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Photo by Celia Boganes

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FROM THE EDITOR:

Hello everyone! My name is Lily Hodgson and I am the new Editor-in-Chief of The Brandon University Quill. On behalf of The Quill, I would like to welcome all the new and returning students to Brandon University! I hope everyone has had a great first week.

Thank you for picking up this first issue! I hope you get something useful out of it, and I hope you continue to read The Quill throughout the school year. Enjoy!

can help you figure out how to

- Lily Hodgson, Editor-in-Chief

remember them better and you'll

Advice for New Students

By Celia Boganes, Junior Reporter

University can seem a little overwhelming, but here are some tips to help you succeed! Try to make new friends in your classes! This will help you get comfortable talking to new people and also help you find a group you can study with, which can be so helpful in keeping your grades up. There are so many ways you can make new friends, even though it seems initially intimidating. Try sitting with someone else who is sitting alone. Often they are also looking for friends in that class! For icebreakers you can always start with a compliment, try to pick someone who has style similar to yours as this will make it easier to give a genuine compliment. From there you can branch off - For example, "Hey, your top is so cute, where did you get it?" can be a great conversation starter because once they answer you can continue talking about that topic, other places you like to shop, where you've been finding inspiration for outfits lately, etc.

Another way to get talking to someone is to ask for help. Maybe you don't know where the water bottle filler is in that building, asking someone can give you the opportunity to fill your water bottle but also talk to someone (hopefully more than just that once). Ask your classmates about their assignments too, sometimes hearing someone else's approach

start the assignment yourself. Outside of your new friend group, it's important to keep your grades up. Many classes have tutoring options that you can go to if you need help understanding a topic or studying for an exam. Tutors are often very helpful as they have usually taken the course themselves and know how the professor structures exams and grades assignments. If your class doesn't offer a tutor, there is writing help and walkin math tutoring available at the library during certain hours. Another good idea is to find your own study spot where you can go consistently. Whether that be in the library, a little nook somewhere, or your house, it's helpful to have a place set aside for studying. Apart from the library, there are good spots in the hallways of the Health Studies Building, there is a cute table near the window facing the HLC on the third floor of the Brodie Building, there is a set of couches by the Ancillary Offices near the window looking out to the beehives, and the BUSU student lounge is always a good place where you can study and warm up food in the microwaves if you need. As far as the actual studying goes, I recommend Quizlet! If you follow along with the notes or your textbook and make questions for

important terms, this will help you

be able to go back and practice them. If you aren't going to use Quizlet or flashcards of some sort, I would still recommend typing out a study guide from your notes and any other class materials (PowerPoint slides or the textbook). If you can get together and study with friends, that is always a good time - while maybe not always the most productive, it is still helpful, and, if done well, can help everyone learn the material. However, it can be hard to focus with your friends around so solo studying should be the go-to most of the time. I find group studying to be particularly helpful when all my friends work on something else, and we all put our headphones on and get to it as having everyone around you studying can help motivate you to study as well. During these first weeks everything can feel so new and exciting, but it's important to not let that keep you from starting good study habits. October comes around quickly, and then midterms and assignments can begin to pile up!

Lastly, there can be fun activities hosted on campus to attend like bingo, trivia, or Jeopardy, which usually take place in the Mingling Area or at Bailey's. Also included with your tuition is a gym membership for the HLC, so, if you like, you can make good use of it.

International Students, Welcome to Brandon University!

By Janine Campbell, Junior Reporter

Welcome to all the International Students, the new academic year has begun! It may be a bit overwhelming, but you can do it. Throughout the course of the week, the BU staff has made it their mission to ensure all new students are comfortable and secure. As an international student, I know what it's like being in a "strange" environment and struggling to adapt. Whether it's the weather, the food or just how different the culture here is from back home.

You are not alone! Brandon University is equipped with several resources that can help to keep you on track. Firstly, the Student Services department can help you in many areas. They can aid in your career planning, student advising as well as improving your skills in academic areas such as writing and math. I suggest utilizing these resources as it will make university life less stressful.

Speaking of stress, managing stress as an international student can be challenging due to the cultural and academic adjustments you may need to make. However, there are several effective strategies you can use to reduce stress and maintain your well-being:

Time Management:

- Create a schedule or use a planner to organize your tasks and assignments.
- Prioritize your work based on deadlines and importance.
- Break large tasks into smaller, manageable steps.

