

LUNAR NEW YEAR THE YEAR OF THE RABBIT

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First things first is to know what BUSU- Brandon University student Union- is all about. It is a student union, that is not-for-profit. ABUSU is Advocacy-Services-Engagement for students. BUSU is meant to advocate for students, not the university.

NEW COFFEE SPOT FOR STUDENTS-
BAILEY'S
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BU AT THE PUBLIC
LIBRARY RETURNS
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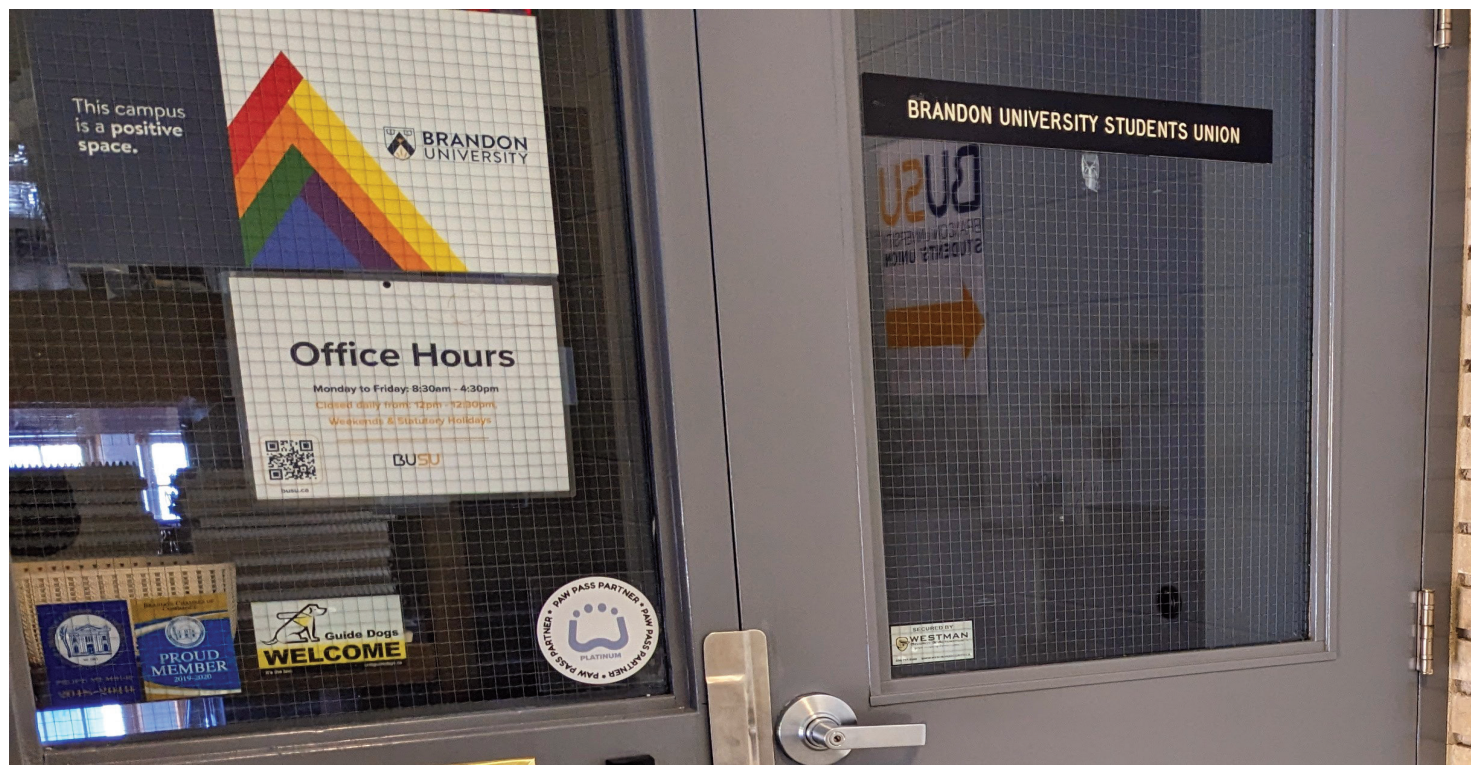


Photo Credit: Ronnie Neiman

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FIND OUT MORE ABOUT BUSU

By Ronnie Neiman, Editor-in-Chief

BRecently, I had the opportunity to sit down with Ashley Taron, Executive Director for BUSU. It was a lovely coffee filled chat at new BU student coffee shop- Bailey's.

