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WINTER JUST KEEPS ON KEEPING ON

by Ronnie Neiman, Editor-in-Chief

Saturday, March 11th saw a blizzard roll into south-eastern Manitoba. It may still technically be winter but many expected the weather to turn much warmer by mid-March, not to get another blizzard.

There was an expected 10-15 centimetres of snow expected. I'd say that amount was certainly received, especially with the

buildup of snow drifts from the high winds which were an estimated 60-70 km/hrs.

Walking to the university the day after the blizzard, before any plowing was able to be done on the sidewalks and other walking paths, the snow reached up to 16 centimetres in places. It wasn't an easy walk. By the time I reached the university, the

physical plant had already started on clearing the pathways for students to have easier access across the university.

Just keep an eye on the weather, stay updated for any major changes such as another winter storm or for when all the snow melts away. Dress warmly as needed!



Photo Credit: Ronnie Neiman

IT'S TIME FOR ANOTHER LONG NIGHT AGAINST PROCRASTINATION!

By Ronnie Neiman, Editor-in-Chief

The event starts on March 15th at 7 pm at the John E. Robbins Library and continues into the early hours of March 16th, finishing at 2 am.

It is a free, after and extended-hours event that aims to provide a safe place for students to finish their assignments and to study at a crucial point in the semester. The event takes place in the Brandon University Library (Main), the Indigenous Peoples' Centre (IPC), and the George T. Richardson Centre foyer (area just outside the library and IPC doors). The main floor

of the library will be the focus of the activities taking place during the event. The second floor will be a designated quiet-zone, but be warned, noise does travel up, so it won't be completely quiet.

Reference librarians and assistants, writing coaches, math skills coaches, computer help and circulation service will be available throughout the event to work with you to help you make progress with your papers and assignments.

Brandon University's Long Night Against Pro-

crastination is organized by Library and IT Services, in partnership with Student Services and BUSU - and with support from HLC, IPC, the President's Office, the Vice President Academic, the Vice President Admin and Finance, and the Alumni Association.

Stay for the entire event or come for just a few hours. We do recommend that you plan your ride home in advance (last bus pick-up is at 11:30pm). There is also a Safe Walk Program, sponsored by the President's Office.

MY EXPERIENCE ORGANIZING A PROTEST

By Mallory Johnson, Assistant Editor-in-Chief

One of my best friends, the wonderful Mandy Swidersky, recently organized a protest humorously called the “Stop the BS in the US Rally.” The rally was protesting recent bills in the United States, including the bans of gender affirming healthcare and public drag performances in Tennessee, and the ban of diversity programs in universities, like the Gender and Women’s Studies program that Brandon University (BU) has. I am very proud of Mandy for jumping into action to help people that live in a different country. I spoke to her about the protest, her experience, and the process of organizing the rally itself.

Mandy does not have prior experience when it comes to organizing a protest but has attended them in the past. The most recent one she attended was in June 2020, Brandon’s Black Lives Matter protest. In the past, she has also attended protests for Autism Awareness and violence against women. Last semester (Fall 2022), Mandy took the course 36/90:350 Transnational Social Change (that I also took with her), where she learned about “different aspects of social movements that were important for mobilizing. I learned some very valuable information during that course that allowed me to mobilize effectively for this protest.” In high school, Mandy was very passionate about social justice and would organize events to raise awareness and funds for local causes. For four years in her middle and high school career, she ran a “24-Hour Famine event that raised awareness about the issue of food insecurity in our community and also gathered donations to fund our local food bank.” While organizing a protest is a new experience for Mandy, she is no stranger to rallying for social causes.

For Mandy, the hardest part of organizing this protest was “trying to coordinate all the moving parts. Being the central person in all this, I was the one who had to make sure that my times were precise and that the information I was giving to others was accurate.” There was a lot of information that Mandy had to keep straight in her

head, but it all worked out!

I asked Mandy what a highlight of the protest was, and she said, “this technically happened after the protest had already concluded, but the supportiveness of attendees after the rally is something that will stay with me forever. Once the rally was over, many of the attendees went to the Mingling Area to decompress. We spoke about the event and people shared their stories. It was a beautiful moment and it reminded me of what I was fighting for. I wanted all people to have a safe and supportive community where they are free to share their experiences and speak their minds. Being able to decompress after the rally as a community was incredibly important, as it brings up some heavy emotions for some people. Since we were able to stand together and talk about the evening’s event, I think it allowed us to feel a greater sense of community.”

