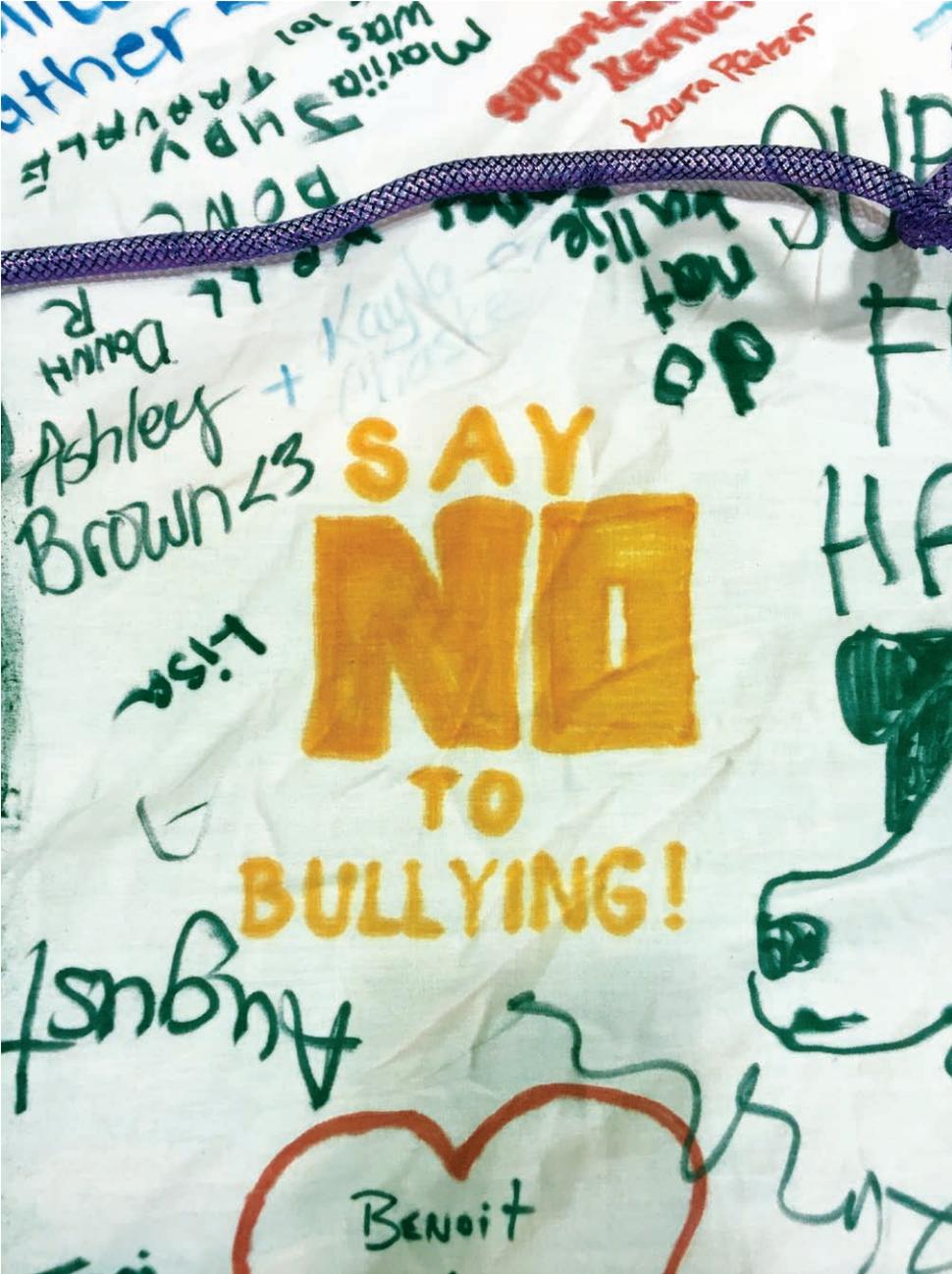


LIGHT THE WORLD PURPLE A MOVEMENT DRIVEN BY YOUTH, FOR YOUTH



The Brandon community members who attended the Light the World Purple March. Photo Credit: Lisa Mizan.