First things first is to know what BUSU- Brandon University student Union- is all about. It is a student union, that is not-for-profit. ABUSU is Advocacy-Services-Engagement for students. BUSU is meant to advocate for students, not the university.

"When students are looked after, universities thrive. Our primary aim is to advocate for students." Ashley Taron said.

A lot has happened over the past few years with lockdown during the COVID-19 pandemic. It affected how students could reach their resources and affected how they could even learn about

those resources in the first place.

One example is the Health and Dental plan. It is a fee that is added to our student accounts each academic year we are students at the university. Not everyone knows what the plan can cover, or how to access the plan. Those at BUSU are great at helping students get the healthcare access they need. (I certainly was well-helped when I went to BUSU for help with the health and dental plan)

Sadly, it is not something that is very affordable for international students. Their fee is substantially higher than that of Canadian students. One of BUSU's goals is to achieve more affordable health care for international students, and to keep the healthcare plan at an affordable price for

local students. The price does change, as it did a few years ago but BUSU was able to advocate for a limited increase and for it to occur once a decade. The same is said about the U-Pass, the bus pass built into our student ID's.

When asking about the future goals of BUSU, Ashley Aaron responded with "to help students realize what the university has to offer by having more events, more engagement, and regaining a student community at the university."

To learn about specific services and events that BUSU is offering right now, or to get help from the student union, head to their website busu.ca or head into their office in the KDC building.

BAILEY'S: THE NEWEST HANGOUT SPOT ON CAMPUS

By Mallory Johnson, Assistant Editor-in-Chief

Bailey's is the newest spot on campus to hang with your friends and have a good bite! Located in the Knowles-Douglas Building right by the Mingling Area and Bookstore, you are sure to have a good meal, snack, or beverage along with great customer service and a fun ambience whenever you stop by. I interviewed the General Manager, Sean Taron, about the newest addition to Brandon University.

Bailey's was started because BUSU came to Sean with a proposal, and it was a good time for a change for Sean and they got everything rolling. Sean worked at Food Services for a while, and he was ready for a change, so this was a wonderful opportunity. The staff at Bailey's have lots of exciting ideas for the future! They are looking at expanding their menus to include some grab and go options and are looking at getting a liquor license. They are also thinking of perhaps hosting socials and are hosting a drag bingo event on February 11th. They make a special menu for events, which includes shareable menu items and appetizers. They are thinking about possibly extending

their hours and are looking at being open on weekends. Some menu items that are very popular right now are the Philly steak, the house-made queso, and the mexi-tots which were suggested by a staff member at physical plant. They strive to do as much as they can in-house instead of boxed! I personally recommend the breakfast poutine, peppermint tea, and the cookies.

The Grand Opening was on January 13th, and it was a huge success! I was there, and I was pleasantly surprised to see how busy it was. Sean was not expecting that many people; it blew his mind that there was so much support! It was amazing and all the support still gives him shivers. Right now, the busiest time of day for them is lunch time, but mornings are steady. However, you can tell when classes get out because they have a rush for two-three hours. They do game day specials and are working on running a weeklong special. Bailey's is striving to make a comfortable place for students and staff to hang

out with their friends. The opportunity was great for Sean, he made great relationships in Food Services that he did not want to lose, so this was a great way to keep them. He loves seeing people in the café and really wants to keep it popular, so make sure you check it out! If you want to apply to work at Bailey's, you can email Sean at baileys@busu.ca. People are constantly dropping off resumes, it never hurts to drop off yours! They are currently looking for more kitchen and front of house staff. You can follow Bailey's at [baileys.cafe.bu](https://www.instagram.com/baileys.cafe.bu) on Instagram. Their hours are currently 8:30-7:30 Monday-Friday.



