

Photo by Clover Tahhan

Jazz Night Jams at Section 6

PARENTS' BILL OF RIGHTS
page 2

*Bill 137 just passed in
Saskatchewan - Is Manitoba next?*

**THE PLANS FOR
BRANDON'S MCKENZIE
SEEDS BUILDING**

page 3
& what it means for BU students

**BOBCATS MONTHLY
UPDATE**

page 4
*Bobcats Soccer, Volleyball, and
Basketball updates!*



Staff

Editor-in-Chief

Lily Hodgson
eic.thequill@gmail.com

Assistant Editor-in-Chief

Charles Adamu

General Manager

Elinor Murray
gm@thequill.ca

Web Content Coordinator

Michael Chiekiezie

Advertising

gm@thequill.ca

Contributors

Adeniyi Ayodele, Celia Boganes,
Ethan Cidro, Kaelyn Delaurier,
Olorunfemi Gbenga, Lily
Hodgson, Alicia Maki, Trinity
Nylen, Clover Tahhan, Raya
Turner

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The Quill
270 18th Street
Brandon University
Brandon, MB R7A 6A9
Office: 204-727-9667
Fax: 204-571-0029

On the front page - "Jazz Night at Section 6 Brewery happens every Wednesday night from 7-10pm! Come out and see what the music students of BU can do! From highschool students to graduated music students! Anil Ramgotra (left) and Ben Kensok (right) have fun playing the tune called 'Perdido' with other musicians of the Brandon community." - Clover Tahhan, Photographer

BILL 137 - THE PARENTS' BILL OF RIGHTS

By Celia Boganes, Junior Reporter

Passed in Saskatchewan on October 20th of this year, Bill 137, otherwise known as the Parents' Bill of Rights, is and will continue to make an impact on those under the age of 16. Not only does the bill advocate for parents' right to know what is being taught in the classroom, but, as stated by Education Minister Jeremy Cockrill, it is "an inclusionary policy that ensures that parents are at the forefront of every important decision in their child's life." At first glance, this may seem harmless, but when looking further into what this means for youth, it could very well have detrimental impacts.

Bill 137 requires that a teacher must inform the parent of any changes the child wishes to clarify about their gender identity (change of name, pronouns, etc.) and requires parental consent prior to seeing out the child's wishes. Within the bill there is a section stating that no legal action or proceeding shall be brought against the government, school boards, independent schools, or employees of such. This means that if any harm should occur as a result of this bill, they are essentially denying legal responsibility.

For instance, let us say a child who comes from an abusive home discusses with a trusted teacher their wish to go by a different set of pronouns. Even if the teacher suspects abuse in the home, or has any suspicion that asking the child's parent for consent (to refer to the child via different pronouns) may prove unsafe for the child, they are obligated to ask. This could bring about higher rates of child maltreatment, while also creating a less supportive environment for that child as they now have less people to discuss these very personal matters with. Under this bill, if a child wants to keep this information from their parents, they also cannot tell any of their teachers, and must find a way to access someone bound by confidentiality. This could either be a school counsellor or a counsellor not affiliated with the school. In Saskatchewan, a counsellor does not have to inform the parents if they deem it appropriate to do so, or if the child requests their parents are not informed. As easy as it may be to make an appointment with a school counsellor, it is harder to keep private than just having a talk with your teacher. Especially in small towns, people talk. If a child talks to their teacher and their friend asks what they talked about, it is easy to say, "Oh, just the assignment due tomorrow." If a child makes an appointment with the guidance counsellor,

they have to walk to the office after possibly being called down on the intercom or being pulled out of class by a school employee, in front of their peers. All this to say, whether or not the counselling appointment is to talk about anything regarding gender identity, word can easily make its way back to the parents. This can then, in turn, cause suspicion and possibly escalate an already uncomfortable or unsafe home situation.

Following the passing of this bill in Saskatchewan the likelihood of a similar bill coming into place in Manitoba is increased. Furthermore, confidentiality between counsellors and their clients under the age of 16 may also be at risk in the future. Currently, if a child requests it, their parents do not need to be informed that they are attending counselling. But this could change. Naturally, if this changes for school counsellors, the next step for a child may be to find a private counsellor. However, many families do not have insurance or are not supportive of counselling, leaving their children in a significantly disadvantaged spot.

