



Signing up for all of the clubs. PC: Carly Murkin

## FINISHING OFF ORIENTATION WEEK

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# YOU PAID THE FEES, NOW WHAT?

Raelee Fehr, Reporter

You paid this and more in student fees. Why? What's the benefit? It breaks down to a lot of money in fees, so I would recommend you take full advantages of the services BU has to offer. I didn't really utilize the academic skills that my fees paid for until my third year. So, be smarter than I, and let's break down some of the services available to you!

You paid for an academic advisor to help you look over your courses to ensure that you're on track to graduate. The Academic Skills Centre can help you with math, writing and learning skills. Sheilagh Grills has helped me hold it together more than once with creating study plans and setting realistic academic goals. They're also many workshops that are upcoming, including Making a Study Plan and Study Skills 101: Textbook Basics, both happening on September 18<sup>th</sup>.

Also included in the Student Services fee is access to personal counselling. Sherry or Marsha can help you find

ways to manage anxiety, depression, stress, family issues, homesickness, etc. New this year on the BU page is Sexualized Violence Supports and Information, where there are resources available that you can access anonymously if you wish.

The Career Planning and Placement Office helps students determine possible career paths, career fairs, assistance with résumés and cover letters and student and graduate referrals for employment.

For international students, the Office of International Activities provides a space for students visiting Canada to feel more at home and connect with others going through the same experience. The Indigenous People's Centre creates a space for people to come together and provide academic, social and cultural supports.

Through BUSU students get year-round Health & Dental benefits for \$250 (with the option to opt-out if you have an alternative plan). The VP

FEES FOR SERVICES	
BUSU FEE	\$66.60
STUDENT SERVICES FEE	\$63.00
STUDENT FITNESS FEE	\$77.20
U-PASS	\$19.00

Internal Emily Simmons can advocate for you if you have grievances regarding grades, academic suspension, late submissions or accusations of academic dishonesty. The Paw Pass is a free sticker available at the BUSU office that is placed on the back of your student ID to indicate to participating businesses that you're eligible for discounts. Most businesses have a discount ranging from 10%-50% with businesses such as Dominos, Little Italy Pizzeria, The Green Spot,

Smitten, The Dock, Grand Valley Animal Clinic, Muse and Keywest Photo.

Also included in your student fees are access to computers and internet, the Healthy Living Center fitness facilities and year-round bus services. If you find yourself looking for something to do, Bobcat games are free to all BU students!

# ONTARIO UNIVERSITIES & FREE SPEECH: CONTINUED

Patrick Gohl, Reporter

In following up on last week's article on the free speech issue in Ontario Universities I conducted the following interview of the CFS spokesperson Nour Alideeb.

**The Quill:** What is the background? What prompted the government to believe this new directive to be necessary?

**Nour Alideeb:** "Protecting free speech is fundamental to academia. It allows for the open exchange of ideas, creative and critical thinking, and is key to our ability to grow intellectually. The concept of free speech is being co-opted to give people who carry extreme views a platform at Ontario colleges and universities. The Ford government is using this policy to protect those who wish to continue to argue for racist, sexist and homophobic ideologies that people

have fought for generations to prove wrong. We believe that this policy is in response to a number of high profile incidences over the past 3 years that were successfully shut down at various campuses by students, staff and faculty."

**TQ:** Does the CFS have any way of currently monitoring the state of free speech on campuses? If so in what ways is it preferential to monitoring by the Higher Education Quality Council of Ontario?

**NA:** "The Federation has no way of tracking and keeping records of such incidents other than when they are high profile and make it to the media or if members reach out to the Federation to report them and seek support."

**TQ:** How are the Universities or the CFS-O fighting back against this attack.

**NA:** "The Canadian Federation of Students - Ontario is supporting students across the province who want to be apart of the consultation sessions between now and January 2019. We are committed to ensuring that students' voices and concerns are heard and reflected in this policy. In addition, we are working with other campus organizations, faculty and labour unions to challenge this policy. Though we are the largest and oldest organization representing students in post-secondary education, the government has not consulted us on this new policy. We will be contacting the Ministry of Training, Colleges and Universities to share our concerns and opposition to this policy."

