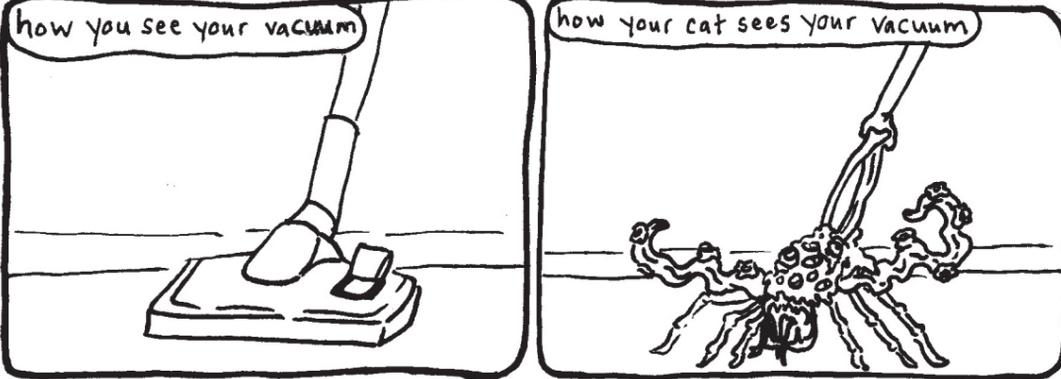


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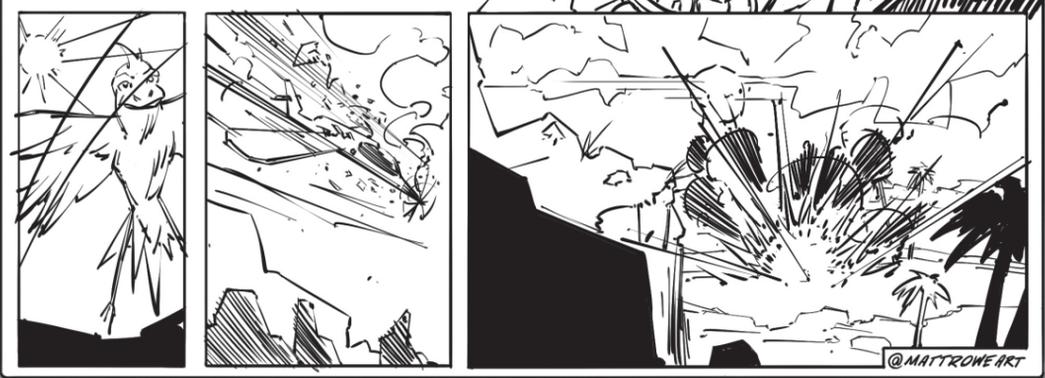
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Aries

Look over your OSAP records to make sure you understand your agreement. Don't underestimate someone who can influence or alter your lifestyle. Friendships need to be taken care of properly if you don't want them to break down. Use your imagination, and you'll come up with a plan that will encourage others to respect you and the choices you make. Refuse to let anyone take care of your responsibilities or your personal affairs.

Taurus

Be careful how you handle others. If you are inconsistent, conflicting statements will be questioned, leaving you to come up with sufficient answers. Traveling home is in the cards for the weekend. Sharing your point of view without committing to something that could quickly go over budget will keep you in a safety zone when it comes to money. Precision, detail and honesty will reflect your dedication.

Gemini

Your charm will attract plenty of attention. Choose words wisely and be sure to stick to the truth. If you mislead someone, it could end up costing you. Roommate issues should be dealt with carefully, and accepting the inevitable will bring you one step closer to new beginnings. Negotiate on your behalf, and take what's rightfully yours. Get information before you share your opinion.

Cancer

Settle emotional issues thoughtfully. Making a fuss will not bring the results you want. Kindness and compromise will encourage better relationships with the people you deal with daily and care about most. Share your ideas, listen to the advice provided and you will accomplish the most. Someone may try to take advantage of you if you are gullible or if you agree to something before you go over the ins and outs of the offer made.