All of this is not to say that having parents be uninformed about what is happening inside their children's school is bad, because it isn't. Having informed parents is a fundamental part of encouraging their engagement in their children's lives. Especially in these times, many children grow distanced from their parents as a result of different beliefs, parental over- and under-involvement, and a general lack of understanding of issues like mental health and gender identity, which may have been less stressed in the parents' youth. All of these are reasons why it is currently important for children to have access to people they can talk to comfortably and confidentially. In an ideal world, this would be the parents - but that is not always realistic, so there needs to be outside resources available for youths.

Taking all of this into account, what I would like to bring to light is that while it is important to encourage parental involvement, there are situations in which it is unsafe to inform a child's parents of wishes to express their gender identity in a different way. While the bill does have some positive aspects, it also makes an already anxiety-inducing time in a child's life more stressful, as they may need to go through more hoops in order to conserve their own mental health and wellbeing. (Continued on Page 3)

A FRESH LIFE FOR A HISTORICAL GIANT: THE IMPACT OF THE REVITALIZATION OF THE MCKENZIE SEEDS BUILDING ON BU STUDENTS

By Kaelyn Delaurier, Junior Reporter

The brick giant silhouetted against Brandon's skyline has presided over the city for over a century. The building's story is one deeply engrained in Brandon's community, as well as Brandon University itself. A. E. McKenzie and his family moved to Brandon in 1882 when he was twelve years old. He took over his father's seed and grain business in 1896 and started selling garden seeds, quickly growing the company to over one-hundred employees here in Brandon. He needed a space to house his growing company, and an office building was constructed in 1910 that still stands today next to the 1918 addition we recognize as the second tallest building in our city. With his success, McKenzie provided a large endowment to Brandon University (then Brandon College) in 1939, and the university's "McKenzie Building" was named in his honour. McKenzie's company still exists to this day, but they moved from the historical site in downtown to their new building on Parker Boulevard in 2008. The company's former building has sat vacant ever since... until now.

In the middle of October, a new company called Brandon Fresh Farms announced their plan to invest \$30 million to restore the historical McKenzie Seeds building into a controlled environment agricultural farm. Brandon Fresh Farms is anticipated to employ twenty to thirty-seven full-time and twenty-five to eighty part time employees to produce a variety of fresh produce year-round. Tomatoes, cucumbers, peppers, and herbs are the main plants they intend to grow. The produce will be sold directly to the community, and overflow will be sent to local grocery stores and food banks. The company is set to officially open its operations to the public in 2025.

Just as the McKenzie seeds company helped the university all those years ago, Brandon Fresh Farms will benefit our students here at BU. The first prospect the project will bring to our students is the opportunity for jobs. Current students pursuing certain science degrees, like biology, might find it interesting and helpful to work a part-time position at the artificial farm for experience relevant to their field of study. Furthermore, the company's full-time positions will provide an opportunity for our graduating students to find permanent work in Brandon instead of being forced to move to Winnipeg or other provinces to pursue their desired career.

Additionally, the project could help revitalize our city's downtown area. In a previous Quill article, junior reporter Abdul Nadeem Myireh wrote about how we as students can help revitalize our downtown by supporting businesses in the area. Brandon Fresh Farms will be one of

these businesses. If they are supported and manage to run a successful business in downtown, other businesses will look to them as a leading example. More companies might buy older or historical buildings in our downtown and give them new life, in addition to diversifying Brandon's downtown community.

The largest impact, however, of Brandon Fresh Farms' project to BU students is that of the student diet. We all know Harvest Hall can be... unreliable... at times, when it comes to offering a nutritious meal. Additionally, the skyrocketing grocery prices deter students, both searching for food outside of Harvest Hall and those renting apartments or houses, from the fresh produce aisles of our grocery stores. The artificial agricultural farm could change this, as one of their plans is to make fresh produce more affordable for the citizens of Brandon. The project could provide an opportunity for students to add healthier foods into their diets for a cheaper cost, and a healthier diet will give students more motivation and clearer thoughts to properly thrive in the university environment.