Seek Support:

- Build a support network of fellow international students, local students, and faculty.
- Join clubs, organizations, or cultural groups to connect with likeminded individuals.
- Don't hesitate to seek help from campus counseling services or support groups if you're struggling emotionally.

Maintain a Healthy Lifestyle:

- Eat a balanced diet to fuel your body and mind.
- Engage in regular physical activity to reduce stress and improve overall well-being.
- Get enough sleep to ensure your body and mind are well-rested.
 (I recommend trying deep breathing exercises or yoga to reduce stress.)

Set Realistic Expectations:

- Understand that it's normal to experience challenges when adapting to a new culture and academic environment.
- Set achievable goals for yourself, both academically and personally.
- Avoid comparing yourself to others.

Practice effective study methods:

- Break your study sessions into shorter, focused blocks with regular breaks.
- Use active learning techniques like summarizing, teaching others, or discussing the material with classmates.
- Don't procrastinate! Start assignments and studying early to avoid last-minute stress.

Financial Management: (very important!)

- Create a budget to manage your finances and avoid unnecessary stress related to money.
- Explore scholarships, part-time work opportunities, and financial aid options.

Stay Connected with Family and Friends:

 Regularly communicate with loved ones back home through calls, video chats, or messages.

Professional Help:

- If stress becomes overwhelming, consider seeking the assistance of a mental health professional or counsellor.
- Brandon University offers free counselling services to students.

Make Time for Yourself:

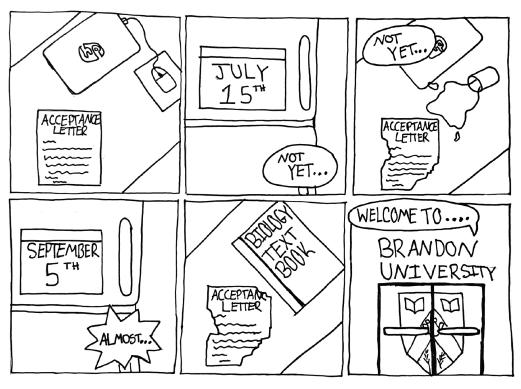
- Dedicate time to do things you enjoy, whether it's a hobby, exploring your new surroundings, or simply relaxing.
- Taking breaks is essential for recharging your mind and reducing stress.

(For me, I would go on solo dates at different places in Brandon, I highly recommend it!)

Remember that it's normal to feel stressed as an international student, especially when you first arrive. However, by adopting these strategies and seeking help when needed, you can effectively manage and reduce stress, making your academic journey more enjoyable and rewarding.

Additionally, the Office of International Activities has resources accessible to all international students. During "Orientation Week" the department has a series of events to aid in guiding students during their stay in Canada.





Comic by Chloe Winko

Photo by Janine Campbell

Puzzle by Alicia Maki



Back To School 13 Across

- 1. a bag with all of your stuff
- **3.** groups of people with similar interests
- 5. carries loose paper
- 8. writing utensil
- 9. makes important facts bright
- 12. stay hydrated!(2)
- 14. expensive paper
- 15. school and fall start in

Down

- 2. main source of food for dorms residents
- 4. Bailey's species
- 6. what you're reading right now
- 7. takes up the most study time
- 10. used when you make a mistake
- 11. digital notebook
- 13. something you pick up at Ancillary offices

PLACES TO VISIT IN BRANDON

By Janine Campbell, Junior Reporter

Although Brandon may seem small and quiet compared to a bigger city like Toronto, there are still several activities to do here. Here's a list of some fun places to visit here in Brandon.

The Daly House Museum

Located at: 122 18th St. The Daly House Museum is a small Victorian house that was once the residence of the Dalys and the Coldwells, two prominent families in Brandon, and is currently the sole pre-1900 building on

> 18th Street, a municipal heritage site and a magnificent example of Italianate architecture. As soon as you enter this museum, the 19th century is brought to life with its antique decor and exhibits, such as Mutter Brother's Grocery shop.