Leo

Spend ample time nurturing what matters most to you. Accommodate family as best you can will lead to a happier and more inviting home life. If someone tries to disrupt your plans, you will have to fight back with intelligence, wisdom and the ability to know when to walk away. Be open, reflective and willing to compromise. An offer presented to you will have plenty of misconception and risk factors involved.

Virgo

Take care of responsibilities at home before someone complains. Efficiency will protect you from anyone trying to take over or interfere with your plans. Maintain moderation and keep your ideas simple to avoid toxic situations. An adjustment will allow you to implement a change you want to put into play. Use your time wisely, and raise your standards as well as your initiatives.

Libra

Don't make a fuss. Secrecy is your best asset when faced with individuals who spread rumours. Praise others, and you will take the focus off you and what you are doing. Rely on the knowledge and experience you acquired growing up to help you make better decisions now. Learn from mistakes, and you will treat similar situations you face as an adult with clarity and sound judgment. Sticking to what's doable and affordable will encourage success.

Scorpio

An open mind will be required if you want to take advantage of information pertinent to something that concerns you. Listen attentively, and respond cautiously. Follow your gut when dealing with peers, friends or relatives. Own your opinion wholeheartedly, but be tolerant of those who don't share your point of view. Being willing to work toward a common goal will be the best way to move forward. If you don't agree, say so.

Sagittarius

Trust issues will arise this week if you or someone you are talking with offers an exaggerated point of view or adaptation of what someone else did. Avoid getting tangled up in someone else's drama. Be secretive about your plans and you will deter someone from meddling in your affairs. Walk away from indulgent people and situations that could cost you emotionally or physically. Dreams can spark your imagination and prompt you to start something new.

Capricorn

Put your house in order, have a strategy in place, and stick to your plan. Hard work will pay off, and the rewards will encourage changes at home as well as to meaningful relationships. An exciting and unexpected development will take place. Look at your options and consider what ties in best to what you already have up and running. Mixing the old with the new will prove to be the art of the deal.

Aquarius

Go over personal papers carefully and something will stand out that needs to be adjusted. Don't leave anything to chance or to someone who isn't capable or trustworthy. Learn through observation and asking questions. Go directly to the source if you have doubts. Be prepared to walk away from anyone or anything that appears dubious. Focus on expanding your knowledge, skills and ability to bring in more cash.

Pisces

Don't give in to temptation. Someone will bait you into an argument that can put you in a vulnerable position. Offer as little personal information as possible. It's best to listen more and talk less. Set up a guideline, and follow it carefully. You have plenty to gain if you play by the rules and you stick to your plan until you have completed your mission.

2019 Mitsubishi Eclipse Cross: Bold and affordable



CREDIT: ALL PHOTOS PROVIDED BY NAUMAN FAROOQ

The 2019 Mitsubishi Eclipse Cross ranks higher than its predecessor from the year before.



Nauman Farooq
AUTOMOTIVE AFFAIRS

It's been a year since I last tested the Mitsubishi Eclipse Cross, a vehicle I wasn't expecting to like, but did.

So, can it still impress 12 months on? Let's find out.

Styling: For 2019, the styling of the Eclipse Cross has not altered at all, but now you can get roof rails on all model trims.

While in the past year, a few new models have entered into the same price bracket as the Eclipse Cross, but none stand out as much as this Mitsubishi. This is a sporty crossover, kind of like a junior BMW X6, and that is not a bad association to have.

While Mitsubishi will be happy to sell you a traditional SUV box in the shape of the Outlander, those who are looking for a bit more style would prefer the Eclipse Cross, and so would I.

Interior: Step inside, and the Eclipse Cross really impresses. The cabin is not only fairly roomy (at least for the front seat passengers), but the quality of the fit and finish is very impressive.

For 2019, you also get gloss black power window switches, and my tester even had a heads-up display screen that would pop up from the top of the dashboard – I didn't have this feature on my tester last year, and really liked the addition of it this year.

