

## SASK POLYTECH STUDENTS: SECOND CLASS CITIZENS?

SEE PAGE 6 FOR DETAILS

KERALA PIRAVI  
Pg 2

CHILL OUT THIS EXAM SEASON - THE SPSA HAS YOUR BACK  
Pg 5

WELLNESS STEERING COMMITTEE? ACCOMMODATING?  
Pg 7



## POSITIVE THINKING

*Sukhjot Samra  
VP Moose Jaw*

*“You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you”.*  
– Brian Tracy

‘Hope sustains life’ is an old, time-tested adage. It accentuates the importance of positive thinking. We can all agree that everyone loves to be around positive people with positive mindsets. People with negative mindsets can bring others down and usually do not accomplish goals they have set. Nobody wants such people around as negative energy can very easily rub off on them. The same is true for posi-

tive attitudes, as they can also be infectious.

It is a common observation that people who are positive tend to be more self-driven and have a higher self-esteem. Positive thinking is indeed a powerful phenomenon which leads to success, as a mere thought of being able to achieve a target lends the inspiration and motivation to put in your best possible efforts to achieve your goals.

The constant struggle and all the obstacles that occur at every step we take can lead to stress, anxiety and nervousness and people may tend to lose heart. During such situations, it is very common and stereotypical to hear people say, “Think positive” to someone who feels down and worried. Positive thinking can enable one

to overcome the height of mountains and the depths of oceans. Over the years, winners and achievers have often credited their successes to positive thinking. Even in the most adverse of circumstances, positive thinking always pays off.

When you have a positive attitude, you feel that there is a power inside of you that motivates you to do something or to get involved with something. These people are likely to succeed more in their efforts and live a happy and fulfilling life.

So, whatever you do in your life, do it passionately and positively for the best outcomes.

## KERALA PIRAVI

*Suhail Verma  
Campus Council Director - Moose Jaw*

On November 1<sup>st</sup>, 2018, a group of Moose Jaw Campus students from Kerala, which lies in the southern part of India, celebrated a festival called Kerala Piravi. I learned some interesting facts over an interview with the group of which I would like to share.

Kerala Piravi marks the birth of the state of Kerala, India. The day is all about remembering its formed legacy. Kerala was formed as a state on November 1<sup>st</sup>, 1956, which was nine years after India became independent. Prior to the date when the state was formed, it was divided into three individual kingdoms/provinces named Travancore Kingdom, Cochin Kingdom, and Malabar Kingdom.

According to Mythology, Parsurama, a warrior sage, is considered as the originator of Kerala. He threw his axe from Kanyakumari towards the north across the ocean. The area where the axe landed was formed as Kerala. Parsurama was the incarnation of Lord Vishnu (a powerful Hindu God) and was sixth of ten avatars of Vishnu.

For celebrating this day, all people from Kerala wear their traditional dress: males wear a dress shirt (white or off-white) and Dhoti (a loose piece of cloth wrapped around the lower half of the body worn by some men in South Asia). Females wear a traditional Kerala Saree. In addition, everyone put Chandan (a crème colored design) on their forehead to showcase their culture.



# USED TEXTBOOKS



**BUY OR SELL USED TEXTBOOKS ON CAMPUS.  
SEE THE SPSA OFFICE FOR DETAILS.**



SPSA



**Order Today: 306-692-5336**

**Free Delivery**

South Hill Shopping Centre  
Moose Jaw, SK S6H 7T1

## THE BEST NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM

Learn how to naturally increase your resistance to common winter illnesses with healthy eating.

During cold and flu season, head to the supermarket to strengthen your immunity and beat winter bugs by eating and drinking your way to good health.

Here are our top tips:

### Load up on Fruits and Veggies

Try to eat five servings of whole vegetables and fruits every day – it's the easiest way to get enough vitamin C, which has a vital role in building a healthy immunity. The best sources are citrus fruits and their juices, berries, kiwi fruit, peppers, broccoli and tomatoes. Fruit and vegetables are also rich in antioxidants, which help remove free radicals (harmful molecules that can potentially damage the immune system).

### Get Enough Vitamin E

This antioxidant is found in vegetable oils, avocado, nuts, green leafy vegetables and whole grains. It boosts immunity by helping maintain T-cell levels (a type of white blood cell that looks for infections).

### Take a Daily Probiotic Supplement

Your digestive system is the first line of defense against infection, so it's vital to keep it healthy with plenty of good bacteria.

### Start Your Day with Breakfast

Breakfast skippers are more likely to suffer with coughs and colds, say Cardiff University researchers. To strengthen your immune system, try oatmeal or wholegrain cereal – they contain prebiotics, which stimulate the growth of good gut bacteria. Or have eggs, which contain immune-friendly selenium, vitamins A and D, and the B vitamin folate.