T-Birds Food Fun Games

Located at: 2140 Currie Blvd. T-Birds is a great place to hang out with friends and family. It has an arcade, a bowling alley,

and a restaurant. There is never a dull moment at T-Birds. The staff is very friendly, the food is delicious, and you can play for as long as possible!

Riverbank Discovery Center

Located at: 545 Conservation Dr. There are several activities at the Riverbank Discovery Center. During the summer I went kayaking. It was very relaxing. It is the perfect way to clear your mind, especially if you are feeling stressed and overwhelmed. The park is extremely beautiful, and is great for picnics. Sometimes they'll even host concerts!

Landmark Cinemas

Located at: Unit 100 -1570 18th St. This cinema is a great place to watch movies with friends and family! Nun 2 is now showing. If you aren't busy with school, try to catch a movie.

Check out these places before you are too busy with school. There are more places that didn't make the list, but I will definitely try to cover it next time. See you later!

WHAT'S GOING ON AT BU?

By Charles Adamu, Assistant Editor-in-Chief

Drumroll please, ladies and gentlemen... It's that time of the year again. That time of the year when the leaves I admired all summer decide they'd rather lay on the ground than stay attached to their branches. It's that time of the year when you can't quite decide if it's hot or cold so you put on warm-weather clothes and throw a cardigan in your backpack. It's that time of the year when Brandon University's campus gets introduced to new people, new faces, and new personalities. But most of all, it's that time of the year when I, Adamu Charles, get to let you in on what's going on at Brandon University. And with this and a slight bow, I welcome you all back to "What's going on at Brandon University?"

"How was your summer?" is the hottest question on campus right now. And it makes sense. For a lot of people, it was five months without having to think about assignments and tests and finals, so what did you do with all that time? Did you travel? Did you go hiking? Did you learn a new language? Did you never miss a Friday night at Roadhouse because you had a test to study for? Tell me, tell us, how was your summer?! I'll start. Drum rolls for me, please! It was a funny five months for me because I had a ton of ideas about what I was going to do during the summer. I was going to travel to Winnipeg and see my younger brother a couple of times. I was going to travel to Toronto just so I could say, "I went to Toronto" to my roommates and friends - and also, I knew that if I did, I'd be eligible to finally call myself, "The Man From Toronto". I was going to advance my knowledge on Java programming and finally certify to myself that I am a genius. And most importantly of all, I was finally going to be done watching Outlander.

Mimicking Jamie Fraser of Outlander I say, "I donna ken what happened but this lad dinna get to do any of those." Honestly, I really do not know. I guess the months ran by and I just couldn't keep up. Five months and I still remained "The Man in Brandon", still remained an uncertified genius, and, worst of all, still haven't finished watching Outlander. But in my defense, between working more than one job and trying to grow my poetry page (-kul_zi- on Tiktok) there wasn't much time to do anything else. Anyway, that was how my summer went, and I really look forward to hearing much less depressing stories as to how you spent your summer.

But news flash y'all, It's back to school season. It's back to looking at your timetable and realizing that you're taking four courses, three of them are tough ones, and all four have finals. It's back to having to check your timetable every day because your brain hasn't quite registered where all your classes are yet. It's back to having thoughts like, "I like this lecturer", "No way am I doing this course, I'm dropping this right now", "I can't believe I'm in school again", and "I can't believe I have to write, how does one even hold a pen?". Whatever thoughts you've got right now, please know that the ship's about to leave the port, and although it doesn't intend to leave anyone behind, it can't force you to board either. What I'm trying to say is, tie your shoelaces quickly, knot your ties, adjust your hats, and get onboard, because we're doing this and so we might as well give it all we've Photo by Celia Boganes



Okay...okay...okay, I didn't mean to put a ton of pressure on your backs. Please take your time, think about your courses, and talk to your coursemates, your lecturers, your advisors, and whoever you feel comfortable talking to.

Before I go on, I would love to welcome especially all those who joined us this new semester. Welcome to Brandon University! (Just so you know...I am taking a slight bow right now). I can't help but imagine the different scenarios that must have played in your heads as to what studying here would be like. I can't help but ponder if you thought you would stumble upon a big gate labeled "Brandon University" on your first day here, as I did. Luckily for y'all, you have come in the fall which is not too cold. It will definitely still be quite the change as pertaining to weather but trust me, if you ask the guys that came in the winter, you'd know you have it good. In the spirit of welcoming our newbies, I'm

going to take the following few lines to give you some advice.