Should all viewpoints be protected with the right to free speech, or do the ones that we perceive to be harmful need to be limited? What are the full ramifications of this decision? Try and find the faults in whatever conclusion you make and attempt to see the matter from the other side. Some topics require education, experience and open-mindedness, so don't hastily rush to condemn one side or the other. How would one justify totally free speech and what are the reasons to support the limiting of certain ideas?

The question laying at the heart of this issue goes as fol-

## WHAT MAKES A GOOD PROFESSOR?

Mouhamed Sow, Reporter

What makes a good professor? Is it a deep-rooted passion for the subject? Is it their teaching method? The way they attract, and most importantly retain the attention of the class? Or is it a combination of multiple traits? Truth is, everyone learns in different ways, and just as we are all stimulated in different ways, we will all have different answers to this question. Nonetheless, I think we could all agree on a few qualities and characteristics necessary to make a good professor.

### Passion/Love for the subject.

Passion is the invisible force that drives one's dedication towards something. Without being passionate about something, one could

## #IBELIEVEYOU CAMPAIGN

Kiana Kehler, Reporter

This week around the Brandon University campus students may have noticed new posters in the common areas that display #IBelieveYou on them. Starting in Alberta in 2013 this campaign is primarily promoted through social media and the hashtag #IBeliveYou. It covers all social media platforms including Facebook, Twitter, Instagram and YouTube in order to reach a broad audience, spark conversations, and educate as many people as possible. The goal of this campaign is to spread the message to victims of sexual assault that they will be believed and that support is available for them if they were to come forward. It also focuses on training bystanders to be that support for victims and show them that being believed is a big obstacle for most victims of sexual assault. This is due to the victims fear that they

## TRY IT FOR FREE WEEK AT THE HLC

Donnovan Hillman, Assistant Editor-in-Chief

Last week gave citizens of Brandon an extra advantage if they were looking to get active. From September 9<sup>th</sup> through to September 16<sup>th</sup> the Healthy Living Centre hosted its Try It For Free week. The Healthy Living Centre is Brandon University's Physical Education and athletics building. It also happens to be one of the newest and largest buildings on the campus. The Healthy Living Centre has over 79,000 square feet of space committed to healthy living and an active lifestyle. The centre includes an indoor walking track that spans 1 kilometer as well as a fully equipped fitness centre. A large open green space is, of course, also part of the facility as well as a mezzanine and two classrooms used in the physical education programs. Finally, the Healthy Living Centre also includes three gymnasiums. The HLC north gym and the HLC south gym are

help their students retain the lessons. Which is highly unfortunate for the people who have paid in both money and time to try and understand these subjects.

### Teaching method/ Classroom engagement

While it's up to students whether they pay attention or not in class, the way lessons are presented always affects classroom engagement. This has a direct impact on how much material is absorbed by students. While some professors use the common phrase "you are here to learn, not to have fun", learning under a fun environment constitutes a plus for both the teacher as well the students.

Ultimately, it is not what you teach, it's how you teach

it. won't be believed or taken seriously if they were to disclose their experience.

Launched this past week at BU by the Sexual Violence Education and Prevention Coordinator, Carla Navid, the campaign has been brought to BU in an attempt to educate the campus community. Navid hosted a few events on campus including the #IBelieveYou selfie booth in the courtyard on September 11th which pro-

separated from each other by a full screen curtain. The Henry Champ Gymnasium is largest gym and plays host to a variety of events throughout the year.

For a whole week BU staff and alumni as well as members of the general public had the opportunity to experience everything the Healthy Living Centre had to offer, for absolutely nothing. This means that the indoor walking track, the fitness centre and all gymnasiums were open

it.

That being said, there are various names that continuously pop up when inquiring about the best teachers in Brandon University. These names are, but certainly not limited to the following:

Dr. Baker from Political Science

Mrs. Paola Di Muro from Mathematics and Computer Science

Dr. Balfour Spence from ADES

Mr. James Forsythe from Drama

Mrs. Zehtab-Jadid from Economics

moted uploading a selfie with #IBelieveYou to show support and spread awareness through social media. She also organized two bystander training sessions on September 11th and 13th which focused on teaching students how to intervene and prevent sexual assault before it happens. For more information on ways to get involved visit the campaign website [www.brandonu.ca/sexualviolence/ibeliveyou/](http://www.brandonu.ca/sexualviolence/ibeliveyou/).

to public use. However, it wasn't just the facilities that were open to the public for free last week. The Healthy Living Centre also offered their recreational programs to attendees, free of charge. Brandon University has a wide and diverse variety of recreational programs. Some of the programs offered last week included Yoga flow, Zumba and Floorball Leagues.

