

## **STUDENT INPUT IS NOT ENOUGH... WE NEED A VOICE, A VOTE!**

SEE PAGE 2 FOR DETAILS

**INTERVIEW WITH A MOOSE JAW CAMPUS HEALTH NURSE**

Pg 4

**REVIVE RECREATION (WELLNESS) WITH PROFESSIONALS**

Pg 5

**UNDERSTANDING GENETICALLY MODIFIED FOODS**

Pg 7

## STUDENT INPUT IS NOT ENOUGH...WE NEED A VOICE, A VOTE!

*Justin Skwark*  
SPSA President

One thing you will always hear is that the student voice is important. The fate of the institution is dependent on student enrollment and so it should be important. Over the years, there have been several ways to have a voice at the table or bring forth concerns. Some of these avenues still exist today. In the past there was Program Council, which focused on recommendations for academic programs and courses. One that began in 2016, Student Leadership Advisory Council (SLAC), is currently ongoing along with a newly developed Wellness Steering Committee (WSC). On occasion, emails are sent out using a mass email distribution list to students requesting feedback and input. All of these have one thing in common.... they are feedback and input.... not a vote.

Having a voice is great, but it is not effective or efficient if it is not involved when the decisions are made. There is no accountability as to whether or not students' feedback or concerns are actually considered. Very recently, there have been significant decisions made that go completely against what the students want. If "we" (the students) had a place to stand up and advocate for our values, maybe different decisions would be made. It is possible that decisions we don't like would still go forward, but at least there would be an understanding and rationale for the decision. Right now, Saskatchewan Polytechnic is not accountable

to the students, the number one stakeholders of the entire Saskatchewan Polytechnic organization.

### A few policies that affect students:

- 103 Admissions**
- 1214 Tuition & Fees Policy**
- 1211-a Student Code of Conduct (Academic)**
- 1211-b Student Code of Conduct (Non-Academic)**
- 1208 Grading System & Student Promotion**

When you look at other post-secondary institutions across Canada, the common practice is making boards the official student representative group has a vote on decisions that impact their members. The students of Saskatchewan Polytechnic need more. We need to be heard and we need people to listen. We deserve that. We deserve to be part of the decision-making process that directly affects us. We deserve a vote!

It is time for Saskatchewan Polytechnic to recognize that student representation on decision-making councils is no longer a desire of students; it's a right that is being denied.

## ANOTHER SUCCESSFUL ADVOCACY SERVICE PROVIDED

*Suhail Verma*  
Campus Council Director - Moose Jaw

When I asked a student "What is the SPSA according to you?" He replied: "The SPSA is an association which supports students and helps them out when required."

To elaborate on this student's point, I would like to add some roles and services that the Saskatchewan Polytechnic Students' Association (SPSA) provides. The SPSA is an independent, non-profit organization that functions as a union for the welfare of the Saskatchewan Polytechnic students. The SPSA is open for students to obtain services such as the provision of the Health and Dental Plan, locker rentals, used textbooks, pre-paid legal consultation, student advocacy, notary public, SAvivor program, and many more.

Another service we offer is free access to our Student Advocates. Recently, a student was working on an assignment, where at the submission of his assignment, he was accused of plagiarism and was at risk of receiving a failing mark for the course. The student was concerned about his standing in the program and so he went to *Selinda England* from Intercultural Services for guidance. Selinda suggested him to go to the SPSA and ask for advice from the student advocate. The student

followed through with this suggestion and right away connected with *Tara Pejski*, *Advocacy Manager*. They spent some time discussing the situation in depth and then, after Tara explained the appeal process, they came up with a plan of action together. Tara advised the student through the first steps of the process and then assisted with the required paperwork. At the end of it all, the student and the program were able to work together and find a positive outcome that all parties were happy with.

If any student is caught for plagiarism, it is important to note that Saskatchewan Polytechnic has policies and standards that they need to follow and any accusations should not be taken personally. At the same time, there are also policies in place to help protect students and their rights. While being familiar with and following these policies can be tough, there are many places you can go to for help, including the SPSA. We hope that all students know there is an advocacy service available to them and also hope they are comfortable utilizing it. The SPSA advocates are there for students and to figure out what is fair and what is unfair for the students.