Mandy’s main motivation for organizing the protest was her belief that people should have the right to learn and be whoever they want. She said, “the students in Florida should have the right to learn about intersectionality and how racism impacts all aspects of our society. The drag queens in Tennessee should have the right to perform their art and be who they want to be. The transgender youth around the United States should have the right to seek gender-affirming care so they can fully embrace their identity. Knowledge saves lives. Art saves lives. Gender-affirming care saves lives.”

Mandy was inspired to organize this protest after receiving a link to an article from her mom that explained Bill 999, which planned to ban gender, race, and intersectionality studies from universities in Florida. Since she has been fortunate enough to pursue a major in Gender and Women’s studies here at BU, she was upset that other students may not have the same opportunity. “These are critical areas of study that need to continue to be researched and talked about. These issues are as prevalent as ever in our

society, so it is important that we elevate these topics instead of hiding them.”

If you or anyone you know would like to help those impacted by these discriminatory bills, Mandy shared that the students in Florida have set up a GoFundMe page called “Stand for Freedom,” which will use the funds to aid in their protesting efforts. They also have an Instagram account that is active and shares their efforts in a wonderful way. As far as Tennessee, “many drag queens and transgender individuals have personal GoFundMe pages, as many of them are trying to escape Tennessee. Readers can support them through these means if they wish. One thing I will mention is the power of awareness. I understand that money is tight for a lot of people right now, and that donating money is not an option. If you still want to help, elevating the voices of people struggling in the United States will greatly help. Reposting pictures and videos on social media pages will greatly help their efforts and bring awareness to these issues.

By simply showing your support online, it is possible that these issues will gain the awareness they need to be taken seriously.” Mandy continued by sharing an online petition that can be found at the link: <https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-4268>. Regarding this petition, she said, “another way to help is by signing this petition on the House of Commons website. Petition e-4268 (Citizenship and immigration) outlines the desire to extend the offer of asylum in Canada to transgender and nonbinary people around the world. This petition would allow transgender and nonbinary individuals ‘the right to claim asylum in Canada by reason of eliminationist laws in their home countries, whatever country that may be.’”

Continued on Page 4...

MY EXPERIENCE ORGANIZING A PROTEST

By Mallory Johnson, Assistant Editor-in-Chief

Continued from Page 3...

Mandy shared some lovely advice for all readers who may want to organize or help organize a protest of their own. She said, “don’t be discouraged if some people are unwilling to help you. I emailed at least nine different clubs and organizations around BU and Brandon, and only three of them responded. The right people who value the same things you do will help you. Do not be discouraged by the amount of ‘no’s’ you get- be grateful for the ones who said yes. Reach out to friends and ask them if they have any connections. You never know who they might know. Don’t be afraid to reach out to organizations/individuals, even if they will probably say no. You have nothing to lose if they say no, and so much to gain if they say yes.”

Mandy wishes she had more help finding more resources that would directly help the people the rally was supporting. She was fortunate enough to be in contact with the Stand for Freedom group in Florida, which allowed her to know exactly what type of help they needed. As for the other causes, she was unable to find a lot of information regarding how Canadians can help without



Photo Credit: Brandon Sun

protesting in Tennessee.

Mandy would like to extend her gratitude to “all the people who helped me organize this event and supported me through it all.” These people are Linden Haubrick, who is the President of the LGBTQ* Collective at BU, Al from Brandon Pride, Jess from the LGBTQ* Collective, Mallory Johnson from the GWS Program and her best friend, (in Mandy’s words),

Caitlin Baker from the GWS Program, Bryan Johnston, her wonderful partner, speakers Ryan Flannery and Leila Praznik, her supportive parents, and everyone who attended the rally and offered their support that day.

Please consider donating or showing other support for the students in Florida and the transgender individuals and drag performers in Tennessee.

VISITOR PERCEPTION OF BEAR MANAGEMENT AND THE “BARE CAMPSITE” PROGRAM AT RIDING MOUNTAIN NATIONAL PARK

Brandonu.ca

Wednesday, March 29th @
7:00 pm - 8:30 pm

Downtown Brandon Public
Library

Presenters: Christopher
D. Malcolm and Daniela Paz
Campama Gonzalez

BU at the Public Library: All presentations will be held on the last Wednesday of the month, from January to June, from 7:00-8:30 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!