Israt "Lisa" Mizan, Reporter
On Tuesday, the 10th of October, Brandon University played host to an event dedicated to Mental Health Awareness and ending the stigma and bullying that is attached to it. The Light Up The World Purple Brandon Community Glow Walk was put together by Krystal Kayne and many other enthusiastic and caring volunteers and started at 6:00PM in the BU Kavanagh Courtyard. The following walk took

place at 7:00PM and ended in the McKenzie Building with coffee and cake. Elizabeth Davidson, former Brandon University Student, spoke on behalf of the Amanda Todd Legacy Society, founded by Carla Todd. Todd wrote to the participants of this global event that "(s)tanding together as one, we can make a difference for everyone," and "(s)peaking out about mental health is needed to reduce stigma and ensure that no

one feels alone in their fight for mental wellness." Members of the Brandon University Students' Union were also there to show their support, with International Director Osaretin Saint Crane kindly filling in the position of Bailey the Bobcat last minute. The event featured children from various schools around Brandon such as Earl Oxford School and Vincent Massey High School. Participant Madi

Frendo of Vincent Massey said she participated in the community glow walk due to facing mental health issues of her own and that "coming to this event would help raise awareness among younger generations." She came to the event with many of her friends, all dressed in purple, to help make the banners and posters that were carried around during the walk. The majority of participants were not from BU, but rather

younger kids who seemed more than willing to volunteer and help end the stigma associated with mental health. Seeing all these children come together for an incredibly compassionate cause would have melted anyone's heart, and made many realize how mental health affects everyone, regardless of age.



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BU RISES IN MACLEAN'S RATINGS

Logan Praznik, Web Content Coordinator

Brandon University's standings changed from the previous year, in some ways for better and in some ways for worse, in Maclean's magazine's new 2018 edition of their university rankings.

Out of the 19 universities on the rankings' list of "primarily undergraduate" schools, BU came in 16th place overall, a slight improvement over 2017's 17th-place ranking, putting it just under the University of Winnipeg, which tied for 14th.

However, BU retained its last-place rankings in Student Satisfaction and Scholarships and Bursaries from last year, and this year also placed last in the Reputational Survey, down from last year's position of 18th.

Among the university's strengths in the rankings were Student/Faculty Ratio (1st), Library Expenses (3rd), Student Services (4th), Operating Budget (5th), Social Sciences & Humanities Grants (6th), and Citations (7th).

Its other weaknesses were in Student Awards (tied for 18th), Medical/Science Grants (18th), Total Research Dollars (17th), Faculty Awards (tied for 15th), and Library Acquisitions (15th).

Maclean's profile of Brandon University was also updated, with programs of note including Applied Disaster and Emergency Studies, Crime and Community, and Jazz Studies, and courses of note being the Department of Philosophy's 70:151 Beer,

Books and Sex, and ADES' 40:254 Disaster Movies: Fact or Fiction.

BU's graduation rate was pegged at 47.7%, a drop from last year's 56.1%, while its retention rate also showed a slight decrease, at 73% versus last year's 74.5%.

The university, as they did last year, played to their strengths in a press release, highlighting the university's first-place ranking in Student/Faculty Ratio, as well as its high rankings in Student Services and Library Expenses (despite its low placement in Library Acquisitions).

BU interim President Dr. Steven Robinson said on the matter, "Today's libraries are much more than reading rooms...Along with providing ample space for traditional studying and reference, our library is a spacious and welcoming environment for learning events, for art, and for displays."

BU also cited "a difference of philosophy" relating to Maclean's ranking of student quality relating to students admitted with high school grades less than 70%, with acting Vice-President (Academic & Provost) Dr. Meir Serfaty claiming, "Brandon University has an open admissions policy because

we know that education can benefit everyone. Our affordability and outreach to non-traditional student populations brings us a diverse and inclusive community that is a real strength."