As promising as the project is, the McKenzie Seeds building is notorious for creating false hope within the community. While Brandon Fresh Farms would certainly revolutionize the city and help our students - with the new economic prospects and the potential to help in the revitalization of downtown - the deal has not been completely finalized yet. If Brandon Fresh Farms' project is followed through to completion, we as students can be the first to show our support and ensure the project is a success that helps our community, and students, flourish.

All of the historical information for this article came from Historic Sites of Manitoba: A. E. McKenzie Building (30 Ninth Street, Brandon) (mhs.mb.ca), and the information about Brandon Farm Fresh came from the Brandon Sun's article "BFF plans \$30M McKenzie Seeds building overhaul - Brandon Sun."

Photo by Kaelyn Delaurier



BILL 137 (CONT.) By Celia Boganes

While a parent should be supportive of their child in this time, some may become defensive and overly strict in an attempt to bring the child back to their beliefs. Parents need to be understanding of their children and provide a safe environment for them. It is not their job to agree with everything their children do, but it is their job to take care of them and raise them as best they can. Coming-of-age is a stressful time in itself - children do not know who they are and are desperately trying to find out. Why would anyone want to introduce legislation to complicate this?

The information for this article came from the Saskatchewan government, CBC News, the Regina Leader Post article "Parents' rights bill wording anticipates harm, LGBTQ+ advocate says", The Canadian Counselling and Psychotherapy Association, and saskschoolsprivacy.com.



Photo by Matt Packwood (Bobcats Athletics)

BOBCATS MONTHLY UPDATE

By Trinity Nysten

Men's Soccer

For both the men's and women's soccer teams, October was proof that adversity makes us stronger.

The BU Men's Soccer team began October in stride and feeling strong, but were met with adversity as a team in the latter part of the month, causing them to lose their national top 15 ranking and finish in second place in the MCAC (Manitoba Collegiate Athletic Conference) league. The team and coaching staff had their minds firmly set on making it to nationals from the beginning of the season. When faced with some poor-quality play over several games, they addressed the causes of the situation head-on. They made a strong plan that brought the team together to focus on a team goal and renew efforts to play for one another and for their graduating players.

Entering the playoff weekend (Oct 28th and 29th), the team was forced to adapt as both semi-finals and finals were postponed and moved indoors due to the severe snow and ice build-up on the host university CMU's soccer fields.

In the semi-final match, BU faced off against the CMU Blazers. Only minutes after the whistle blew, MCAC Player of the Year Camilo Rodriguez put the team ahead, which was later followed by a goal from Matheus Ruffini. Shortly after Ruffini's goal, the Blazers were awarded a penalty kick, resulting in a goal. However, the Bobcats successfully held on for the entirety of the second half, securing their spot in the MCAC final.

The MCAC men's final was a hard-fought match between the Bobcats and the Providence University Pilots. Rodriguez scored the lone goal with a penalty kick after a scoreless first half. Bobcat defenders Nathan Chubaty and Victor Lamb, along with the strong performance of their keeper Matheus Souza, shut down all opportunities for the Pilots. This team effort secured the Bobcats their spot at the CCAA National Championship in Windsor, ON, November 8-11th.

League Award Recipients: Nathan

Chubaty – True Sport, Zach Wood – All-Conference, Victor Andrade – All-Conference, Camilo Rodriguez – All-Conference and Player of the Year, Matheus Souza – Final Four MVP.

Women's Soccer

The Bobcats Women's Soccer team started the 2023 outdoor season with some adjusting to do, as new head coach Orlin Chalmers, as well as former Bobcat Bailee Ploshynski in an assistant coach role, joined Diego Rodriguez Sr. in leading the Women's soccer program. The Bobcats had early success, and had a shot at entering playoff weekend with the top seat, when they ultimately fell to the Providence Pilots in the final game of the regular season.

The early snow also resulted in an adjustment of time and place for the Women's team, forcing games to be moved indoors.