All four campuses have SPSA and International Offices where students can take their concerns and they will surely be helped. The SPSA's Advocacy service is one of the premium services and is very useful whenever required.

## CHANGING THE C TO AN A

*Tomiwa Olaniyi*  
*Student Resource Representative - North*

Motivation is different to every individual, but there are times where motivation is at its peak, and also times where motivation is at its lowest. One factor that has a huge impact on motivation is failure. In college, failure can look like getting a failing grade on an exam you studied hard for, barely passing your classes or being unable to hand-in that essay on time. Amid the deep waters of failure it is difficult to accomplish tasks that we have no interest in. Inadvertently, motivation suffers and failure thrives because it is difficult to accomplish tasks that we have no interest in. Failure can make you feel inadequate, but it should not define you or your experience.

The first thing to keep in mind that can increase motivation and combat failure is that failure can be an opportunity to grow. When it feels like you are drowning in a pool of inadequacy, visualize where you want to go, understand what your values are and what you want.

Secondly, action comes before you feel like it. Change what you can and

don't dwell on the past. The memory of failure and the feeling of inadequacy that follows can cause procrastination, and fuel the lack of interest in anything remotely academic. In seasons like this it is important to take advantage of the learning resources around campus. If you feel like you need extra help and support there are counsellors on campus. If you think you have a disability that affects your learning you can see accessibility and mental health services. If there is an assignment you are struggling to complete there are learning resources at the library. If you are a social learner, you can start a study group with a few students in your class.

Last but not least, be kind to yourself. Everyone needs a break. Self-care looks different depending on your interests. Self-care can be going to the gym, taking a bath, meditating, painting, etc.

In conclusion, to paraphrase the great Maya Angelou, *"your mission in your education is not merely to survive, but to thrive; and to do so with some passion, some humour, and some style. No matter the situation you find yourself in, it's always important to rise above it and thrive."*



**2 For 1**  
**FAMILY**  
**PIZZA**

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

**Free Delivery**

**South Hill Shopping Centre**  
**Moose Jaw, SK S6H 7T1**

## INTERVIEW WITH A MOOSE JAW CAMPUS HEALTH NURSE

*Lola Kassim*

*Campus Council Director - Moose Jaw*

Recently, I had an interview with the Campus Health Nurse on the Moose Jaw Campus. The summary of the interview is as shown below.

### **Please introduce yourself:**

- I am Joanne Marta and I am a Registered Nurse
- I can be reached at 306-691-8400
- The Health Services Department hours of operation are Monday – Friday 10:00am – 2:00pm
- Our room number is 7.111

### **What services do you provide?**

- Treatment of minor illness and injuries
- Basic Health Assessment
- Health counselling & information
- Health promotion activities, and
- Referrals to outside agencies

### **How frequently is the Health Services Department visited by students?**

- It's fairly ok, we get about 5 – 6 visits per day

### **In your own opinion, would you say that students are fully aware of the services you provide?**

- I would say no; some students do not know that there is a Health Services Department on campus.

### **Are there any upcoming health activities you would like to inform the students of?**

- Yes, flu shots start on Monday October 29th, 2018 by appointment. Please visit the Health Services Department for further details.



### **Are there any challenges that affect the operations of the Health Services Department?**

- Yes. The limited hours of operation (4 hours per day) restricts the students' visiting hours.

### **In what way(s) do you think your services can be improved?**

- The services can be improved by extending the hours of operation.
- Also, through the creation of more awareness of the Health Services Department and their services on campus.

## CANNABIS USE AT SASK POLYTECH

*Saskatchewan Polytechnic*

### **The bottom line**

Cannabis smoking and consumption is prohibited in all Saskatchewan Polytechnic buildings, facilities and on all properties. This includes designated smoking areas. Read our Cannabis and Tobacco Use policy and procedure #719 for more information.