Pertaining to BU's recurring last-place finish in Student Satisfaction, Serfaty said, "Students tell us they are looking for quality academic supports, vibrant student life, opportunities for experiential learning and forceful action against sexualized violence –

all areas that we are investing in," mentioning the university's new policies and positions targeting those areas, as well as "new and expanded academic support programs to improve retention."

This year's edition of Maclean's university rankings can be accessed online at <http://www.macleans.ca/tag/university-rankings-2018/>. More results relating to the rankings will be released on October 19th.



Clark Hall. Photo Credit: Ashlyn Pearce.

FROM PARIS TO THE PRAIRIES COMING TO BU

Jenna Murray, Reporter

Music and culture have a funny way of going together. Through music one can give the listener a glimpse into their culture and music allows us to almost be transported to a different place.

From Paris to the Prairies: A Concert of Prairie Metis Songs will be an example of how culture and song go hand in hand. It will be narrated and sung by Ray St. Germain. It will feature Conlin Delbaere-

Sawchuk and Gary Lepine who are Brandon University Music Students. The concert is from 3:00PM-4:30PM, and is located in the Lorne Watson Recital Hall. Tickets can be purchased by calling 204-727-9631, 204-725-7520 or 1-888-627-9663 and are only \$10! The concert is being put on by Brandon University and the Manitoba Metis Federation, Southwest Region.

The Manitoba Metis Fed-

eration, Southwest Region is a non-profit organization who works to represent and serve the Metis people located in the Southwest Region. They promote history and culture, educate members in respect to legal, political and social rights, promote participation of the members in the community and other organizations and more.

The Lorne Watson Recital Hall is located in the Queen

Elizabeth II Music Building here at Brandon University. This concert is a great opportunity to experience Metis culture through music and see some BU music students in action. If you're a music lover, or a culture lover and are free on the 29th, go check it out. Can't go wrong with \$10!

BUSY WEEK FOR THE BOBCATS!

Robert Killam, Assistant Editor-in-Chief

Hello, sports fans! Welcome back to another exciting week in Brandon University Bobcats sports!

Volleyball: This week in volleyball the women's team played three games at home in the Healthy Living Centre. The men took a week off and will be getting ready for next week's games when the volleyball teams will face off with the University of Manitoba Bisons.

The women had a very successful weekend, as they won every single match. The women would finish the

weekend with nine sets won and a single set lost. It was a great turnout for the Bobcats after having some rocky matches in the season's earlier tournaments.

The women actually played two games the same day on Friday, beating both Lakehead University and the University of Winnipeg. Saturday was another game against Wesmen and the women took a clean sweep from them, offering up few mistakes and little opportunities for their opponents. The women's best set was recorded

as a 25-1 win and their closest set was 26-24, both in the same game against Wesmen on the 13th.

Basketball: This week in basketball both men and women played games but earned few points positively to their records. In fact out of the five games played this weekend in basketball only the women's game on Friday yielded positive results.

The women played on Friday, Saturday and Sunday, winning their one match 99-41 against Dakota College. Saturday and Sunday

were different stories as the women lost to the University of Windsor by 12 points but were completely blown out of the water by the University of Regina by 52 points.

The men played both of their games against the University of Jamestown to no avail. The games both ended in losses for the men, losing on Friday 85-103 and Saturday 83-97.

The men's and women's regular season begins on the 27th of October when they will face off with the University of Lethbridge our in Alberta.

Soccer: This past week in soccer the men and women played against the ACC Cougars and Canadian Mennonite University Blazers. The games against the Cougars proved very fruitful for both Bobcats teams as they each scored 8 goals and dominated the pitch! As of Saturday the men's record sits at 3-3-1 while the women go 5-2.

To check out any of the Bobcats stats please go to the Bobcats official website at www.gobobcats.com. Best of luck in your next games Bobcats!

COUGARS VOLLEYBALL

Ariele Kehler, Editor-in-Chief

The Assiniboine Community College Cougars women's volleyball team spent their weekend at the Sportscenter Sleep-Inn Slamfest tournament in Devil's Lake, ND. The tour-

namment took place on Saturday, October 14th and Sunday, October 15th.