The Bobcats were faced against the CMU Blazers in their Semi-Final Game. With early intensity, Kenadie Janzen secured the opening goal, which was later followed by goals from Ashley Robinson, Brogan Henry, Kylie Van De Woestyne, and a second from Janzen. CMU managed to get one on the board with a lone goal off of a free kick. This win was the momentum the Bobcats needed.

The keyword for the Bobcats Women's Soccer team throughout this outdoor season was grit – the ability to dig deep for 90 minutes to secure a win, and that is precisely what they did in the Finals against the Pilots. Though the Bobcats were in control of the game throughout most of the first half, they let up a corner kick to the Pilots, leaving the score 0-1 at halftime. However, they did not let the score get them down; returning to the pitch for the second half, the bobcats dug deep and played their game. Mackenzie Boyes scored off of a remarkable cross at the start of the second half, which was quickly followed by a strong shot by Janzen to put the Bobcats ahead. This team dug deep for the remainder of the match, not giving any room for the Pilots offence to attack. This grit punched their ticket to the CCAA National Championship in

Summerside, PEI, November 8-11th.

League Award Recipients: Molly MacPherson-Blair – True Sport, Ashley Robinson – All-Conference, Brogan Henry – All-Conference, Emilie Dornez – All-Conference, Tarin Ballan – Final Four MVP.

Men's Volleyball

This October, the Men's Volleyball team opened their season with a doubleheader against the University of Saskatchewan on October 20th and 21st. The Bobcats came out to play on opening night, but after a long five-set battle, the Bobcats ultimately fell to the Huskies. Saturday, the Bobcats came out looking for a day-two win. They were able to come through with a win in the first set but could not maintain that momentum, losing to the Huskies in four sets.

The Bobcats held their home opener against the University of Alberta the following weekend, and they showed up ready to play! The men defeated the defending conference champs in four sets, dominating the game. Bobcat Paycen Warkentin scored ten kills and seven block assists (0.533 Kill%), while teammate Liam Kindle scored nine kills (0.533 Kill%). However, the following day, the Alberta Bears returned prepared to manage the bobcat attack, defeating the Bobcats in three close sets.

Women's Volleyball

The Women's Bobcats are looking to gain their footing under new Interim head coach Kailan Robinson. This October, the Women's Volleyball team also opened their season against the University of Saskatchewan on October 20th and 21st. Though the first two weekends resulted in losses for the Bobcats, they are excited about the potential they see on the court.

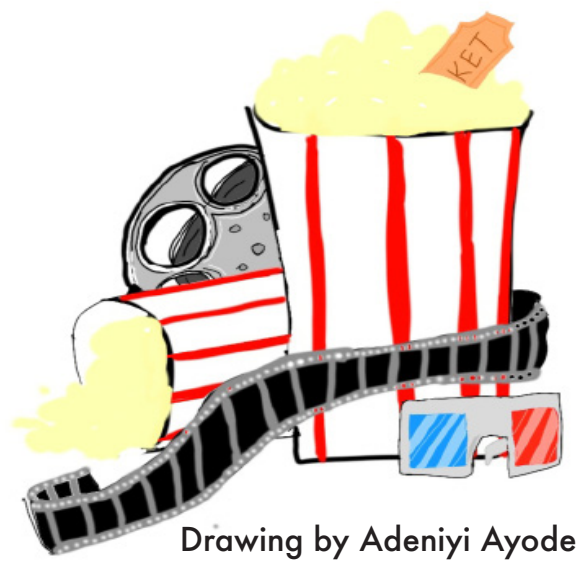
Basketball

Bobcats Basketball season had yet to begin in October, but both teams have been eagerly anticipating the start of the season. The Bobcat's home opening weekend will be Nov 10th and 11th at the Healthy Living Centre.

THIS WEEKEND AT THE EVANS THEATRE: HOLY SPIDER (2022)

A journalist descends into the dark underbelly of the Iranian holy city of Mashhad as she investigates the serial killings of sex workers by the so called "Spider Killer", who believes he is cleansing the streets of sinners.

Showings on October 10, 11, and 12 at 7:30 PM.