If you are a student at Brandon University a fit-

WEEKLY SPORTS SCOREBOARD	
MCAC SOCCER	
MEN'S 15 SEP 2018	BOBCATS VS LES ROUGES 4 - 0
MEN'S 16 SEP 2018	BOBCATS VS COUGARS 20 - 0
WOMEN'S 15 SEP 2018	BOBCATS VS LES ROUGES 2 - 0
WOMEN'S 16 SEP 2018	BOBCATS VS COUGARS 1 - 2

Navid wants to educate students at Brandon University about the support for sexual assault survivors that is available and easily accessible right here on campus. She advocates for survivors that they should come forward in whatever way they feel comfortable. For support throughout the whole process Navid can be found in her office which is located at 227 inside the Health Studies Building.

ness fee is included in your tuition therefore the Healthy Living Centre and its facilities are open to you year round. However, it should be noted that, like all individuals who use the facilities at the Healthy Living Centre, indoor running shoes are required at all times. If you happen to have spare time or feel like getting into an active lifestyle, head down to the Healthy Living Centre and experience all they have to offer.

## STUDENT RESEARCHERS: HARALD GROVE AND WAX WORMS

Patrick Gohl, Reporter

At the very summit of the Brody building, on the 5<sup>th</sup> floor, crowning all other BU laboratories is the Insect Vector Lab. Within the bowels of which Harald Grove, a freshly minted Grad student, performs the rites of his experiments. Harald graduated from BU with a four year honours degree, majoring in Biology and minoring in Chemistry and Mathematics. The highest priority task set before him is the research of the wax worm enigma. Now to properly follow the journey and understand Harald's work, a short introduction to the wax worm is necessary.

The wax worm is the larval form of the greater wax moth, the scientific name is *Galleria mellonella*. This rather inauspicious insect, inauspicious only so long as you are not a beekeeper, feeds on bees wax. It is a pest to apiarists all over the world. Heartless Harald, who has prior experience working on a honey farm, is not for the moment interested in the plight of our striped friends, although he has plans for bees in the future. What set Harald on to the path of becoming a wax worm master was the discovery that these little creatures eat plastic. To be specific, the worms possess

bacteria within their gut that upon ingestion of polyethylene (shopping bags) they can convert it into ethylene glycol (antifreeze).

Harald has been raising thousands of these creepy crawlies to be test subjects in a number of experiments. There have been a couple of hiccups along the way. The first issue was getting the worms to eat the sections of plastic bags that they were supposed to. As it turns out just because they are capable of eating something doesn't mean that they want to, think broccoli. The solution was to not give them a choice in the matter. The wax worms were wrapped

in the plastic, and their only means of escape was to eat their way to freedom. Now that the worms were finally eating the plastic another problem popped up. They were eating too much, to be more specific, they were eating everything. The containers used to house the wax worms were themselves made of plastic. It was a sturdier harder type of plastic and thus Harald believed them to be safe from worm consumption. However no one told the little lepidopteran gluttons they could not eat this type of plastic, so they ate it anyways. One has no clue exactly how much in

the modern world is made of plastic until one tries to contain a plastic eating inmate.

Yet the voracious appetite of the cunning wax worm is no match for Harald's wits. With some ingenuity he managed to construct a housing that left the worms with no opportunity to eat their way to freedom. So Harald's work continues, and by no means is it strictly limited to this struggle against the wax worm. Besides helping undergraduates out with their experiments there are also other projects of his own on the horizon.