### **Avoid coming to campus impaired**

Saskatchewan Polytechnic is committed to the health and safety of our students, employees and visitors and to creating a safe learning and working environment. Anyone showing signs of impairment (from cannabis or other substances) will be addressed under the appropriate processes (Cannabis and Tobacco Use policy and procedure #719). A visitor that is showing signs of impairment will be addressed by Campus Safety and Security.

### **Cannabis for medical purposes**

If cannabis use has been medically prescribed, processes under Saskatchewan Polytechnic's Reasonable Accommodation policy will be utilized. In these cases, students should contact their local campus counselling office. Faculty and staff should contact their local Human Resources office.

### **Make informed decisions**

The Government of Canada has developed a number of tools and resources to provide information about cannabis.

- Cannabis use in Canada
- Cannabis use in Saskatchewan
- Education Resources

*This article was taken from the Saskatchewan Polytechnic website. See the article at: <https://saskpolytech.ca/news/posts/2018/cannabis.aspx>.*

## REVIVE RECREATION (WELLNESS) WITH PROFESSIONALS

Dallas Burnett  
VP Saskatoon

According to the Interprovincial Sport and Recreation Council and the Canadian Parks and Recreation Association (2015), "*Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.*" (p. 4).

Recreation professionals have recognized changes to recreation and society, and as such have been actively working to adapt to these changes. Sask Polytech has removed many of these professionals from their staffing structure, which is counterproductive to the Framework for Recreation in Canada that the Saskatchewan minister of parks, culture, and sport has endorsed.

Additionally, the Federal, Provincial, and Territorial (F-P/T) ministers responsible for Sport, Physical Activity and Recreation have approved Priorities for Collaborative Action 2017-2022.

Priority 3 states, "*Develop a strategy for F-P/T governments and the sport and related sectors to promote the inclusion of physical literacy, physical education and physical activity in the curriculums, and promote the quality of programming for those activities, in schools at the primary, secondary and post-secondary levels.*" ([http://sirc.ca/sites/default/files/content/fpt\\_csp\\_priorities\\_for\\_collaborative\\_action\\_28july2017\\_en.pdf](http://sirc.ca/sites/default/files/content/fpt_csp_priorities_for_collaborative_action_28july2017_en.pdf)).

The contradiction between the Ministry of Advanced Education (lacking support of recreation at Sask Polytech) and parks, culture, and sport (supporting recreation) showcases a need for change.

### Moving Forward:

While I have always admired a holistic approach to wellness, I continually question the work that is being done by Sask Polytech. Two months of the 2018-2019 academic year have passed with little to no progress on recreation (or wellness) initiatives on campus. I believe it is time to review the decision to remove recreation services, and bring back professionals to assist in the creation of the new recreation/wellness strategy.

Considering the institution has a Recreation and Community Development program that educates students to become recreation professionals; it is very disappointing that senior management, the Sask Polytech Board of Directorss, and the Ministry of Advanced Education isn't

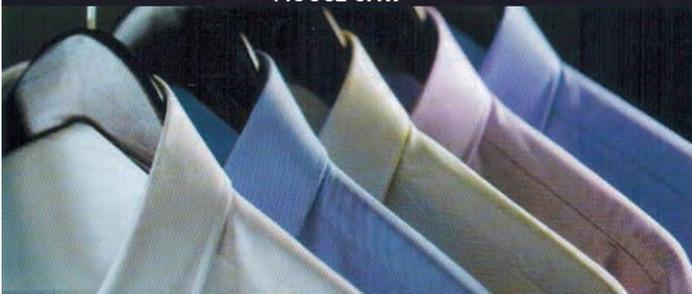
recognizing the importance of recreation professionals in the development of programming at Sask Polytech.

### Reference List:

Interprovincial Sport and Recreation Council and the Canadian Parks and Recreation Association (2015). *A Framework for Recreation in Canada 2015 Pathways to Wellbeing*. Retrieved from <https://www.cpra.ca/about-the-framework>

Sport Information Resource Centre (2017). F-P/T Priorities for Collaborative Action 2017-2022. Retrieved from [http://sirc.ca/sites/default/files/content/fpt\\_csp\\_priorities\\_for\\_collaborative\\_action\\_28july2017\\_en.pdf](http://sirc.ca/sites/default/files/content/fpt_csp_priorities_for_collaborative_action_28july2017_en.pdf).