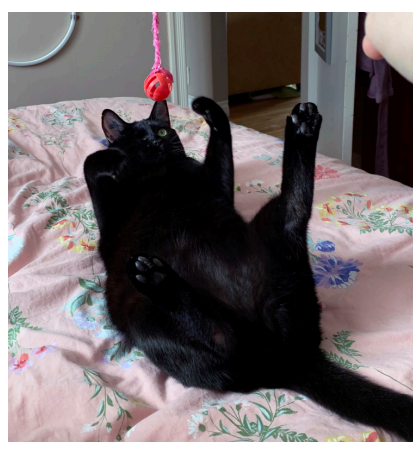
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Comic by Adeniyi Ayodele

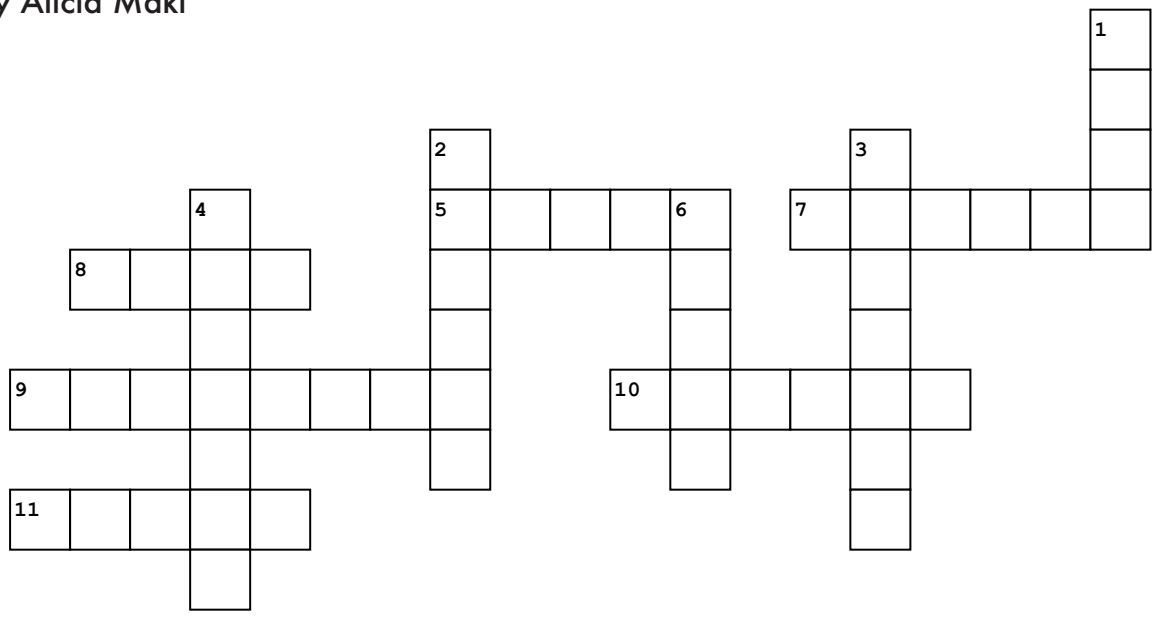
Pet Corner

"This is Bug. She loves one of her toys so much she carries it all around the house, and we have to sleep with it in bed with us."



Send a photo of your pet to eic.thequill@gmail.com to be featured in the next Pet Corner!

Puzzle by Alicia Maki



Across

- 5. a collection of songs by an artist
- 7. Brandon university mascot
- 8. frozen water vapour
- 9. "--- seeds" a building in Downtown Brandon that just sold
- 10. evening meal
- 11. yellow sour fruit

Down

- 1. a mineral made of sodium and chlorine
- 2. something you climb that has rungs
- 3. live music performance
- 4. game from 1996 with a bunch of creatures in balls
- 6. a story recorded by a camera and watched

BEATLEMANIA FOREVER

By *Ethan Cidro, Junior Reporter*

Listeners of late 20th-century music: If you haven't heard, the English rock band The Beatles have released their final song. With the unfinished demos of John Lennon being completed by Paul McCartney and Ringo Starr, it's no surprise that someday there'd be no songs left by their late friend to complete. Releasing what seems to be the final song written by John Lennon, "Now and Then", means finally turning the book's page to its last and shutting the gates of The Beatles to a close.