The ladies first faced off against the Dakota College Ladyjacks, beating them handily in four sets with scores of 25-

13, 12-25, 25-21, and 25-13 respectively.

Unfortunately, the Cougars' second match-up was not as successful. They lost all three sets against the Williston State College Tetons

with scores of 18-25, 13-25, and 23-25.

Their third round-robin match was against the Lake Region State College Royals, and again lost in three sets, with scores of 18-25, 33-35,

and 22-25.

The Cougars' final round-robin match was against the Dawson Community College Buckaneers, which they lost in three sets with scores of 18-25, 18-25, and 21-25.

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THIS WEEK IN POP CULTURE: HORROR MOVIES

Ashlyn Pearce, Copy Editor

I love a good horror movie any time of year, but that love gets turned up a notch around Halloween. And plus, this is the time of year when lots of new good (and bad) horror movies start popping up. If you're like me and love a good scary film, then here are a few of my favourites that are currently available on Netflix. If you're not like me, and instead prefer to watch horror movies from behind a blanket (like an editor I know that won't be named...) then perhaps this isn't a list of movies for you. That all being said, let's move on to the movies!

The Unborn

This movie has been a long time favourite of mine, ever since it came out in 2009. This movie gets to the heart of a lot of things that peak my interest. For example: it contains elements of World War II, the supernatural, possessions, and what I think is a well developed plot line. *The Unborn* is about a woman who is

haunted by images of a young boy as well as her mother's unknown past. Without giving away too much of the plot, I can't say enough good things about this movie. I watch it at least once a year, and any time someone asks me for a recommendation this title is without a doubt high up on the list.

Before I Wake

Before I Wake is about a sweet little boy in the foster system, and the grieving couple that takes him in. This movie falls under the subgenre of fantasy or supernatural, and the reason why becomes clear to the viewer early on in the film. All criticism aside, the little boy (Cody) is quite possibly the cutest thing I've ever seen and the fact that he's in the centre of a horror film is both brilliant and cruel. My heart really went out to this poor boy.

Rings

The last movie I'll talk about is *Rings*, which is a continuation from *The Ring* and

The Ring 2 which came out in 2002 and 2005 respectively. Having been a fan of the earlier movies, I was really skeptical of *Rings*, but I think they did an amazing job. Don't worry, this isn't some cheesy reboot of the earlier films, it's actually a sequel. And before you scoff because how could they possibly find a loophole in those movies to exploit, just watch the movie first because wow did they find a really good loophole. *Rings* came out this year, and the most spoiler-free version of the story I can give you is

that Samara and her movie of death are back to bring havoc and despair. If you've never seen *The Ring* or *The Ring 2* I would recommend that you find some way to watch those first. They unfortunately aren't on Netflix, but I'm sure you're a smart person who can think of a solution to that problem.

This list isn't exhaustive. There are a lot of horror movies on (and off) Netflix that I love, but we simply don't have time to talk about all of them here.



Dear Quintilius,

I'm totally trying to smash with this fly bird. But she keeps ignoring me and spurning my advances. How do I catch her attention so that she can't ignore me?

Sincerely, Horny With Blue Balls
#GetTheGirl

Dear Caveman,

I would like to start this advice column with giving a shout out to all the lovely women out there who have had to deal with assholes like you. You women are the real MVP's. Thanks for not just wiping the male species out millennia ago.

You dolt. If I didn't have Urban Dictionary to decipher what you were trying to say I would have thought you were on acid. I don't know what to give you advice about to try and help you here. Let's start with your wording.

You are not trying to smash with a bird. You are interested in a sexual relationship with a woman. How do you catch her attention? Oooh I don't know maybe try something crazy like being her friend, being respectful, flirting with her subtly, being there for her, listening to her, making her laugh, setting yourself on fire, etcetera.

The list goes on and on with all the things you can do to treat this woman like she is a special individual. In fact treating her like a person and not a piece of ass is probably a strong step in the right direction for you.