Photo Credit: Bailey's

MENTAL HEALTH WEEK

January 23-27
2023

JANUARY 23
DE-STRESS BOOTHS

THE MINGLING AREA
2:00-8:00 PM

JANUARY 25
FUN WITH FURRY FRIENDS

THE MINGLING AREA
3:00-8:00 PM

JANUARY 24
MENTAL HEALTH JACK TALK

LIVE ON ZOOM
12:40-2:00 PM

JANUARY 26
MOVIE NIGHT-
INSIDE OUT

THE STUDENT LOUNGE-
KDC BUILDING
STARTS AT 5:00 PM

JANUARY 27
BURGERS & BOARD GAMES

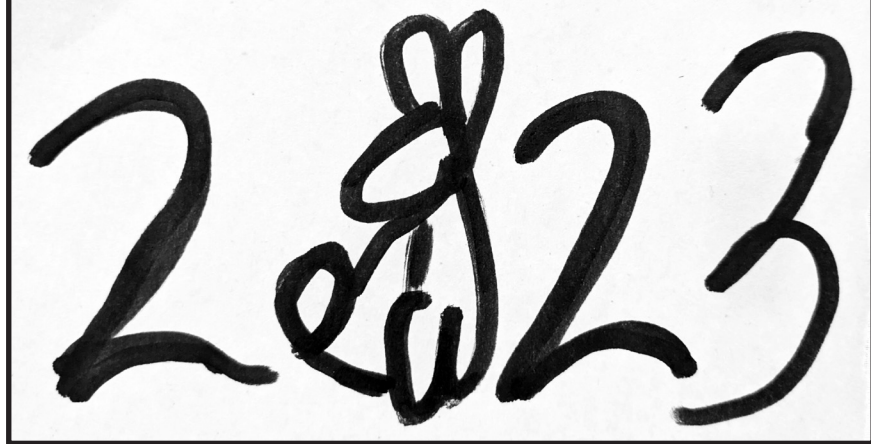
BAILEY'S CAFÉ
5:00-8:00 PM

CHECK OUT JACK.ORG

LUNAR NEW YEAR

By Ronnie Neiman, Editor-in-Chief

Photo Credit: Ronnie Neiman



What is Lunar New Year?
Also known as Chinese New Year, This year, 2023, Lunar New Year or Chinese New Year will be on January 22 and it is the Year of the Rabbit. The date for Chinese New Year changes every year, from a Western perspective, but comes in either January or February. It is also called Spring Festival or Lunar New Year because it comes in the springtime and the date is based on the Chinese lunar calendar.

Celebrations of Chinese New Year traditionally last for 16 days, starting from Chinese New Year's Eve to the Lantern Festival. The first 7 days are a public holiday, from January 21st to January 27th in 2023.

Why is Chinese New Year Celebrated?
First, legend states that the Chinese New Year stemmed from an ancient battle against the Nian (/nyen/, which

sounds the same as 'year' in Chinese), a terrifying beast that showed up every Lunar New Year's Eve to eat people and livestock. To scare away the monster, people displayed red paper, burned bamboo, lit candles, and wore red clothes. These traditions have been continued until the present time.

Second, it is a celebration of the arrival of spring and the beginning of a new year on the Chinese lunisolar calendar.

Chinese New Year Traditions

Regional customs and traditions vary widely but share the same theme: seeing out the old year and welcoming in the luck and prosperity of a new year. The main Chinese New Year activities include

- putting up decorations,
- offering sacrifices to ancestors,
- eating reunion dinner with family on New Year's Eve,
- giving red envelopes and other gifts,
- firecrackers and fireworks, and
- watching lion and dragon dances

ACC MEDIA RELEASE

Assiniboine Community College is extending congratulations to Dr. Deanna Rexe, who received the Queen Elizabeth Platinum Jubilee Medal today. Dr. Rexe is the Vice President Academic at the college.

"Working with Deanna for the past several years, I have learned a great deal. Her commitment to students, education and applied research is first-rate, and she has been working to enhance student experiences and support college growth since she joined Assiniboine," said Mark Frison, President of Assiniboine. "Deanna is a passionate leader and this honour could not be more fitting or deserved."

Dr. Rexe holds a doctorate in educational leadership from Si-

mon Fraser University. She joined the college as VP Academic in 2016. Prior to that, she conducted research in the Faculty of Education at Simon Fraser University, and had previously held senior leadership positions at Vancouver Community College, where she served as a Vice-President, and the British Columbia Institute of Technology.

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@FilbertCartoons

SHORT FILM REVEALS JOY OF DANCE FOR THOSE LIVING WITH DEMENTIA

BU NEWS

Date: January 25, 2023

Time: 4:30 pm

Location: Evans Theatre, Brandon

January is Alzheimer's Awareness Month, a time when the Alzheimer Society encourages everyone to learn more about dementia. Although many people are aware of dementia, people living with dementia continue to face discriminatory policies, practices, and attitudes in their day to day lives. For example, ageist and ablest

attitudes toward people living with dementia can influence what opportunities are prioritized and invested in as well as how older adults see themselves and what activities make them feel safe.