It has been over 60 years since the fab four hailing from Liverpool molded The Beatles, what is now considered to be one of the greatest bands of all time. Since the beginning, The Beatles have been highly praised and respected as one of the most influential and inspirational bands, by fans and also by many other bands and notable musicians like the late Kurt

Cobain of Nirvana, Ozzy Osbourne of Black Sabbath, and many more.

The Beatles were just the physical manifestation of the word 'sensational', molding genres that contributed greatly to shaping our access to music in the present. The Beatles not only impacted the global music industries but influenced fashion, with one notable feature being their iconic mop-top haircut. It is no surprise how the Beatles became a worldwide sensation resulting in a phenomenon called "Beatlemania", one of the earliest and largest music fandoms that dominated the 60's.

If you haven't heard of The Beatles or listened to any of their songs, it wouldn't hurt to give it a try on your own time and explore their wide variety of musical catalogues.

LET'S TALK SCIENCE AT BU!

By *Raya Turner*

Let's Talk Science is a national charitable organization devoted to increasing STEM awareness and literacy in young people across Canada. We focus on community involvement – whether it's on campus, in the classroom, or with other local programming. Let's Talk Science coordinates and hosts free, hands-on, scientific learning through our BU site. We're looking for student volunteers who are friendly, professional, and enjoy engaging with young people. The most important thing is that you are passionate about science and scientific education. After a long break due to COVID-19, we are looking forward to a fun year of STEM activities!

If you're interested in becoming a volunteer for Let's Talk Science or would like more information, please contact BU LTS outreach coordinators, Raya Turner and Emily Tesarski at letstalkscience@brandonu.ca.

HOW IMPORTANT IS MENTAL HEALTH?

By *Olorunfemi Gbenga, Junior Reporter*

Despite being a crucial part of our total wellbeing, mental health typically takes a backseat to physical health in our culture. The importance of mental health, its significant influence on our lives, and the methods and resources available to preserve and enhance it are all topics that will be covered in this article.

Mental health encompasses our emotional, psychological, and social well-being. It is essential in determining how our ideas, emotions, and behaviours are shaped. How we handle stress, interact with others, and make decisions may all be influenced by our mental health. The basis for a happy and balanced existence is a sound mind. Anybody, regardless of age, gender, or background, can have mental health problems, since they are not uncommon. Anxiety, depression, bipolar disorder, and schizophrenia are a few of the most common mental health conditions.

Anxiety is characterized by excessive dread and concern, which frequently results in bodily symptoms such a pounding heart, tense muscles, and sleeplessness. Depression may lead to physical symptoms including weariness and changes in appetite, as well as prolonged melancholy, a loss of interest in activities, and other symptoms.

The first step in treating these disorders is understanding them, and it's critical to keep in mind that assistance is accessible. The stigma that is still attached to mental health problems is a major impediment to receiving treatment. The stigma around mental illness has significantly decreased thanks to society; Yet many individuals are still reluctant to talk freely about it. This resistance might result in isolation and a delay in receiving treatment. Frequently, misconceptions and unjustified worries are the root of the stigma around mental health. These myths may be dispelled, and a more encouraging environment can be created by encouraging open discussions regarding mental health. It is critical to keep in mind that mental health issues are just as real and curable as physical health issues. There is a direct connection between our mental and physical wellness. When one is neglected, the other may suffer. Heart disease, high blood pressure, and a compromised immune system are just a few physical health issues that can develop because of untreated mental health difficulties. On the other hand, persistent troubles with one's physical health can cause or make mental health disorders like depression and anxiety worse. An integrated approach to our well-being is essential in light of this link. (Continued on Page 7)

HOW IMPORTANT IS MENTAL HEALTH? (CONT.)

By Olorunfemi Gbenga

A person's mental health may be impacted by a variety of things. Genetic, environmental, or situational aspects might all be included. Making educated judgements regarding mental health requires an understanding of these issues.

Genetics contribute to mental wellbeing. There is a genetic component to some disorders, which means they can run in families. Individuals who are aware of these inherited tendencies might take proactive steps to improve their mental health.