The infotainment system is also fairly good, but it's missing an in-built map (you can get navigation to work on it, but it'll run off your cell phone, and use its data). The infotainment system is controlled via a touch pad, which I complained about last year, but this year, the system worked much more smoothly and precisely. Perhaps Mitsubishi has quietly tweaked the control pad to be easier to use.

Other notable features includes a panoramic sunroof, but unlike most vehicles, the front seat passengers can control their own sunshade, and the rear seat passengers have a separate control for their own sunshade. If you want to block out the sun while the kids in the back want more light, they can do that. This is a clever setup, and I wish more vehicles were like this.

Trunk space is good, but as you can expect, the sloping roof robs it of some extra space. But, you'd be aware of that when buying this vehicle, because you're buying style over practicality. If you need more space, the Mitsubishi Outlander will be of interest to you.

Powertrain: Under the hood you'll find a turbocharged 1.5-litre, four cylinder motor that features double overhead cams. This unit produces 152 horsepower (which is not very impressive), but more importantly, 184 pound-feet of torque (which is impressive).

Power is sent to all four-wheels via a CVT automatic, which is smoother than most gearboxes of this nature, but not sporty.

Performance & Driving Dynamics: Which brings us to performance. In my testing, I recorded a 0 to 100 kilometres per hour time

of 8.8 seconds, which is respectable for this class of vehicle, but is not going to set the road ablaze. Top speed is electronically pegged at 190 km/h, which is adequate.

The Eclipse Cross is actually quite a nice vehicle to drive. It rides well, and thanks to its S-AWC (super all-wheel control), it not only handles well on tarmac, it'll handle well on loose surface as well, such as gravel or sand – so it'll be just fine in winter, too.

So, while the performance of the Eclipse Cross is not going to cause amazement, thanks to its road manners, you come to a realization that

as a daily driver, it is very satisfying. I can surely live with one on a daily basis – but would need a sports car in addition for the weekend.

Fuel Economy: In my test cycle (170 kilometres of highway driving and 130 kilometres of city driving), the Eclipse Cross averaged 9.6-litre/100 kilometres. So, it is thirstier than most of its competition.

Pricing: The 2019 Mitsubishi Eclipse Cross has a base price of \$27,998 – so it is priced well for what it is.

Verdict: There aren't many vehicles that you can buy for under

\$30,000 that offer interesting style, good ride and handling, plus is capable on more than just tarmac – but the Eclipse Cross does.

I actually liked it the second time around even more, and that usually doesn't happen with most vehicles.

I hope, in the near future, Mitsubishi will offer a PHEV (plug-in hybrid electric vehicle) version of the Eclipse Cross, because that'll be excellent.

For additional car related content, please look up: Automotive Affairs on YouTube - youtube.com/c/automotiveaffairs and on Instagram at @automotive_affairs.

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Canada Life Championship to honour the best in golf and support Childcan

**Emily Stewart
& Jordan Crow**
INTERROBANG

A long-running charity golf tournament returns to London.

A press conference held at the Highland Golf Country Club on Aug. 29 announced the Canada Life Championship's return to the Forest City.

The Canada Life Championship website described the tournament as the Mackenzie Tour – PGA TOUR Canada's flagship event, highlighting the Top 60 players from the Order of Merit who are eligible to play in the Korn Ferry Tour. The website scheduled the tournament to take place between Sept. 9 to 15.

Justin Wismer, the chair of the 2019 Canada Life Championship said the tournament is being held in the Forest City for the seventh year in a row, making it the "longest consecutive tournament, or sporting event in all of London".

Wismer also said Canada Life is the major sponsor. He added that Classic Rock 98.1, a radio station in London who also sponsored the event, has granted clubhouse access and free admission to all patrons coming for the second year in a row.

The tournament raises money for Childcan, which supports families who have children facing cancer.

Wismer also talked about the upcoming second Million Dollar Shootout, which will take place on Sept. 14 at the 18th tee. The winner will win either a \$5,000 European Cruise or travel voucher.

He said that the top player out of

"the top three qualifiers" playing at the 10th tee will then earn \$500,000, with an additional \$500,000 donated to Childcan.