### Snack on Nuts and Seeds

Walnuts, pecans, almonds and pistachios contain a powerhouse of nutrients including iron, zinc, copper and vitamin E. Brazil nuts are the true winner though – they're loaded with selenium, a deficiency of which weakens immunity. Just 20g provide all the selenium we need in a day.

### Eat Oily Fish at Least Once a Week

Salmon, trout, mackerel, sardines and fresh tuna contain a powerful combo of omega-3 fats and vitamin D. During the summer, our body makes vitamin D whenever our skin is exposed to sunshine. But in winter we often don't get as much sun, so it's important to eat more vitamin D-rich foods.

Incorporating these foods and supplements into your daily life is an easy way to naturally boost your immune system. If, however, you do catch a cold, remember that Vicks VapoRub helps relieve coughs, while Vicks

Hot-N-Ready 4-8PM  
**BACON! BACON!**  
**BOX SET**  
 \$13\*

**BACON CHEESE BREAD & BACON WRAPPED**  
 DEEPIDEEPI™ DISH!

Dayquil and Nyquil help combat your worst cold symptoms around the clock. Keep the Puffs tissues close by, and feel better soon!

*This article was taken from the PG Everyday website. See the article at <https://www.pgeveryday.ca/wellness/family-health/best-natural-ways-to-boost-your-immune-system>.*

## CHILL OUT THIS EXAM SEASON – THE SPSA HAS YOUR BACK

*Dustin Hunt  
VP Regina*

By this time, you're probably dreaming of holiday cheer and spending time with those you hold dear. The countdown to the holiday break can feel like climbing a mountain with no peak. Not to mention the mountain of assignments and exams that coincide. It's a lot to take in, but don't you fret! The SPSA team has your back. We'll do the best we can to prevent, or at least postpone, the academic-related mental breakdown leading up to the Christmas break.

I'll start with a piece of unsolicited advice. As you're trenching through the seemingly infinite abyss that is exam season, remember to take a moment to look up from your textbook or social media account and take a breath! While you're at it, mosey your way down to the SPSA Office from December 3 – 7 to see what stress reducing activities we have in store!

Speaking of stress reduction, Tessa, Tolu, and myself (your Campus Council) have your back. The following week we'll be spreading holiday cheer for all to hear:

- Tuesday, December 11: Our adventure begins! We are handing out joy and candy canes. Watch out for my team and me. You might just get a Christmas treat.
- Wednesday, December 12: Buckle up! It's ugly sweater day – Come on down to the SPSA Office in your most horrid holiday attire from 12:00 – 1:00pm. Hot chocolate will be waiting for you.

Yum!

- Thursday, December 13: Calling all parents and caregivers! We're hosting a Christmas party for you and your children. Bring them down to the SPSA Office from 3:30 – 5:30pm for some holiday fun.

Phew! You made it through exam season and had a little fun along the way. The holidays are just around the corner, but unfortunately the fun doesn't last forever. Before you know it, the time will come to return to class. My team has some tricks up our sleeve to make your welcome back just a little sweeter:

- Wednesday, January 2: Get your head back in the game with a coffee on us! Join me and my team in front of the SPSA Office from 7:30 – 9:00am for a little something to warm up the back to school blues.
- Friday, January 4: Get ready for a flapjack attack! Join us across from the cafeteria from 7:30 – 9:00am for a pancake breakfast. It's on us today! Free and delicious.

Stress better events are taking place at all campuses across the province. Watch for advertising or stop by the SPSA Office on your campus to learn how you can #StressBetter!

Regardless of who you are and what you celebrate, I wish you a peaceful holiday season with those you love, and a new year filled with joy and abundance.

## HENRI'S STUDENT LOUNGE

*Bobby Peng  
Campus Council Director - Saskatoon*

We are thrilled to inform you that we now have more food and drink options than ever at Henri's Student Lounge. We've added three varieties of coffee that include original blend, medium, and French roast. Please let us know which one is your favorite so we can have more of that kind on hand to serve your preferences. You will find the coffee selections on the front counter with our fresh banana bread and puffed wheat cake.

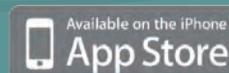
We also added more flavors to our beverage machine: French vanilla and English toffee. Now you can satisfy your thirst with not only hot chocolate, but also the newly-added flavours. I recommend that you go check it out! If you are already "wowed" by the options you have for

beverages, wait a second, there is more! We also restructured our menu. We now have three soup options every single day for you soup lovers, and at least one of them is a vegetarian option. Speaking of vegetarian, you will find items such as the Ultra Veg Wrap or Sandwich and Honey Dill Sandwich plus other vegetarian choices.

There are also fresh in-house sandwiches ranging from Honey Dill Chicken to Jalapeno Jack Turkey and a few more in between. In case you didn't know, Henri's also offers different entertainment options such as foosball and billiards. You may see me there during lunch time or after school enjoying this stress-free haven at Sask Polytech. We hope to see you there as well!