### 每逢佳节倍思亲

张琴辉 (教育学院)

留学生涯，不仅是繁忙的学习任务，还有在异乡的孤单和思念。下周一（九月二十四日）就是中国的传统节日- 中秋节。这个节日意味着亲朋好友们团聚，赏月，吃月饼，畅谈人生。有句古诗叫“每逢佳节倍思亲”- 在外的游子，在传统节假日来临之际，会加倍地思念故乡的亲人和朋友。

在此借Quill 板块一角，祝愿大家在Brandon 大学学习、生活愉快。让我们一起庆祝这团聚的日子，并敬请关注中秋节活动公告。另外，Quill 报纸每隔一周会刊登中文版的Brandon 大学的趣事杂谈。期待您的来信来稿，让我们与Quill 一起，共度美好的校园生活！

## EVERY FESTIVE SEASON

Quinn Zhang, International Student/Contributor

The first Chinese traditional festival of this new semester is “Zhong Qiu Jie”, which is also known as The Moon Festival. It is celebrated on the 15<sup>th</sup> day of the 8<sup>th</sup> month of the lunar calendar. On that night, the full moon is extraordinarily round and bright, which was given a mythological twist, with the legends of Chang'e, a beautiful lady living on the moon. On this night, we traditionally invite our family members and loved ones to congregate and enjoy the full moon, which is a promising symbol of harvest, harmony and family reunion. Additionally, the foods we prepared for this special day usually are cups of tea and a plate of moon cake.

Next Monday, September 24<sup>th</sup>, you can experience this wonderful Chinese traditional festival by a cup of tea and a piece of moon cake, sitting on a comfortable chair in your back yard, raising your head, gazing on the clear moon and imagining that beautiful lady. Or, you also can come and join our activity “The Moon Night”, September 23<sup>rd</sup> on campus. Please email us if you want to attend this wonderful night activity, know more about Chinese cultures, give us comments or make suggestions.



PC: Julia Tan



# REVIEW OF THE WEEK: DEADLY CLASS

Dustin Glaseman, Reviewer of Epic Stories

Coming back to university always makes me think of *Harry Potter*: the journey to school, the quirky professors, the magic of friendship, and the hallowed halls. Coincidentally, I also have a friend and classmate who is reading the series for the first time. The conversations we are having sparked the inspiration for this week's review.

What if you took *Harry Potter*, mixed in some hard drugs, a dash of punk rock, a sprinkle of cold-blooded murder, and set the whole thing to bake in the 1980s? You would get *Deadly Class*, a comic series by writer Rick Remender, artist Wes Craig, and colourist Lee Loughridge that is soon to be hit a T.V. series on Syfy.

*Deadly Class* follows Marcus Lopez, a newly enrolled student at King's Dominion High School for the Deadly

Arts. Located in the San Francisco underground, King's Dominion is a school where the word's deadliest assassins, dictators, and crime syndicates send their children to become heartless killers. With classes on dismemberment and mid-terms that require murder, King's Dominion is a vicious school, especially if you don't fit in. When Marcus shows up to school with no affiliation to a prestigious crime family, and a tendency to wear his heart on his sleeve, teenage angst becomes the least of his worries.

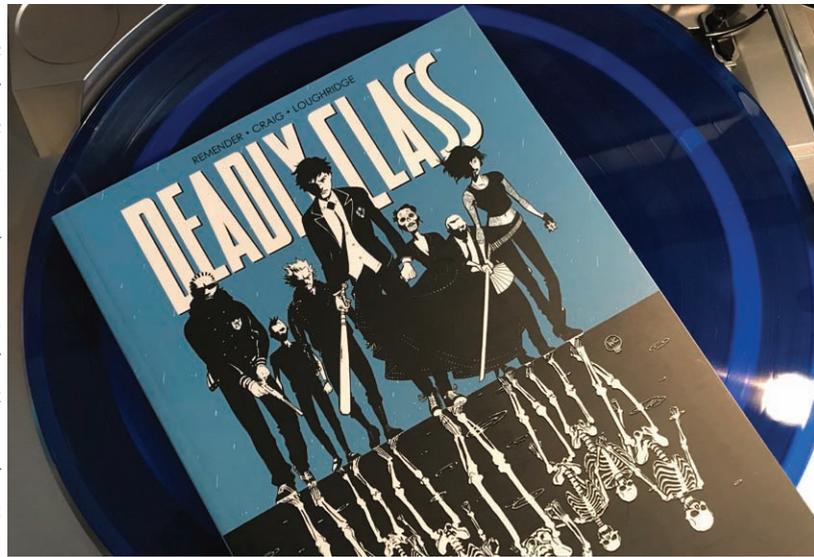
*Deadly Class* is exquisitely written, and Remender seamlessly integrates music from the mid 80s in every gutter and panel of the series. Music plays such a large role in creating the atmosphere of *Deadly Class*, that Remender has posted a playlist on Spotify to

supplement the comic reading experience.