To start with, do not panic - I know... I know it can be exciting but simultaneously overwhelming, coming from home to an entirely different place. A place with negative temperature readings, different lifestyles, different cultures, and my most annoying difference: different food. But hey, "poco a poco," take it one step at a time. Do not rush. Do not compare your degree of settledness with someone else's, because it varies for all of us. Secondly, please ask questions. It might not be the largest of campuses, but Brandon University has it all, so if you need something or you're in doubt about something, ask. Lastly, put yourself out there! I know you're an introvert, I know you don't like to talk to people, and I know you're a loner, but it is a big transition and you might find yourself feeling alone or out of place. So it is best to put yourself out there - say hey or hi to the person beside you in class, go to the gym, go to get-togethers, and especially, go to events. Be it the ones in residence, the ones organized by BUSU, or the ones organized by fellow students on campus. And please check your student emails. It's a very important thing to do as a BU student, because it's Brandon University's primary way of communicating with you. Things like orientation dates will be sent there, scholarship deadlines, registration deadlines, course-drop deadlines, various events, and a variety of information.

Listen, it's no news that Brandon University is a pretty small campus, but I tell you what, there is always something going on. Be it a free ice cream cone at the mingling area, students giving guides on directions at the Brodie Building handing out chocolates, free pizza, free tacos, soccer games, or volleyball intramurals, there is always something going on at Brandon University. Once again, I'd like to welcome our new students and I hope you have a blast. Make new friends, go to parties, say hey to the person on your left and hi to the one on your right, attend classes with an "I wonder what I'll learn today mentality", open your mind and heart to the possibilities, and you'll have a blast.

My name is Charles Adamu and it's been an honor as always updating every one of you on what's going on at Brandon University... but for now, it's goodbye and I can't wait to write to all of you again on my next update on "What's going on at BU?"

CLUB DAY

By Alicia Maki, Junior Reporter

Brandon University has a variety of clubs for students to join. Joining clubs is a great way to make friends and meet people with similar interests as you! Brandon University Club Day is September 26, 10am - 2pm in the Knowles **Douglas Mingling** Area, right in front of the Bookstore and Bailey's. Come check out the clubs that **Brandon University** has to offer, and if there isn't a club you were hoping to find, you can start your own! If you are

interested in starting a club, go to BUSU's website, hit Clubs under Get Involved and look under Club Information. Being active and involved in a club looks great on a resume and can help you get hands on experience in something you are interested in. The Quill will also be set up on Club Day, and if you are interested in being a part of The Quill's team make sure you stop by and sign up! We hope to see you all there!



Above Poster: Brandon University Career Planning and Placement

JOIN THE QUILL THIS SCHOOL YEAR!

By Lily Hodgson, Editor-in-Chief

Do you like writing, reading, photography, editing, puzzles, sports, the Arts, etc? The Quill is currently looking for writers, artists, photographers, editors, and puzzlemakers to join our team!

Make connections, gain experience, express your opinions, inform your classmates, and write about what you love! You can write as often or as little as you like. Students also get a tuition rebate as compensation based

on their word count. Come and be a part of the second longest-running student newspaper in Canada – and save yourself some money doing it! In addition to the tuition rebate, Quill bonuses include staff-exclusive scholarships, business trips, and access to our office (which makes for a perfect study spot)! Email eic.thequill@gmail.com or send us a DM on Instagram @buthequill for more information. Also feel free to stop by our office in Room 3-16 of the Knowles-Douglas Building!

JOIN THE GEOLOGY CLUB!

By Alicia Maki, Junior Reporter

The Brandon University Geology Club is a club for all students with an interest in Geology! Whether it is your major or your minor, everyone is welcome! We hold our meetings during a free block at 12:40 on Tuesdays in Room 2:48 on the Brodie Building's second floor. Right now, we are fundraising to go to CCMEC - Central Canada Mineral Exploration Convention - held in Winnipeg during November 6th and 7th of 2023. We are also fundraising to go to PDAC - Prospectors & **Developers Association** of Canada - in Toronto. PDAC runs from March 2-6 of 2024 and we plan on being in

week. Conventions like the ones we plan on attending are a great place to network and find connections for summer employment. We have a lot of fun activities planned for our club this year, such as a fieldtrip to the Souris Agate Pit, Saskatchewan Pot Ash Mine, and more. Last year, some of the activities we did include going to see a **Brandon Wheat Kings** Game and bowling at T-Birds. Our club is a great

place to make friends and connect with people who can help advise you in your academic years to follow.