In Ancient Rome we procreated to fill the ranks of the Empire's Legions. Sexual intercourse was done out of duty to the Empire. Times have changed though. Women can't simply be bought or sold or convinced to not ignore you. If you want to draw her attention get into a train wreck. I hear people can't look away from those.

All Salute The Eternal City,
Quintilius of Rome

ROCKET GAME CORNER: FAILURE TO COMPLETE

Ariele Kehler, Editor-in-Chief

It is no secret that I am incapable of finishing a video game. I am super good at starting them, sometimes even multiple times. When asked about my stellar reputation, Nerdboy says, with a deep sigh, "I don't think I've ever seen you complete a game – other than Pokemon – in the last four years we've been together."

"That's not true!" I protest, weakly. "I finished *Child of Light*!"

"I dunno, dude. You have like, twelve games started. And that's just on PS4." My roommate adds from the other end of the room.

So there is the ugly truth: I cannot do the thing. Although, I played *Life is Strange* obsessively last year, and I did finish it. I think that it's the only game I've actually played all the way through in the last decade other than Pokemon. I've got all kinds of reasons for not actually finishing anything –

school gets in the way, or I'll buy another that I'm excited about, or I'll overwrite one of Nerdboy's files and can't live it down for the next three years. You know, normal stuff.

In all honesty, I just hate not being good at things. If I can't make it work for me right away, I'm just done. I rage quit. It's not an attractive quality. So instead of playing the game myself, I look up Let's Plays (LPs) on YouTube. To date, I've started the game

The Last of Us three times and watched twice as many LPs of it. I can recommend Markiplier and Stephen Georg in particular.

The moral of the story here is that I'm a terrible gamer if I can't earn badges and catch adorable friends. Will I stop buying new games? No. Will I finish any of the ones I currently own? Also probably not.



By: L. A. Bonté



For more comics visit FilbertCartoons.com

FEMINIST CELEBRATED IN PRESENTATION BY BU PROF

Carly Murkin, Reporter

Figurehead of feminist tourism Simone de Beauvoir was the topic of the lecture presented by Dr. Claudia Bouliane, Assistant Professor of French in the Classical and Modern Languages Department, on October 30th in Clark Hall as part of the Arts Speaker Series.

The talk focused on her earlier writings and activities from approximately 1930 till the 1950s. It's noted that in this time it was unusual to be

travelling as a woman, notably alone as she often found herself doing and unsheltered. Dr. Bouliane mentions how Beauvoir would have her male partner call ahead at times to book hotel rooms in order to avoid misconceptions of her person, as a single woman booking a room alone.

Her competitive nature and her strives towards being an original tourist are evident in that she often patronized her fellow tourists for their

inability to travel on their own as they stuck in groups and followed an guide (often male) as opposed to relying upon a paper guide and working to plan their own trip. Hard work was emphasized as a large part of the travel experience, and in her own case as she was the one doing all the reading she was ultimately the one with the control over her travels.

Travel was described as a means of attaining freedom

for women as they were able to step outside their typical realm of experience. The advertisement and depiction of women on the travel brochures was examined, for instance women would in some cases be shown alone on travel brochures doing something non-traditional, providing an image of an empowered woman who working class women could look up to. Dr. Bouliane also looks at how Beauvoir herself unintention-

ally followed the trends at times, instances where she'd believe herself the only European in the area only to eventually find herself interacting with someone she knew from Europe on her travels, even as she purposefully attempted to avoid the cliché.

Simone de Beauvoir lived in Paris, France and was alive from 1908 till 1986.

TALES FROM THE SCHOOL OF MUSIC

Angela Zagrodny, Reporter

Over the course of the school year, a series of concerts are held by the music professors, allowing students to learn by watching and just enjoying the show. For October 12th, the School of Music's very own Dean Greg Gatién (Jazz Studies, saxophone) took the Lorne Watson stage with Professor Michael Cain (Jazz Studies, piano). The quality of sound in the recital hall that night took Jazz

Nights to a whole new level.