Beyond Remender's writing is the unrelentingly talented Craig, an artist at the height of his creative medium. Craig's use of panels is so masterful that the page layouts become almost tangible in their intricacies. Colourist Lee Loughridge is also at the top of his game; his minimal-

ist colour pallet leaves yellows, blues, and pinks dripping off the page and landing directly in your mind's eye.

*Deadly Class* is currently sitting at seven collected volumes and counting, so check this series out before you're the only one who doesn't know how finals end at King's Dominion.



PC: Dustin Glaseman

Dear Quintilius,  
WAR! What is it good for?  
Absolutely nothing!  
Sincerely, Starr Lord

Dear Space Lord,  
Listen to me, war I despise,  
cause it means destruction of innocent lives.

War means tears to thousands of mothers eyes, when their sons go to fight and lose their lives. I say war, huh, good god yall. What is it good for? Absolutely nothing, say it again.

War, it ain't nothing but a heartbreaker. It's friend only to the undertaker. Oh war is an enemy to all mankind, the point of war blows my mind. War has caused unrest within the younger generation, induction then destruction, who wants to die?

Ah war-huh, good god yall, what is it good for, absolutely nothing. Say it, say it, say it, listen to me.

Oh war has shattered many a young mans dreams, made him disabled, bitter and mean. Life is much too short and precious to spend fighting wars these days. War can't give life, it can only take it away.

Aha war-huh, what is it good for? Absolutely nothing, whoa lord, listen to me.

Peace, love and understanding, tell me, is there no place for them today? They say we must fight to keep our freedom, but lord knows there's got to be a better way.

War huh what is it good for, stand up and shout it, "NOTHING."

Ah how I longed for someone to ask me that! I haven't had the chance to sing that song since myself and Edwin did the disco in the 70's. Good times. Completely untrue song but still good fun.

War leads to serve the economy, patriotism and creates confidence and discipline within the young. Ah, misguided pacifists, how I am so glad you never opened a history book to learn its lessons. Your defeat will be swift and merciless.

All Salute The Eternal City,  
Quintilius of Rome

## THE BEST MEME ACCOUNT ON INSTAGRAM

Middle Class Memer, Lover of all Memes

One of the reasons I keep my Instagram profile is so that I can follow meme accounts and constantly spam my friends with quality relatable material. A problem arises however, when someone responds to me with "I can't see it" or "it's private". This situation can be easily avoided with my all-time favourite meme page @middleclassfancy as it is not private. Sporting 765 posts, 657 thousand followers and a profile picture that is a spoof of the Chili's logo the

content on this account is premium quality.

Contrary to most other accounts this page has unique memes that follow the distinct theme of being "middle class fancy". The memes are created from stock photos and mock in a seemingly non-ironic way middle class white people. Many of the memes even feature the two main characters of the account Nancy and Randy (Nance and Rand for short), a classic middle aged white couple. The memes are entirely

based around the stereotypical life of a middle class white person complete with a certified preowned Kia Optima, Bud light for drinking on the back deck during grilling season and maybe even going to Chili's on a casual Thursday evening if they're feeling a little wild.

What really sells this account for me is the attacks on small habits or quirks about middle class white social culture that is generally not drawn to attention. The memes are made to be

ironically funny as they are relatable to a certain extent but rely heavily on stereotypes that are excessively exaggerated. To get a full idea of the life of Nance and Rand go follow @middleclassfancy on Instagram (or don't since it's not a private account you can stalk however much you want without the commitment of their content showing up on your feed).

Warning: This review is subject to bias and probably does not reflect the opinion of the majority of humans.



L.A. Bonté



@FilbertCartoons

## CLUB DAY RECAP

Carly Murkin, Digital Overlord

Loud chatter, video games, and the smell of food that definitely wasn't intended as bait filled the student mingling area on Wednesday the 13<sup>th</sup> as student clubs settled into their tables for the better part of the day.