DOWNLOAD ASK POLY TODAY.  
POWERED BY YOUR STUDENTS' ASSOCIATION



## SASK POLYTECH STUDENTS - SECOND CLASS CITIZENS?

*Dallas Burnett*  
*VP Saskatoon*

On Wednesday September 3<sup>rd</sup>, 1975, an article was distributed in the Scanner titled, “Kelsey students – second class citizens?” The main concern of this article was the lack of government support for a parking/recreation site development plan at Kelsey in Saskatoon (SCANNER, 1975).

Now, it’s 43 years later and the government still lacks support for not only the Saskatoon Campus, but the provincial institution as a whole. Recreation services have been cut in Moose Jaw, Prince Albert and Saskatoon, health nurse hours have been reduced in Moose Jaw and Prince Albert, the Test Centre has changed to a “money first, student

second” model, and what’s next? Take away the counsellors? Cut hours at the library? Whether these operational decisions are made by Senior Management, the Board of Directors, or the Ministry of Advanced Education, there is one thing that is for certain: Sask Polytech students are not happy.

As we near the end of this term, students are starting to become impatient with the poor decision-making processes within the institution and are looking into new avenues to raise their concerns. Similar to the author of the 1975 Scanner article, I too conclude that the students in this institution are considered second class citizens when compared to others within the province and I will continue to advocate for services that Sask Polytech students rightfully deserve.

## UNIVERSAL CHILDREN’S DAY

*Tessa Dougherty*  
*Campus Council Director - Regina*

November 20<sup>th</sup> was Universal Children’s Day. On that day in 1959, the United Nations adopted the Declaration of the Rights of the Child, and in 1989 adopted the Convention on the Rights of the Child. Across the world, people are asked to celebrate children on November 20<sup>th</sup> by wearing a blue ribbon and spending time with the children around them.

This day is meant to promote children’s rights

including their right to life, their own name and identity, to be raised by their family, to express their opinions, to be protected from abuse and neglect, and much more. It is a day for parents, families, and everyone else to embrace and appreciate each unique child for who they are. It is a day to spend time with your children, play with them, and have fun! I invite you to not only do this on November 20<sup>th</sup>, but every day.

On December 13<sup>th</sup>, the SPSA will be holding a Kiddies Christmas Party on the Regina and Prince Albert campuses. I know many students

on campus have children, so I encourage you to bring your little ones and spend some quality time with them! There will be many fun holiday activities including a visit from Santa, face painting, art activities, and hot chocolate!

If you would like to attend with your child, please sign up at the SPSA Office on the first floor of Sask Polytech by 4:00 PM on December 3<sup>rd</sup>. We hope to see you there!

## EXAMINATION PREPARATION TIPS

*Ololade Kassim*  
*Campus Council Director - Moose Jaw*

Wow! It’s the last month of the year already and most of us are excited about the Christmas celebration. At the same time, we may be concerned about our upcoming exams. This is normal and you are not alone. I will be sharing some tips that could help streamline our examination study process:

- Ensure that you have all class notes and textbooks; otherwise borrow from a friend as soon as possible.
- Adequately review all class exercises, quizzes, midterm examinations, available course materials, etc.
- Familiarize yourself with all course materials on Brightspace.
- Focus more on learning outcomes during your study.
- Invest more time studying the courses you may be experiencing some difficulty in. Additionally, seek assistance from your instructor, colleague or friend on these areas.

- If possible, enquire about the exam type (multiple choice questions, true/false, short answers, essays, etc.) before the exam from your instructor.
- Study the exam schedule appropriately to avoid missing any exams or not studying in line with the timetable.
- If in doubt, research the venue before the day of your exam.
- Try and get enough rest before the exam day to avoid oversleeping or waking up late.
- On the day of the exam, arrive at the venue at least fifteen minutes before the examination to help relax and calm down any nerves you may be experiencing.
- If required, drink some water before the exam.
- Do not cheat during the exam. You have invested too much time, effort and money into your program and cannot afford to allow a single act ruin all these investments.

I wish you all the best in your examinations!

## THE NEED OF ASSERTIVENESS TRAINING AND TEACHING INTERPERSONAL COMMUNICATION IN SCHOOLS

*Chetna Chauhan  
Campus Council Director - Saskatoon*

It is very important that in today's competitive world students learn the important personality traits and characteristics needed to build a successful career. It is also not only important to reach the heights of success, but learning how to sustain it. Apart from the academic and practical knowledge obtained through their program of study, they should know how to apply their skills and knowledge. It is important to know how to manage obstacles at work and have the ability to face new challenges without negatively affecting personal or organizational goals. In order to avoid negative situations, it is necessary to have particular skill sets like being positive, assertive and having good interpersonal communication skills with people around the workplace.