Shameless plug here, if you're interested in attending Jazz Nights they are held at Forbidden Flavours (or Fibs as we like to call it, RIP SUDS) every Thursday night at 10:00 p.m. There you will be able to hear a variety of jazz students perform while you snack and drink your coffee.

Back on track, the concert included popular jazz tunes that really excited the audi-

ence to win a grand standing ovation. The music was executed with such pure tone and intention, I'm quite positive that it cleared up my sinuses during flu season (even if that isn't exactly logical).

Once again, my bandnerd-self scored a front row seat. As the song "Body and Soul" was introduced, I couldn't help but notice the freshman beside me. The opportunity to hear a profes-

sional perform an obvious favourite of his had him 'fan-boying'. I'm being serious. This was probably exactly how I looked in my freshman year during my first concert featuring Dr. Wood. At the time, I had truly never heard a professional clarinet played live before. It was nostalgic to find the same eagerness in another student later on in my degree.

During the concert, Dean

Gatién stepped aside to let Prof. Cain feature one of his own piano compositions. I have been a fan of his music since my freshman year and was brought back to The Lady of the Lake last week for the SOLA concert. I would highly recommend seeking out his originals via CDBaby.com and iTunes. Further information is hosted at the Brandon University website and www.michaelcain.com

BUSU MEETING RECAP, OCTOBER 12TH

Ashlyn Pearce, Copy Editor

This past BUSU meeting was a busy one with many extra guests attending to make presentations to the council. These guests included Katie Gross, the acting dean of students, Lisa Park, the diversity and human rights advisor, Dr. Faiz Ahmad from the biology department, and Carla Navid, the sexual violence education and prevention coordinator.

Gross, Park, and Ahmad were in attendance to talk to council about a multifaith space on campus for students of any religion to utilize for prayer. Gross explained that she had been approached by some Muslim students for a dedicated place to pray, as they are currently praying in quiet places of the library. Ahmad, a practicing Muslim, said that Muslims pray five times each day (two of these prayers may occur during the school day), and that he doesn't think it's right that they have to pray in the public library. Parks

spoke to the concept saying that accommodating people's religious beliefs and needs is a human rights issue, and that there is an expectation that BU complies with this. The proposed space will be available to students of any faith for quiet prayer or meditation, and should not to be used for gatherings or groups.

In the past BU has had other spaces dedicated to religious uses, one such being CHO 104, which used to be called The Chapel. BU does currently have the Ceremony Room in the Health Studies building where Aboriginal/Indigenous peoples may smudge or hold ceremonies. The proposed multifaith space will not be conducive to smudging or similar practices.

Navid's presentation to the council was to inform them that there will be town halls to discuss the protocols related to the Sexualized Violence Protocol on October 24th and

27th. More information about these town halls can be found on the website at www.brandonu.ca/sexualviolence/.

Also at this meeting Lisa Mizan sent a resignation letter for her position of Women's Director to the council, which was accepted. In conjunction with this resignation and as a continuation from the issues raised at the previous council meeting on September 28th, Part Time and Mature Students Director Steven Holden mentioned that he would like to see the bylaws regarding dismissal of council members be updated. The current procedure was described as being ambiguous, and Holden also mentioned that there should be clear ways for council directors to be held accountable.

At this time it was noted that the Health Studies faculty has opted out of partaking in the fall study break this year (set for November 6th to

9th, with November 10th being observed for Remembrance Day), but has reevaluated their decision and currently plan to partake in the week long break during the next academic year (2018-19).

Lastly, council approved requested vacation time for BUSU President Nick Brown and Vice President External Mohammed Agavi. Brown will be taking leave November 13th-15th, after which time he will remain out

of the office as he attends meetings in Ontario on behalf of BUSU. Agavi will be taking vacation November 2nd-9th. The next meeting is scheduled for October 26th at 6:00PM in the CLC Boardroom.