The Quill sat huddled in the corner with our offerings of mini donuts and cinnamon buns drawing in the curious and the hungry alike. Next to us BUGA a.k.a the Brandon University's Gaming Association set themselves up with a T.V. and console, and other groups scattered around the room were eagerly recruiting. ENACTUS and

Brandon University Memes could be found sharing a table, Brandon University Varsity Christian Fellowship sat across from us brining in unsuspecting students in with Tim Horton's Tim Bits (well played). Other clubs included The Brandon University Dance Club, The Biology Club, Brandon University Rugby, BU WUSC, BUFASA, BUTC, BUASC, JSA, and plenty others! If the acronyms are terrifying and confusing, hop onto the Brandon University Student Union's website for the full listing of various club organizations- included is contact informa-

tion for the various student organizations so if you're worried you missed your chance don't be! Send a quick email or poke around on social media and get in touch with whichever club strikes your fancy. Chances are they'll be happy to answer any questions you may have. Though fair warning all the free food from club day has probably been inhaled by now- the starving student trope is real and alive.

If you're wondering why on top of balancing your studies, work, and the generally stress inducing experience of being alive you'd want to join a club,

there are plenty of reasons! First of all they're a great way to meet people with similar interests and keep up your social life. Especially for those of you who are maybe new to the campus and are looking to meet some people that aren't local Russian singles in your area, clubs are a great way to make some comrades and get familiar with student life in general. Not to mention the advantages that add onto your resume. Whether it's having your written work published in the school newspaper or getting involved in your community, commitment to a club will teach you

plenty of marketable skills that will definitely make your time at university worthwhile aside from that fancy piece of paper with your name on it.

You're not going to be at Brandon University forever, so take advantage of any and all opportunities to enjoy and make the most of your time here. Clubs probably aren't something you considered applying for, but this is as good an opportunity as any. Join that club you wanted to today! There is no time like the present.

## SCIENCE SEMINAR:

Alexandra Mackay, Senior Reporter

Dr. Bernadette Ardelli's science seminar titled "The Diversification of My Research Portfolio: Minimizing Risks and Maximizing Returns" was a delicate balance between Dr. Ardelli's research questions, methods, and results as well as the evolution of both research and researcher through her academic journey. The presentation outlined not only Dr. Ardelli's insights into drug resistance in parasitic nematodes (worms), but

also lessons learned regarding how research is carried out in a university setting.

Dr. Ardelli demonstrated how her research taught her about "undergraduate power" – that although they may lack in technical experience and be restricted by their course load, a significant contribution can be made by a motivated undergraduate student.

The seminar also shed light on some of the politics of doing research associated

with big pharmaceutical companies. Her research aimed to first discover if the parasites had developed resistance to the drug that was widely available on the international market. Later she would compare the resistance and mechanisms of two drugs manufactured by competing companies.

As a student or enthusiastic onlooker, it is easy to get wrapped up in the big research questions. Dr. Ardelli reminded us of the

importance to ground ambitions in reality – with minimal risk and maximum output. Some factors that required consideration for her program included the necessity of working mainly with undergraduates, inability to use human subjects or clinical trials due to extensive ethics approval, and accessibility of samples. This, as well as the need to differentiate her research identity from that of her accomplished supervi-

sors, led to her current area of study in understanding how drugs work. This led Dr. Ardelli down a research path that now focuses on the relationship between the host and the parasite in the development of drug resistance.

For the technical stuff or more information, you'll have to speak to the "worm whisperer" herself.

## TIME TO UPDATE SEX ED ON CAMPUS

Kai Neiman, Reporter

Walk around campus and you might notice something... or rather a lack of something, on a subject that affects many people on campus. Sex Ed. Bulletin boards and campus bathrooms have very little informative posters for sexual education, or none at all. The one poster that does exist is quite old, one that was created by SERC (Sexual Education Resource Centre). It is worn around the edges and wearing thin. It has been in

the campus bathrooms for at least five years.

Modern culture is constantly evolving, and so is the way society views sex. It is now more important than ever to have proper sexual education for students. This includes adult students attending university. Not everyone has an equal amount of knowledge towards sexual education, and they may not have access to information that is necessary in order to remain protected and safe

during sex.

Talking about sex in any form can be an uncomfortable subject to broach with anyone, even adults having a conversation with someone in their own age group. Having information in brief points on posters can help distribute the information to students. Posters are an anonymous way for students to gather information. The posters can also assist students in finding out appropriate places and people to go to if problems

arise or they need to talk to someone about sexual health.