MOOSE JAW



**Kwala-T  
Cleaners**

OPEN 6 DAYS A WEEK

DRY CLEANING • LAUNDRY SERVICE  
PRESS ONLY • LEATHER CLEANING  
ALTERATIONS • WEDDING PACKS

80 Stadacona St. W. • 306.693.4666

[kwalatcleaners@sasktel.net](mailto:kwalatcleaners@sasktel.net)



DOWNLOAD ASK POLY TODAY.  
POWERED BY YOUR STUDENTS' ASSOCIATION



## PHOTO THOUGHT

Niharika Singh  
Campus Council Director - Moose Jaw

I took this picture back in 2012 for a national photography competition in India. The topic was 'Gender Equality'. My photo made it into the top 100 entries. My picture tells that I see a person as an individual and not just as a gender. You are an individual with so many different qualities and you may be loved or criticized for that. Use that love and criticism to make you a better person and remember you are beyond just being a gender.

This is my picture story. What is your picture story? The SPSA invites you to share a picture originally taken by you with a 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).



**Mitsu Sweet Café & Sushi is a Japanese inspired restaurant started with the desire to attract people for a unique food and atmospheric experience. We invite & welcome all customers to come in and taste our delicates products.**

115 Main St. N  
Moose Jaw, SK S6H 0V9

### Mitsu Fall Event Promotion

#### Café

Savory Crepe + Sweet Crepe .....	\$16.00
* With ice cream add extra \$3.00	
Crossiant Sandwich + Parfait (S) .....	\$16.25
Honey Toast with free coffee.....	\$14.50
Special Drink .....	\$ 4.75
*Yuzumitsu Soda * Coffee jelly in Café Au Lait * Redbean paste in Matcha Au lait	

#### Sushi

California roll + Dynamite roll .....	\$ 11.50
Yam & Avocado + Spicy Veggie Roll .....	\$ 10.50
Crab, Salmon or Tuna Pizza with Miso Soup & Salad .....	\$ 11.00

### Open House Christmas in October

Please come and join our special early Christmas event held in down Moose Jaw. We are going to have specialties during event such as Holiday desserts. Savory Puffs with Cream Cheese & Smoked Salmon, Gingerbread Lattes, Peppermint Lattes, Peppermint Bubble-tea and so on ! !

#### Performance

- 1) October 25<sup>th</sup> 7:00PM - 9:00PM
- 2) November 29<sup>th</sup> 7:00PM - 9:00PM

#### Music

Fall event will start from Oct 25<sup>th</sup> to November 20<sup>th</sup>  
Please bring your student ID; you can get 10% off of items not otherwise promoted

## UNDERSTANDING GENETICALLY MODIFIED FOODS

Have you ever wondered where food comes from? When we think about it, a picture of a farmer planting seeds often comes to mind. But did you know that some seeds are genetically altered in a laboratory before being planted? These seeds are called genetically modified organisms (GMOs) and they grow into genetically modified (GM) foods. Health Canada makes sure that all foods, including GM foods, are safe for us to eat. Read on to learn more about GMOs and GM foods.

### What is a Genetically Modified Organism (GMO)?

A GMO is a plant-based organism, like a seed, that:

- Has its genes (DNA) altered to act in a way that does not happen naturally and/or
- Contains genes from another plant-based organism

GMOs are used to grow GM foods.

### What GM foods are approved in Canada?

Since 1994, about 85 GM foods have been approved for sale in Canada. This includes GM foods grown in Canada and GM foods that have been imported from other countries. Only four main GM crops are currently grown in Canada including canola, soybean, corn and sugar beet. Most of these GM crops are exported to other countries.