Whether communicating with colleagues, bosses, or a rival competitor, being able to maintain your point of view while respecting others opinions to reach a solution is a skill very much needed in today's business world, or in any kind of team project at school. On the other hand, if

team members in a work place do not have that skill and are not able to confront workplace challenges assertively, that may lead to unsatisfying feelings and/or poor work performance. Therefore, it can prove beneficial if students train in assertiveness at a young age and know how to inculcate these skills as they grow and choose their careers, as they are the new rising generation for a country's development.

Having good interpersonal communication skills is the other thing that is quite important in today's world, regardless of professional or personal circumstances. Your speech defines you and how you put yourself out there in the world. The more you try to enhance your communication skills with people at school, work or home, the more developed your personality becomes and proves itself to be an asset for your career.

Unfortunately, many people struggle in their work lives because they do not know how to be assertive or do not have communication skills. If developing and learning the importance of these skills and traits were part of a student's education, it would be a great step towards their careers.

## WELLNESS STEERING COMMITTEE? ACCOMMODATING?

*Student at Large*

Wellness Steering Committee (WSC). I am sure you have heard of it. This steering committee was established to work towards a new Wellness Strategy. Wellness being a term used to include much more than mental health, spirituality, and physical recreation.

Since May 31<sup>st</sup>, when the announcement was made to dismantle Recreation Services at Moose Jaw, Prince Albert, and Saskatoon Campuses, the Wellness Steering Committee has been working to build up a few of the services that were lost and to advertise and advocate for some of the other services that were, and still are, currently in place. Calls went out to fill positions on the Wellness working teams and to fill positions on the Wellness Steering Committee. While there was a little progress made at the beginning, mainly from the backlash of the previous decisions made, things seem to be at more of a stand still now.

There have been kick off parties for the working teams both in the north and the south. Unfortunately, from the student perspective, they were not successful. A lack of communication would be one reason for this but, there are several other underlying issues. The times of these meetings and events are not accommodating for the students. Some programs will not allow their students to go to the washroom let alone attend meetings or events during class times, and in some cases, the

students don't want to miss a class because of personal reasons. The WSC is not accommodating the students. When this was brought to the attention of Sask Polytech, one of their solutions was to fill the students in at a later date. If the student voice is truly desired, how about accommodating the students by scheduling meetings that work with student schedules so that students can be a part of the discussions?

Further, many students are skeptical of the Wellness Steering Committee. Was this committee created to deflect responsibility for monumental decisions that were made by Sask Polytech with what students believe to be a lack of collaboration, cooperation, and communication? With the most recent direction of not accommodating the students and the lack of direction, one would believe so.

It is going to take some time for Sask Polytech to get things fixed and before students start to see success in what is happening. Saying that the student voice is important is not enough. Sask Polytech Senior Leadership needs to prove to the Sask Polytech students and community that they understand the concept of transparency, effective and efficient communication, and complete support in what is happening on campus from the instructors, program heads, and up! It's time to live up to the values of the Saskatchewan Polytechnic organization and put in to action the words that are on paper!

## PHOTO THOUGHT

Niharika Singh  
 Campus Council Director - Moose Jaw

“The river fell in love with the ocean when they met and in that beautiful estuary, the river completely lost itself”  
 – Anonymous.

This natural wonder is Poovar Beach, a tourist attraction in Kerala, South India. The beach has an estuary which connects backwaters (river water) with the Arabian Sea during the high tide. Its natural environment enables it to be a tourist spot. The mesmerizing views of the beach do not require a professional to capture its beauty. Any unskilled photographer can take random clicks that turn out to be a stunning picture like the one I shared today.

This is my picture story. What is your picture story? The SPSA invites you to share a picture originally taken by you with a brief story behind it. Your picture could be humorous, serious, about nature or anything. Be creative and share your story.



For photo consideration, please send your photo and story to [keli.jensen@spsa.ca](mailto:keli.jensen@spsa.ca).

	8	5			3		1	2
	2		5		6		4	
6	3	1			8			
1				7	9		8	3
9	4		8	6				5
			1			9	3	4
	9		6		5		7	
8	1		9			2	5	

## HALF-TIME

Tolu Carrol  
 Campus Council Director - Regina

Hearing the half-time whistle is always a relief to both teams during a game. Imagine running around a football field without taking a break during a game. That would surely be impossible.

Being in a tertiary institution is very tasking and taking a break is important in several ways. The opportunity to relax, socialize, reevaluate, plan and enjoy hours of some good sleep has come.

Take a moment to reflect on those sleepless nights, assignments, labs, midterms and finals. It almost felt endless at some point. For some it's all done, for some it's just the end of the first semester and the hump of the program to others.

You worked hard all semester; you made it so far. You are strong and can push all the way to the end. You got this.

Merry Christmas and enjoy the break!