People are more likely to make healthier decisions that are right for them when they have accurate, unbiased information and the ability to talk with non-judgmental people who can answer their questions. Sexual education can also help students develop decision-making skills to apply the strategies and techniques learned into their daily lives. This is why

updating and adding to the sexual education posters in both bathrooms and on bulletin boards across campus will benefit students' well being. Access to non-judgmental information is important and should be made readily available for all students.

## PROMOTIONAL AWARENESS: MONTH OF SEPTEMBER

Alexandra Mackay, Senior Reporter

An overall theme for September is reproductive health. This month seeks to promote awareness of ovarian cancer, polycystic ovarian syndrome, and prostate cancer.

September is also awareness month for childhood cancer, Alzheimer's (Alzheimer's Society), and mental health recovery (Recovery Day Canada).

**September 16<sup>th</sup>** – International day for the preservation of the ozone layer (UN Environment Programme)

The ozone layer is the most important shield we have for preserving life on earth. This day is observed in accordance with the day in 1987 on which nations committed to signing the Montreal Protocol on Substances that Deplete the Ozone Layer. The UN

urges participation by protecting yourself from ozone layer depletion by avoiding excessive sun exposure and researching the small ways you can minimize your own impact on the ozone layer.

**September 20<sup>th</sup>** – Annual Alzheimer coffee break day (Alzheimer's Society)

Coffee Break day is the Alzheimer's Society's annual nationwide fundraiser to support programs and services that help those diagnosed as well as their caregivers and family members. Participants receive a cup of coffee in exchange for a donation and the chance to catch up with friends and meet new people in community organized events. For more information visit [azlzheimer.mb.ca](http://azlzheimer.mb.ca).

**September 21<sup>st</sup>** – World Alzheimer's day (Alzheimer's Society)

Dementia is a term used to describe various brain disorders that affect memory, thinking, behaviour, and emotion. Alzheimer's disease is the most common cause of dementia. Lack of understanding creates social stigma that results in dehumanization, strain in relationships, insufficient care, lower rates of diagnosis and delayed support. This day (and month) is dedicated to destigmatize and prevent the spread of misinformation surrounding Alzheimer's. You can participate by joining in on an Investors Group Walk for Alzheimer's, for more information visit [walkforalzheimers.ca](http://walkforalzheimers.ca).

**September 21<sup>st</sup>** – International Day of Peace (United Nations)

The UN defines this day as being devoted to commemorating and strength-

ening the ideals of peace within and among all nations and peoples; it is intended for global commitments to peace above all differences to contribute to building an international culture of peace. From taking a minute of silence at noon to participating in organized activities, there are multiple ways to participate. Visit [internationaldayofpeace.org/get-involved/](http://internationaldayofpeace.org/get-involved/) for a complete list.

**September 23<sup>rd</sup> to 29<sup>th</sup>** – National Forest Week (Canadian Forestry Association)

Forests are fundamental to national economy, culture, traditions, history, and the future. National Forest week encourages people to learn more about Canada's forest heritage and raise awareness of forests as a renewable resource. The Ca-

nadian Forestry Association encourages you take a walk in the woods, plant a tree, care for a neglected tree, and educate yourself and others on the prevention of forest fires through.

**September 29<sup>th</sup>** – World Heart Day (World Heart Federation)

Cardiovascular disease (heart disease and stroke) is the world's leading cause of death. This day is to focus on action to prevent and control CVD as well as educating people about controlling risk factors like tobacco use, unhealthy diet, and physical inactivity – abstinence from these could avoid 80% of premature deaths. The World Heart Federation encourages people to participate in activities to take charge of heart health and encourage heart healthy living.

## TRIVIA TUESDAYS ARE LIT AT PRAIRIE FIREHOUSE

Dustin Glaseman, Reporter

The trick is to just find the weird shit to do in Brandon and go to it." That's the advice Kate Wilson gave while discussing how to make the most out of living in Brandon and why she hosts a weekly trivia night at Prairie Firehouse with her husband Aaron Wilson.

Approximately eight years ago, what could have started off as an almost murder on Craigslist turned into a job as a trivia night host in North Carolina. "It was a legit company that sent people out to bars to do trivia, so we did that for awhile," says Kate.