ST. PATRICKS DAY DRINKS

St. Patrick's Day is coming up and students are looking forward to celebrating the Irish holiday. Often, St. Patrick's Day is associated with alcoholic beverages. That sounds fantastic, unless you aren't into drinking alcohol. Rest assured there is still a way for you to enjoy this cheerful Irish holiday without a beer in your grasp. There are plenty of Irish drinks out there, even ones that you can make yourself. Every year there are a few go to recipes I have on hand every time

March 17th rolls around. Below are recipes for not only a delicious and nutritious Irish smoothie but also a creamy and mint tinted shamrock shake.

Classic Irish Smoothie

Ingredients

- 1 1/2 oz. (A handful) of baby spinach
- 2 pears
- 1/2 teaspoon of cinnamon
- 1/2 cup of cashews

1 cup of water

1 1/2 cup of ice

Directions

Smoothies are both a great treat and a nutritious snack. Smoothies are packed full of vitamins and minerals and give you that boost of energy you need to get through those three-hour classes. This smoothie in particular is full of healthy greens but still packs a powerful flavour punch. This green glass of delight will let you celebrate St.

Patty's Day without sacrificing nutrition. To begin grab a handful of baby spinach and throw it into a blender. Then take two freshly washed pears and chop them into fine pieces. Blend the spinach and pears in the blender for about 30 seconds. Proceed to add in 1/2 teaspoon of cinnamon, 1/2 cup of cashews, 1 cup of cold water and 1 1/2 cups of ice. Blend until smoothie is well mixed and thick. Grab a glass and enjoy your very own Classic Irish Smoothie!

Minty Shamrock Shakes

Ingredients

- 2 cups of old fashioned vanilla ice cream
- 1/4 cup of white milk
- 1/2 teaspoon of peppermint extract
- 1/2 teaspoon of vanilla extract
- 5-6 drops of green food colouring

2 tablespoons of whipped cream

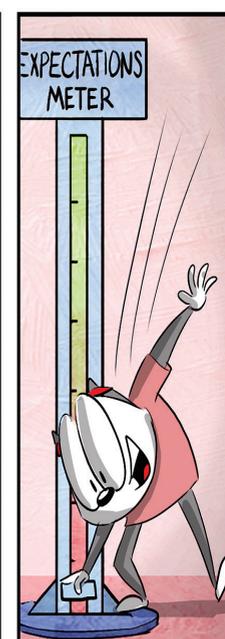
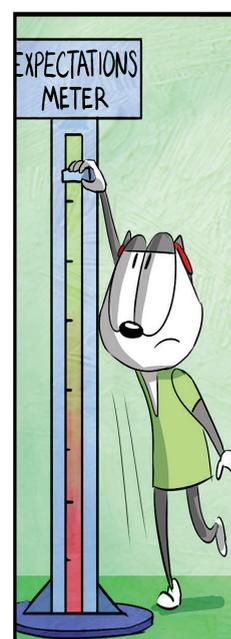
Directions

One of the main reasons as to why people look forward to St. Patrick's Day is those delicious shamrock shakes from McDonald's! However, this recipe will allow you to make your own minty fresh shamrock shakes. Best of all, its really simple and quick to do. To get started making your own St. Patrick's Day

milkshake grab a blender and place two cups of old fashioned vanilla ice cream in it. Add 1/4 cup of milk and blend for about 10 seconds. Then proceed to add in the peppermint extract, vanilla extract and green food colouring. Blend for 1 to 2 minutes or until the milkshake is creamy and thick. Once the desired texture has been achieved pour into a serving glass and top with 2 tablespoons of whipped cream.

Enjoy!

You now have two, non-alcoholic, St. Patty's Day drink recipes at your disposal. Rest assured that you can celebrate the Irish holiday without bringing out the booze. Crack open that blender and whip up a green smoothie or if your feeling like a sweet treat make your own shamrock shake! Either way your sure to have a fine time this St. Patrick's Day!



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VIRDEN TO HOST ASSINIBOINE PRACTICAL NURSING PROGRAM IN 2024

ACC Media Release

Assiniboine Community College is offering a second intake of the Practical Nursing program at the rural rotating training site in Virden, Manitoba. The program will start in September 2024 with capacity for 25 students.

"Offering training closer to home means people living in rural communities have more choice when pursuing post-secondary education, and this Practical Nursing program in Virden will enable more nurses to be trained to fill the on-going demand," said Manitoba Advanced Education and Training Minister, Sarah Guillemard. "As we work to fulfill our commitment to add 400 new nursing seats to meet Manitoba's health sector needs, this program also complements our health human resource action plan to retain, train and recruit more nurses and the implementation of our government's Skills, Training and Knowledge Strategy."