Geology is a great stream of science to go into. At Brandon University, there are

three streams of geology: Geology, **Environmental** Geoscience, and Paleontology and Stratigraphy. There are so many possible careers that come with geology, such as Critical Minerals Exploration, Environmental Geologist, Mining Industries, and Teaching/Research. The Geology Club is hosting a Jeopardy Night at Bailey's on September 22 in the evening to fundraise for our upcoming trips! Keep your eyes out for posters in the hallway with more information! And don't forget to follow the Brandon University Geology Club on Instagram @bugeologyclub for updates!

Toronto for a whole



Truth and Reconciliation Week 2023

*All events on the grounds of the Riverbank Discovery Centre, except the flag raising ceremony held Tuesday AM at City Hall.



TUESDAY, SEPTEMBER 26

7:00 am Sunrise ceremony & lighting of the Sacred Fire @East picnic shelter
9:00 am Survivors Flag Raising and Ceremony @ City Hall
1:00 pm Tipi Teaching & Raising @ the Riverbank grounds
6:30 pm Sacred Fire Teaching with Tim Bone @ East picnic shelter

Site is open to the public while School Programming is going on during the day from September 27 to 29

WEDNESDAY, SEPTEMBER 27

6:30 pm The Land as a Teacher with Aaron McKay @ Sharing Circle

THURSDAY, SEPTEMBER 28

6:30 pm The Orange Shirt Story storytime and conversation with Residential School Survivors @ Sharing Circle

6:30 pm Two Eyed Seeing, Drone and Tech & Traditional Wisdom with Adam Subject + Darby Essie presented inside Riverbank Discovery Centre

FRIDAY, SEPTEMBER 29

6:30 pm Traditional Foods & Medicine with Eugene Ross @ Tipis



SATURDAY, SEPTEMBER 30

Indigenous Arts Area open from 10AM to 4PM @ Event Tents

10:00 am Teaching on Orange Shirt + What is Truth and Reconciliation @ Fusion Stage

1:00 pm National Day of Truth and Reconciliation introduction with

Mayor Fawcett, Chief Bone, and Survivor Stories @ Fusion Stage

2:00 pm Orange Shirt Day Walk

4:00 pm Food and Refreshments after Walk @ East Picnic Shelter 5:00 pm Healing by the River @ Fusion Stage

SUNDAY, OCTOBER 1

Indigenous Arts Area open from 10AM to 4PM @ Event Tents

10:00 am Kairos Blanket Exercise @ Tipis

2:00 pm Closing Ceremony and Speeches with a Feast, everyone is welcome!



Above Poster: Brandon Urban Aboriginal Peoples' Council via Facebook

Truth and Reconciliation Week 2023

By Lily Hodgson, Editor-in-Chief

The third Truth and
Reconciliation Week is coming
to Brandon from September
26th - October 1st. Activities
will include presentations and
speeches, an Orange Shirt Day
Walk, a closing ceremony with
a feast to end off the week,
and much more! The full
schedule can be seen above,
and more information can be
found on the Brandon Urban
Aboriginal Peoples' Council

Facebook page.
As a reminder, the
University will be closed
on Friday, September 29th
in observation of Truth
and Reconciliation Day
on September 30th. In
recognition of this important
day, be sure to take the
time to read, practice, and
remember the Truth and
Reconciliation Commission's
94 Calls to Action.



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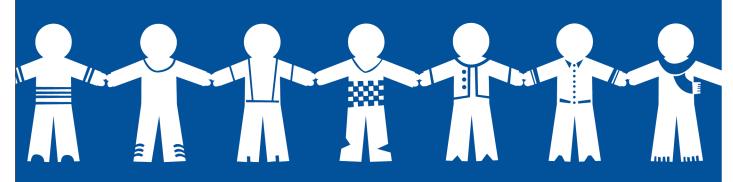


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