Originally from the southern U.S., but now living in Brandon, Kate and Aaron work at the Art Gallery of Southwestern Manitoba and the University of Brandon respectively, and have just celebrated over a

year of hosting Trivia every Tuesday night at Prairie Firehouse for teams of six or less.

This year, Kate and Aaron wanted to up the ante a little bit and host a winner takes all trivia competition where the top team takes home \$200 in cash and a \$100 gift certificate to Prairie Firehouse – plus a sweet trophy.

"It's just the next level of competition and really fun to watch people be super competitive," says Kate. With only three weeks left to go and ten spots

in the championship, new teams are arriving each week for their chance to win big.

When asked what one her favourite trivia questions was, Kate fondly remembered a question where teams had to determine if the word she said was a character from *Lord of the Rings* or a piece of IKEA furniture. "We used

backroom *Lord of the Rings* characters and everybody was like, 'shit, I'm pretty sure that's the name of my pillow!" she laughs.

So, if you're looking for something weird to go to at 8:00 p.m. on a Tuesday night, join Kate and Aaron at Prairie Firehouse, just be

sure to make a reservation. But be warned, I'm pretty sure Kate and Aaron's two dogs Dexter and Sally and their two cats Ginny and Twilight are the real trivia masters.



PC: Dustin Glaseman

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# SERC IN BRANDON

Sexuality Education Resource Centre

A big hello to you BU folks! We'd like to introduce the Sexuality Education Resource Centre and all of the many services that students may benefit from.

The Sexuality Education Resource Centre (SERC) is a community-based, non-profit, pro-choice organization committed to promoting sexual health through education. SERC provides education on issues that relate to sexual and reproductive health (e.g. STIs, birth control options, how to respond to a pregnancy, sexual diversity, etc.). Additionally, SERC offers free counselling and support to the LGBT2SQ+ community, as well as their friends and family members. Also,

SERC has a free lending library full of great resources, and provides free information packages that may be for personal use, or for reference for research papers. Best of all, SERC provides free condoms, sex dams and lubricant – no questions asked!

Please feel free to come by and check out the office, meet the friendly staff, and learn more about

available programs and services and grab some swag and safer sex supplies. The SERC office is located at Unit C-1700 Pacific Avenue in Brandon. For more information about SERC, please contact us at (204) 727-0417, or via e-mail at [brandon@serc.mb.ca](mailto:brandon@serc.mb.ca).

Our Open House is a great time to stop by. There will be food, prizes and our SERC team will be on hand to tell you what we're all about. Safer sex supplies will be available and you are welcome to search through and borrow from our resource library. We

hope to see you there. For more information about what we do, visit our website at [www.serc.mb.ca](http://www.serc.mb.ca). Also, sign up for our E-News by following the links on our website or like us on Facebook.

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### Desks For Sale

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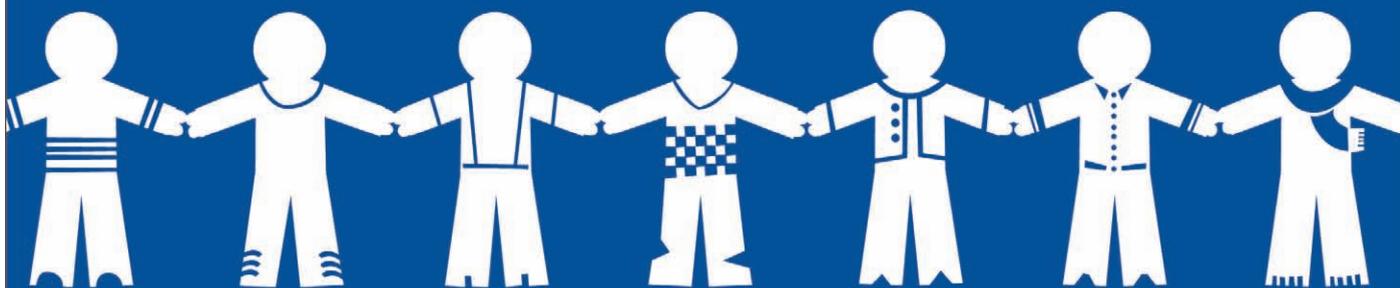
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