Steve Hickson, the community engagement coordinator for Childcan, said that there are many people who are unaware of the organization, but the golf tournament helps them spread the word about how they help families with "any child that is diagnosed at [the] Children's Hospital" in London. He said that along with London, the families could be from Chatham-Kent, Owen Sound, Kitchener-Waterloo, and even Thunder Bay.

"We do our best to meet the needs of all their families, including things like parking passes, financial support, support groups," Hickson said. "Anything we can do to help their journey be a little easier."

Jason Adair, a father with a daughter who has been treated for cancer, spoke of his gratitude for Childcan, which ensured the family had a parking pass and vouchers for meals and gas.

"You never plan for what's going to happen with childhood cancer," he said. "It's one of the roughest things you can go through, but having the resources there to help is a big thing, and that's exactly what Childcan has done, right from the beginning."

Adair also said that the family has come and gone from the hospital for the past couple of months, but his daughter was in what he hoped was her last day in the hospital on Aug. 29.

Throughout his speech, John McCabe, the Freedom 55 Financial Re-

gional Vice President, emphasized how the tournament creates stronger communities, including supporting Childcan for two years consecutively and golfers ready to kick off their championship journey.

"We value the opportunity as an organization to partner with strong organizations in the community," McCabe said. "So PGA Tour Canada, and the Highland Golf Club, I think we all share similar values of helping aspiring young athletes pursue their dreams, and that fits along with the Canada Life and Freedom 55 vision of us trying to help people pursue and achieve their dreams."

He also said the tournament used to be known as the Freedom 55 Financial Tour and Championship. However, with the incorporation of London Life and Great West Life into what is now known collectively as Canada Life, the tournament is now the Canada Life Championship.

"One thing we haven't done is change the strategy [of] connecting with the communities and our enthusiasm for this event and then the Mackenzie Tour," McCabe said.

Scott Pritchard, the vice president of the Mackenzie Tour, representing PGA Tour Canada, said that "out of the nine players" who newly advanced from the Korn Ferry Tour to the PGA Tour, three golfers were in London a year ago.

"If you think about that, less than 12 months from playing here in London, they'll have status on the PGA Tour, and that speaks to how good these players really are," he said.

Pritchard also spoke of the re-



CREDIT: JORDAN CROW

Mackenzie Tour vice president Scott Pritchard, left, and Freedom 55 regional vice president John McCabe, right, listen to Jason Adair, centre. Adair is a father with a daughter who has been treated for cancer and benefits from Childcan, the charity receiving funds raised from the Canada Life Championship.

turn of golfers Jake Knapp and Paul Barjon to the Canada Life Championship.

"Paul Barjon won this event in 2016, went on the Korn Ferry Tour,

battled injury as Jake Knapp did," he said. "And now we're seeing these players finally fully healthy and competing at a very, very high level."

Falcons to host OCAA Invitational

Emily Stewart
INTERROBANG

Fanshawe Athletics' golf season kicks off with the Falcons hosting a Provincial tournament.

A Fanshawe Athletics press release from June 24 announced the Falcons will host the Ontario College Athletic Association (OCAA) Invitational at the FireRock Golf Club on Sept. 14. The tournament will be the first game for Fanshawe's men's and women's golf teams. The press release also announced the home games for nearly all of the Fanshawe Athletics teams during the 2019/2020 season.

Colin Robertson, the head coach for Fanshawe's golf team, said that several colleges from across Ontario, including Humber College, Durham College, Mohawk College, and Niagara College, will come down to the OCAA Invitational to play golf for three rounds.

"It's a really good opportunity for comrade and to build rapport and to get to know people," he said. "But to also build strengths within each school team and to be able to really put together a product that is able to go onto Nationals from the OCAAs."

The Falcons earned a record-breaking 28 OCAA and Canadian Collegiate Athletic Association (CCAA) medals in the 2018/2019 season. Fanshawe's men's and women's golf teams received several honours the past season.