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GREAT CHEMISTRY UNITES BU AND ACC

Patrick Gohl, Reporter

Some of you may be able to remember back to the first week of school and all the blue “Great Chemistry” signs that were visible around the Brandon community. These were part of a welcoming campaign for students organized by BU and ACC that was meant to highlight the collaborative relationship between the two schools and the positive influence that these institutions, through their

students, have on Brandon. The signs are gone now, and the campaign has ended. As has any university anxiety you might have felt in those first weeks, I hope.

As with the conclusion of any campaign we now ask ourselves if it was a success, and it seems to have been just that. Not only were the Great Chemistry signs put up on the BU and ACC campuses, but also in the yards and win-

dows of any of the members of the community that were willing to display one such sign as a symbolic gesture of support for the post-secondary students of Brandon. The amount of businesses and homes that participated suggests that the campaign was well received. Altogether it seems to have achieved the desired effect of displaying a welcoming spirit to students and showcasing the coopera-

tion of BU and ACC.

So what exactly does this cooperation entail? In 2014 the two institutions signed a memorandum of understanding that was designed to engender cooperation between the two schools in order to satisfy student, community and social needs. In accordance with this memorandum, students from both schools are provided with a shared residence space the ability

to transfer credit within the 2+2 program and there is an effort to create a joint business school. All of this has not ended with the Great Chemistry campaign, but continues on as it has in the past.

With the completion of another successful campaign this year the two schools can look forward to carrying on the tradition in the 2018-2019 school year.

DR. MARTINE DELVAUX TO SPEAK IN BRANDON

Jenna Murray, Reporter

Dr. Martine Delvaux will be putting on two talks in Brandon. Dr. Delvaux's first talk will be *Take Lemons and Make Lemonade: Serial Girls and the Question of Race*. This talk will be in English, on October 26th, from 7:00PM-8:30PM and will be happening in the Program Room of the Brandon Public Library. The second talk will be *Des Filles en Serie au Boys'*

Coub, ou Quand les Hommes Sont Entre Eux. This talk will be in French and is on October 27th, from 11:40AM-12:30PM in Clark Hall, Room 104. Both talks are free and open to faculty, students, and the public.

According to Brandon University's website, the talk in English will “broach the question of race in relation to the image of serial girls in lit-

erature and visual art.” It will also have a more specific focus on how seriality affects women of color. It also showcases the way seriality can be used by artists of color as a means of resisting white cultural supremacy and misogyny.

A quick question arises, of what exactly does the term “serial girl” mean? According to Dr. Delvaux's book it is when femininity is defined accord-

ing to the ideals that doll-like sameness is a desirable thing and how images like Barbie, beauty pageants and cover girls show this narrow, patriarchal idea. The book also looks at how this can be used as a form of resistance.

The French talks description is in French, so thank god for google translate. According to google, this talk is on the patriarchy, and how

men are superior in this system and talks about the idea of the “boys club.”

If anyone would like to purchase the book prior to attending the talks, Dr. Eftihia Mihelakis has copies. They are \$20, and can be purchased at Dr. Mihelakis's office in CHO 009.

DELICIOUS FALL TREATS, BROUGHT TO YOU BY THE QUILL

Donnovan Hillman, Reporter

It's that time of year again! No, it's not quite Christmas or time for final examinations, but fall has arrived!

With the season of autumn upon us, I find myself digging out some old fall-style recipes. To me, fall has always been full of hot beverages and delicious sweet desserts. One such dessert is the Slow Cooker Pumpkin Cheesecake. I'm always a fan of any type of cheesecake, and when it has pumpkin in it, it's always a bonus. The recipe for this delicious delicacy is listed below with prep time taking approximately 20 minutes and cooking about four hours on a high temperature. The serving size is approximately eight slices and the cheesecake itself is an excellent source of vitamin A!