### How are GM foods regulated?

Before a GM food can be sold in Canada, Health Canada makes sure it is safe to eat and will not harm your health or the environment. Health Canada completes a thorough safety assessment on all GM foods before they are allowed to be sold. A safety assessment can take many years.

### Are GM foods labelled?

No. GM foods do not have to be labelled in Canada. However, some food companies choose to label their products “GMO free”. Labelling of GM foods is challenging. This is because a food like GM corn can be used as an ingredient in many other foods like cereal, yogurt, frozen entrees and canned soup. All of these foods would need to be labelled as having genetically modified ingredients.

### What are the benefits of genetically modified foods?

GM crops have been developed to have certain benefits. GM foods may:

- Resist damage due to weather, like frost or draught
- Grow more easily in some environments (like dry soil conditions)
- Produce more crop, helping to keep food prices lower
- Ripen slower and last longer during shipping
- Bruise less easily
- Need less pesticides (like herbicides and insecticides)
- Have less disease caused by insects or viruses
- Have more of a certain nutrient like vitamin A found in Golden Rice, a GM rice crop used to fight malnutrition in developing countries

### What are the potential concerns of eating GM foods?

Some common questions asked about GM foods include:

- *Can GM foods cause allergies?* There is no evidence that GM foods increase the risk of allergic reactions.
- *Can GM foods cause resistance to antibiotics?* There is no evidence to show that any antibiotic resistant genes used in GM foods can be transferred to humans.
- *Can GM crops contaminate regular crops?* GM crops may blow into fields close by that grow regular crops. Preventing this is very difficult. The Canadian Food Inspection Agency (CFIA) is addressing this concern.

### What should I do if I'm concerned about eating GM foods?

If you are concerned about eating GM foods, try the following tips:

- Call food companies. If you are interested to know if a certain food contains GM ingredients, the food company may be able to answer your questions.
- Visit specialty stores. Some smaller food companies label their products as “GMO free.”
- Buy organic foods. Organic foods are not genetically modified.
- Plant a garden. When you buy plants

or seeds, ask if they have been genetically modified.

- Voice your opinion. Call food companies, contact Health Canada at: [info@hc-sc.gc.ca](mailto:info@hc-sc.gc.ca) or the CFIA and let them know you would like GM foods to be labelled.

### Bottom line

GM foods available in Canada are considered safe for us to eat. While Canada does produce some GM crops, most of them are exported. Labelling GM foods is not required in Canada, so it can be difficult to know if a food product contains GM ingredients. If you are concerned about eating GM foods, call food companies to see if they use GM ingredients, look for “GMO free” foods, try buying organic foods or plant your own garden with GMO-free seeds.

*This article was taken from the UnlockFood website. See the article at: <http://www.unlockfood.ca/en/Articles/Food-technology/Under->*

# STUDENT CLUBS

your ideas our help



Fundraising  
Grad Planning  
Sports and Games  
Photography and Art

Turn your passion and ideas into a student club.





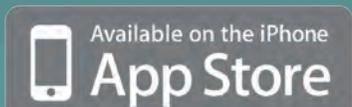
DOWNLOAD  
ASK POLY TODAY.

THE INFO YOU NEED.

THE PRIZES YOU WANT.

THE APP THAT HAS BOTH.

POWERED BY YOUR  
STUDENTS' ASSOCIATION



## THINGS NOT TO DO IN INDIA

*Bhavika Bahl*

*Campus Council Director - Prince Albert*

Sask Polytech has students from all around the globe with different cultures, religions and customs. We often find ourselves amused by their stories and adventures in their country. Everyone tells us about where we should go and things to do when we visit their country. I am from India and being an international student, I thought to share the same with you. However, that is something everyone can tell you, thus, I plan on telling you things that you should not do when you are in India.

1. Do not steal a cow and do not talk about your love of beef.
2. Do not eat street food (unless you want to spend the rest of your trip on a toilet seat).
3. Do not talk about religion and politics (people are quite sensitive in these areas).
4. Do not drink tap water.
5. Do not criticize cricket.

These would pretty much save you during your trip. Don't forget to share photos. By the way, how did the mid-term exams go?

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