Too often, we focus on what someone with dementia can't do—reimagine your perception of dementia and discover the vibrant communities challenging dementia-related stigma with every dance movement.



Artist: Tyler Clarke

More Information is available on thequill.ca or at brandonu.ca

BU AT THE PUBLIC LIBRARY RETURNS

BU NEWS- January 20, 2023

The popular BU at the Public Library Speaker Series is back!

The series features monthly talks by Brandon University (BU) faculty, staff, students, and community partners. All talks and presentations are designed to take the exciting research and work that is happening at BU and to share it with the Westman community.

BU has partnered with the Western Manitoba Regional Library (WMRL), which is hosting and co-organizing all the talks at the Downtown Brandon branch. The series is co-organized by Heather Tornblom and Deanna Smid at BU, and by Alex Rogowsky at WMRL.

“We’re excited to partner with the public library on this initiative,” said Tornblom. “Holding presentations off campus emphasizes BU’s engagement with our local community. Besides, the talks scheduled for this year look amazing!”

First held in 2018, the series went on a hiatus due to the COVID-19 pandemic. This year, many Brandon University faculty researchers will be joined by their student or community partners, highlighting the collaboration that is so important at the university.

The first presentation is on Wednesday, Jan. 25, and will introduce a topic that is literally close to home. Christy Henry (University Archivist) and

Morganna Malyon (Student Accessibility Services Associate) will be joined by research assistant Paul Refvik to present their research into the lives of unmarried, childless women in Westman, 1880-1985.

“We’re very proud of the research that our students and faculty do at Brandon University,” said BU Provost and Vice-President (Academic) Kofi Campbell. “This research is important and very relevant to our region. Community engagement is a crucial part of our mission, and so it’s very rewarding to be able to share this work, and I’m excited to have it presented in such a great venue.”

All presentations will be held on the last Wednesday of the month, from January to June, from 7 to 8:30 p.m., in the Program Room of the Downtown Brandon public library. The library doors will be open at 6:30, and visitors can enter through the Town Centre Parkade or the Rosser Ave. entrance. Parking at that time of the evening is free.

Each presentation will also be catered by a downtown eatery, so expect delicious food as well as stimulating conversations. The presentations will also include door prizes, so these are events not to be missed!

Schedule of Presentations:

January 25

Presenters: Christy Henry, Morganna Malyon and Paul Refvik

Title: Unearthing the Memory of Single Women in Southwestern Manitoba, 1880-1985

February 22

Presenter: Jack Lindsay

Title: ‘What can disaster movies teach us about disasters?’

March 29

Presenters: Christopher D. Malcolm and Daniela Paz Campama Gonzalez

Title: Visitor perception of black bears, bear management and compliance with the “Bare Campsite” program at

Riding Mountain National Park

April 26

Presenter: Mostafa Torabi

Title: Applications of social media monitoring for businesses to improve customer satisfaction

May 31

Presenter: Emily Holland

Title: Called to the Stand: Forensic Anthropologists in Training and in Practice

June 28

Presenters: Centre for Critical Studies of Rural Mental Health

Title: A Warrior’s Red Path: Connecting to Culture through Drum Making



Photo Credit: BU NEWS

HERE'S EVERYTHING ON EVERY STUDY TACTIC YOU'VE SEEN A YOUTUBE VIDEO ON

By Mehak Oberoi, Junior Reporter

For many college students, simply hearing the phrase 'study tactics' has been known to cause a striking physiological response, bringing back deep-rooted moments of panic at 3 a.m. The last few hours before a final are the moments where your sleep-deprived brain tries to convince itself that it can hack its own way out of time, and figure out how to cram the information out of sheer force of will.

The next moments probably make you a little sick to remember: going on youtube to look for answers. Fighting the panicked sense that you're losing time while you try to tell the difference between study tips, vlogs and motivational speeches with ripped men on the thumbnail.

Having been down that path too many times myself, I've compiled a list of every study tactic I've ever read about:

Active recall

This method is about actively engaging with the material in order to optimize your memory retention. Active recall, which can be practiced through various techniques, is all about testing your knowledge on the subject. While that might not sound so appealing while you're preparing for a test, multiple studies have shown that active recall is a high-yield method as compared to reading and repetitive note-taking.

Blurting method

This is a great way to understand your knowledge on a subject and plan out future studying. To do this, you'll need to write down everything you know about your chosen topic. Once you've done that, you can review the gaps in your memory and study accordingly.