Applications for Virden's Practical Nursing site are now open. Applications will be assessed and admitted on an ongoing basis, with those living within 100 km of Virden being given priority.

"There is a high demand for nurses in all corners of the prov-

ince. Our rural rotating sites, available close to home for many prospective nurses, make education more accessible and allow us to train nurses who will stay in the region and province," said Mark Frison, President at Assiniboine. "Opportunities like this are only possible with the support of the community and local health region, and the financial support of the province."

A significant provincial investment in 2021 expanded Assiniboine's Portage la Prairie nursing site to welcome 35 new students each year and allowed for three additional rural rotating sites every two years.

In addition to rural rotating sites, the college has permanent Practical Nursing programs at its campuses in Brandon, Winnipeg, Dauphin and Portage la Prairie.

"Prairie Mountain Health is very pleased that a rural rotating Practical Nursing program site

has been selected for Virden in 2024. Our health region continues to benefit from Assiniboine's commitment, and stakeholder support, to offer education opportunities closer to home," said Brian Schoonbaert, CEO at Prairie Mountain Health. "We also continue our strong partnership with Assiniboine relating to the permanent Practical Nursing programs, and look forward to connecting with graduates to explore job opportunities that are readily available within our region."

The college will announce additional rural rotating Practical Nursing sites across the province for 2024-25 in the coming weeks.

The demand for Assiniboine nursing graduates continues to be high; 100 per cent of practical nursing graduates surveyed from the 2021-22 academic year said they had jobs, making on average more than \$57,000 a year.

Important updates, information, and checklists for prospective applicants are available at assiniboine.net/nursing.



Photo Credit: Pixabay

ST. PATRICKS DAY TRADITIONS; NEW AND OLD

By Ronnie Neiman, Editor-in-Chief

In looking through older articles of the Quill concerning St. Patrick's Day, a few things are commonplace. Wear green, be loud and proud Irish and partake in Alcohol (safely). For myself the holidays traditions are a bit different this year. As I am part Irish on side of the family, I always update myself on Irish politics and news. On the other side of my family, my great-grandmother's birthday is on St. Patrick's day. However, sadly she had passed away during the previous summer. I'll be raising a glass to her memory this St. Patrick's Day.

On a lighter note, there are some fun traditions to take part in regardless of being Irish or not.

Wear some green! Grab some body paint and go wild. Then, as a means to both celebrate the warming weather whilst simultaneously acknowledging that this is in fact Manitoba and the bar for warmer weather is pretty low, do a mad dash in all your green-nudist-mildly-inebriated glory. I'd recommend some sort of undergarments of course, less out of concern for the individual partaking in this particular event as they will be having more pressing problems shortly, but rather to spare the eyes of those unfortunate enough to witness this newfound all-natural tradition.

And who says you have to stop at body paint? Toss some glitter in there, green streamers to attach to your nipples, a cape, a hat, maybe even a mask to cover

up your face so your parents don't end up realizing that studying isn't the only thing you're doing at university.

Decorate for the holiday! While advice for amassing your own pot of gold to hide away is sadly beyond reach (unless chocolate gold coins count), in the spirit of this gold encased holiday lets talk about taking advantage of holiday themed treats.

Each holiday retailers are frantic to get consumers to spend hard earned cash or digital funds on seasonal themed goods. For instance, Valentine's Day had chocolate ranging up and down the aisle in cute little hearts, affection is bought after all, then the next day they place all of it on sale. Within days of that Easter takes over the scene with the occasional nod to the in between holidays like St. Patty's Day.

So take advantage of this weakness in the system. Wait a day after the holiday- don't fall for those fake day before sales, wait for those desperate clear-out sales that'll give you the most bang for your buck. Think, if you wait a mere day after the fact it's like boxing day for every minor seasonal money grab.

Expensive stuffed toys? Fancy and financially straining treats?!? Seize the means of production and make it yourself! Grab



a pre-made brownie mix and add extra chocolate, search the ground for dropped treats. Pinch those pennies till they've made like coal and turned to diamonds.

All the leprechaun does is run around one day of the year and chill at the end of the rainbow with his pot of gold- and you too can have this means of financial fulfillment. Hoard up that money in a stray cooking pot or classic money jar and watch the money grow until you're set up to flee into the wilds and live at the end of rainbows.

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