The environment plays an important part, too. Mental health issues can be made worse by stressful or traumatic events, violent exposure, or living in an insecure environment. For mental health, it is critical to provide a secure and encouraging atmosphere.

Trauma is yet another element that may influence mental health. People who have gone through substantial trauma, such as abuse, warfare, or natural catastrophes, are more susceptible to mental health issues.

Fortunately, there are many methods and advice available to support preserving and enhancing mental health.

While some people may require medical attention, others might profit from these self-care techniques:

Self-care: It is crucial to schedule regular downtime and to partake in enjoyable activities. This might be engaging in hobbies, practising meditation, or just being with loved ones.

Exercise: Endorphins are released when you exercise, and they help to lower tension and lift mood. It's a fantastic method of encouraging mental health.

Sleep: For mental wellness, getting enough sleep is essential. It enables the brain to recover and digest feelings.

Seeking therapy: A vital first step is to seek the assistance of a mental health professional when managing mental health difficulties becomes difficult on one's own. Therapy provides a secure setting for discussing worries and creating symptom management plans.

For people dealing with mental health concerns, access to mental health resources is essential. There are several ways to get assistance, including:

Hotlines: People in need can get quick aid through a number of hotlines.

Therapy options: There are several therapeutic alternatives available to address a variety of mental health issues, including family therapy, group therapy, and individual counselling.

Support groups: These give people a place to connect with others going through similar struggles.

The need for assistance is a sign of strength, not weakness, and this must be emphasized. Everybody has the right to the chance to live a happy, full life and experience good mental health. Effective management of mental health requires a strong support network.

The ability to get understanding, support, and encouragement from friends and family may be quite important. Individuals can obtain the help they require to manage their mental health issues by encouraging open and nonjudgmental conversation.

Workplace stress may significantly affect our mental health, even if it is a small but important portion of our lives. By encouraging a good work-life balance, giving tools for managing stress, and lowering stigma surrounding mental health conditions, employers may improve employee wellbeing. Employees, on the other hand, may take measures to manage work-related stress, such as setting limits and seeking help when necessary.

De-stigmatizing mental health disorders and creating cutting-edge therapies will be key components of the field's future. People will feel more at ease seeking assistance when necessary if mental health issues are discussed more in public.

New drugs and other therapeutic innovations like teletherapy also give promise for better outcomes and care.

As a result, mental health is equally important to our physical health and should be treated with the same respect. We can create a happier, more understanding society by learning about mental health, talking about it, and taking active measures to promote it. Everyone should feel confident in their ability to deal with mental health issues, ask for assistance when necessary, and reap the rewards of good mental health. Remember that maintaining your mental health is within your control and is essential to living a happy and balanced life.

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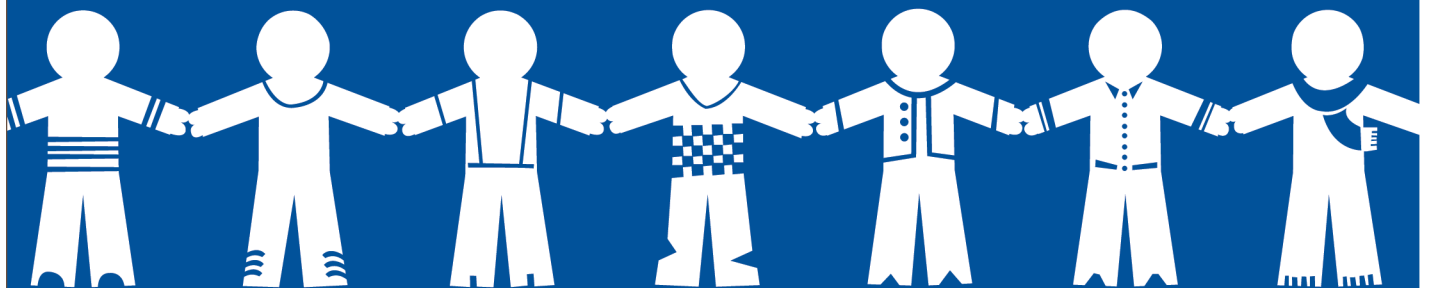
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