80/20 rule

Probably the best news I researched for the article, this rule states that about 20% of your work leads to 80% of the knowledge you retain and apply. The technique addressed by this rule is to cut down your studying time by prioritizing the key concepts in your course.

Pomodoro technique

The pomodoro technique is about timing your studying to be at its most effective. Developed by author Francesco Cirillo in the late 1980s, it's a way to track your attention on a task by dividing it into 25 minute study sessions, broken up by having 5-15 minute breaks in between. According to its creator, the technique is effective in compartmentalizing other distractions and worries. The philosophy behind giving a smaller goal your full attention is also considered by Cirillo to be a way to manage your work without being overwhelmed, which is often a cause of procrastination.

Feynman technique

Physicist Richard Feynman didn't believe in rote memorization. Instead, he created a four-step technique for learning:

Pick a concept to study.

This should be a focused set of topics, ideally divided by study session.

Teach the topic.

This can either be by addressing it to yourself or someone else, but teach the topic aloud as if to someone for the first time

Keep going back to the material. Reference your study materials every time you notice gaps in your knowledge

Keep straining out the information.

Keep making your descriptions more concise and easier to interpret, even if you're only talking to yourself. Incorporate devices such as mnemonics and analogies into your understanding of the concept.

Mind-mapping

If active recall and the blurting method had a baby, this would be it. While using mind-mapping as a note-taking method wouldn't be more than a step up than actual note-taking itself, using mind-mapping as a mental challenge can be

far more useful. You can start by mind-mapping everything you can remember on a topic. Once you have your initial draft down, you can continue reviewing the information and expanding the mind-map with your revised memory.

Traffic light system

This is a way to cover your bases and keep track of your weakest areas. Write down every topic in your syllabus in a table, and mark each topic based on how well you've understood it with red, yellow or green. Focus on the red areas first, and keep updating the table as you revise until you're good to go.

Spaced repetition

This isn't a technique as much as a habit. Spacing your study sessions is proven to significantly heighten your memory retention. While I won't give cramming the night before a test more hate than it already gets, the idea of cutting down your overall work is pretty good motivation to start studying early.

Let the hunger games begin? May the force be with you? Good luck and have a great term!

PARK AVE.

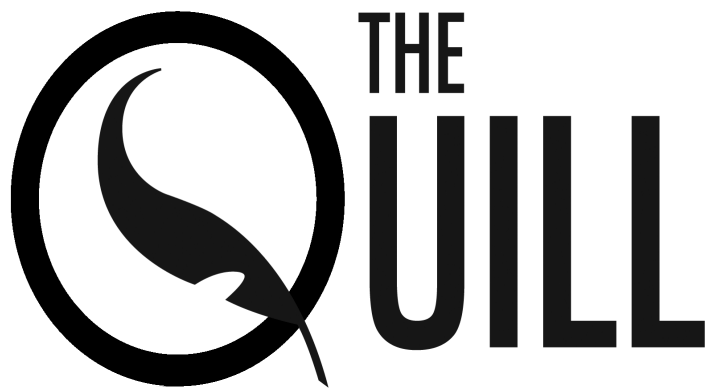
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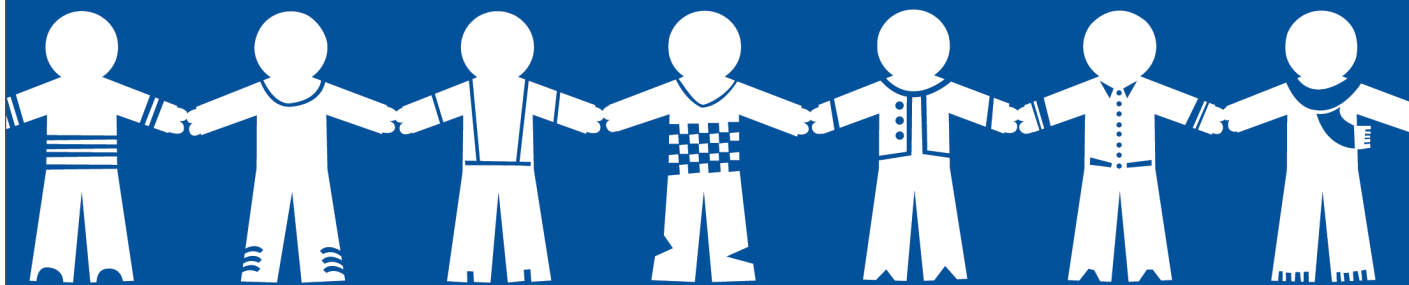
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