Slow Cooker Pumpkin Cheesecake ([https://canadianfamily.ca/recipe/slow-](https://canadianfamily.ca/recipe/slow-cooker-pumpkin-cheesecake/)

[cooker-pumpkin-cheesecake/](https://canadianfamily.ca/recipe/slow-cooker-pumpkin-cheesecake/))

Ingredients:

- 12 gingersnap cookies
- 2 tbsp. melted butter
- 3 tbsp. packed brown sugar
- 2 packages cream cheese (8 oz. block style)
- 3/4 cup sugar
- 1 tsp vanilla
- 1/2 cup canned pumpkin
- 3 eggs
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp allspice
- 1/2 cup sour cream
- 2 tbsp. brown sugar

Directions:

1. Pulse the gingersnap cookies in food processor until they are fine crumbs. Mix in the melted butter and brown sugar.

2. Press the crumbs onto the bottom of a well-greased, 7-inch spring form pan. Chill until ready to fill.

3. In a large mixing bowl combine the cream cheese, sugar and vanilla. Mix with an electric mixer until smooth. Add the pumpkin, eggs, cinnamon, nutmeg and allspice, and continue beating until smooth and creamy. Pour the filling into the pan.

4. Cover bottom of pan with heavy duty foil coming up above the sides of the pan. Cover the top of the pan with another sheet of foil forming a dome and seal the foil edges shut. You want to make sure you prevent water and steam from leaking in.

5. Place in slow cooker and add boiling water until it reaches one inch up the side of the pan. Set cooker to high and cook for 4 hours.

6. Mix sour cream and brown sugar together. Spread over top of cheesecake and serve.

While Desserts are great at any hour sometimes you just feel like a drink. By that, I am

not just referring to alcoholic drinks but many sweet and spicy fall refreshments! One of my many favourites is the Quick Pumpkin Spice Latte. This is perfect for when you're in a rush or just on your way out the door. After all who doesn't love lattes? This quick style beverage only takes five minutes to prepare and five minutes to cook. Although it only yields one serving, you'll find the spiced latte not only delicious but filling as well.

Quick Pumpkin Spice Latte (<http://allrecipes.com/recipe/234849/quick-pumpkin-spice-latte/>)

Ingredients:

- 1 cup milk, divided
- 1 tablespoon white sugar, or more to taste
- 1 tablespoon pumpkin puree
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1/4 cup brewed espresso

Directions:

1. Whisk 1/2 cup milk, sugar, pumpkin puree, pumpkin pie spice, and vanilla extract in a small saucepan over low heat.

2. Simmer for 5 minutes. Whisk in remaining 1/2 cup milk.

3. Pour milk mixture through a fine-mesh sieve to remove pulp. Return milk mixture to saucepan and simmer, whisking, 2 minutes.

4. Add espresso and whisk until foamy, 1 minute.

These two recipes are just a couple out of the delightful Canadian fall cuisine. We may not be at Christmas just yet but the doesn't mean we can't enjoy spiced beverages and tasty cakes. These are my go to recipes as soon as the leaves fall, what are yours?

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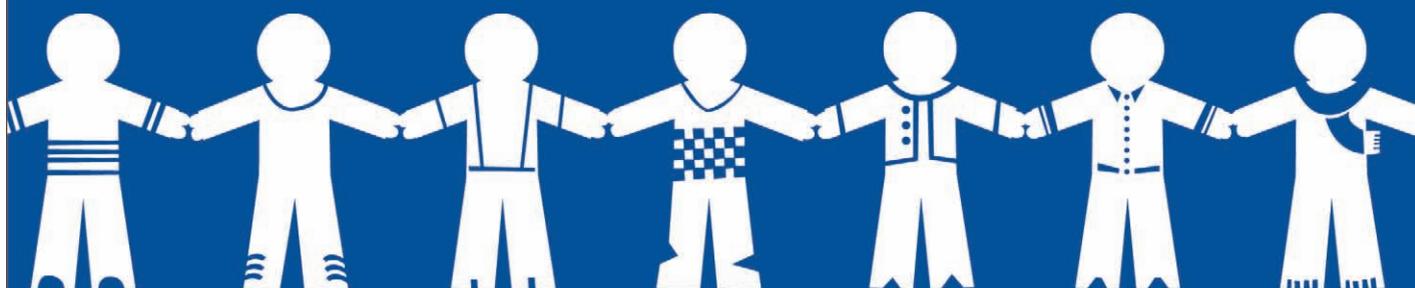


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