The OCAA Championships website listed where Fanshawe's golfers stood during the 2018/2019 finals. Braydon White and Alyssa Stoddart earned gold for the individual champions. The Fanshawe women's golf team also earned gold.

The Fanshawe Falcons website also noted that White and Stoddart both won the CCAA All-Canadian Award and the OCAA All-Ontario Team award. Stoddart also earned the CCAA Championship All-Star

Award. Mery Tarigan and Blake Mackey also received the OCAA All-Ontario Team honour. Brad Byers earned the CCAA Exemplary Leadership Award.

Robertson said that the success from the past season was "the best year in 43 years that the team, both men's and women's has ever had", and that traveling to the Nationals was a first for Fanshawe golf in several years.

"The golfers certainly did their part and they're still hungry. They want to do more," he said. "They know what they're capable of and I think they feel a lot more confident."

Tarigan said she likes Robertson's coaching.

"He gets me confident. He helps me with my swing," she said. "It's really nice."

Robertson said he will make sure the team is physically and mentally prepared to take on any challenge. The team has a mental wellness coach, Charles Fitzsimmons, who helps the team stay grounded.

"When you're a golfer, you have got to have a sharp memory, stay present, and be mindful," Robertson said. "And that's what we're trying to work on and hopefully that translates to a better result."

He also the College's new GC-Hawk golf simulator will also be an asset for practices, especially for students who live nearby the school.

With OCAA Provincial Championships also on the way this fall, Robertson said that he wants the team to look at that tournament as "just another round of golf" and that "it's nothing to be pressured about" going into it.

"If they treat it that way, the results will show through to be consistent and we're certainly looking forward to giving it another go," he said.

On the OCAA Championships website, the 2019 OCAA golf Championships are scheduled for Sept. 30 to Oct. 2 at the Catarauqui Golf and Country Club in Kingston, Ont.



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FIFA20
NBA2K20
SUPER SMASH BROS. ULTIMATE

Sponsored by **Freedom mobile**
Authorized Dealer
Freedom Mobile - Argyle Mall

ALMOST EVERY MONDAY NIGHT
7 PM IN FORWELL HALL

TUESDAY SEPTEMBER 10

\$10

PRADA

PRESENTS

FROSH CONCERT
8 PM
SUB

COURTYARD
TICKETS AVAILABLE FOR PURCHASE AT **BIZ BOOTH** OR IN YOUR **FROSH KIT**

SPONSORED BY start.ca

FREE

.79¢ WINGS

KARAOKE & WING NIGHT

MONDAY SEPTEMBER 9
OBS | 8 PM

FANSHAWE STUDENT UNION PRESENTS

paint party

WITH SPECIAL PERFORMANCE BY

DELANEY JANE

\$10 ADV (WITH SHIRT)
\$15 DOOR

WEDNESDAY, SEPTEMBER 11
SUB COURTYARD @ 8 PM | ALL-AGES WITH STUDENT ID

Throw Back Thursdays.

Acoustic Afternoons

Every Thursday 2pm-5:30pm

The Out Back Shack

FREE of charge

@fanshawesu

FANSHAWE STUDENT UNION PRESENTS

Fateh Doe

FROSH CONCERT
THURSDAY SEPTEMBER 12

COURTYARD
Doors Open At 8pm

AVAILABLE FOR PURCHASE:
BIZ BOOTH | HUB
ONLINE @ FSU.CA/EVENTS

ALL AGES WITH FANSHAWE ID

\$50 Students

\$55 Guests

Canada's Wonderland

Field Trip

Saturday, Sept. 14th

Tickets in advance @ the Biz Booth

Price includes park admission and return transportation



FANSHAWE COLLEGE PRESENTS:

An Interactive Evening with

Michael Moore

Sunday
September 29,
2019

7:30 p.m.

Start.ca
Performance Stage
at Budweiser Gardens



Tickets available online at budweisergardens.com,
by phone at **1-866-455-2849**, or in person at the
Courtesy Ford Box Office at Budweiser Gardens

Fanshawe staff, faculty, and students can use
promo code: **FANSHAWE** at the box office or
at budweisergardens.com/password