

# THE SCANNER

Student Newspaper of Saskatchewan Polytechnic

## WHAT ABOUT US?

POLYTECHNIC COUNTERPART PROMOTES FREE RECREATION FOR ACADEMIC PERFORMANCE, WHILE SPSA CONTINUES TO SEEK ANSWERS FROM SASK POLYTECH ADMINISTRATION

PG 2

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## WHAT ABOUT US?

### SPSA CONTINUES TO SEEK ANSWERS TO RECREATION CUTS

1. Why did the Regina Campus Fitness Centres remain open when Saskatchewan Polytechnic stated that the new Wellness Strategy was yet to be developed?
2. Fitness Centres were reopened on August 8th with only etiquette and rules posters displayed. Why was this solution not implemented on June 1, 2018?
3. Why did the Regina Fitness Centre not need any recommendation from the Wellness Steering Committee to remain open?
4. Recent publications indicate that the athletics program will not be reinstated. Did the Steering Committee actually have in-depth discussions regarding the reinstatement of the Athletics Program?
5. Will intramural programming be reinstated on all of the campuses? If so, when?
6. Will the Regina Campus offer fitness classes in the fall?
7. Our understanding is that the Saskatchewan Polytechnic Recreation Services staff members will provide assistance to students at the Regina campus. Will this staffing level be matched at the other three campuses to ensure institution-wide consistency?
  - a. If not, what supervision will be in place in Saskatoon, Prince Albert and Moose Jaw to ensure participant safety, protection of equipment, etc.? Have new parameters for Fitness Centre use been developed?
8. While user fees are presently not being collected, students have heard that fees for all Fitness Centre users will be implemented in the near future – is this correct?
9. The Wellness Steering Committee receives student input but what opportunities will there be specifically for the Students' Association in the ongoing development and implementation of the wellness model?
10. The students of this institution have suggested that the dismantling of recreational services has significantly damaged the reputation of Saskatchewan Polytechnic – how would you respond?

At the time of publication in September, the SPSA did not receive a response to the questions above. We requested that Saskatchewan Polytechnic provide responses to our questions to be published in this issue. Instead of receiving responses to our questions, Saskatchewan Polytechnic provided the following information:

- intramurals was raised at the wellness steering committee and is being further considered.
- Sask Polytech continues to meet with SPSA and discuss directly with them opportunities for collaboration.
- fitness centres and gyms are available to students, faculty and staff

at no cost for the 2018-19 academic year while longer-term options are discussed through the wellness work teams. No decisions have been made either on offerings or fees beyond the current year.

- parameters for safe use of fitness centres and gyms are posted and we encourage all users to follow them.
- fitness card readers will be installed this fall in Moose Jaw, Saskatoon and Prince Albert, and are already in place in Regina. Participants will be asked to sign a waiver further emphasizing the importance of safe use of the facilities.
- the Student Development Office on the Saskatoon Campus is the front-line team for fitness/gym-related questions. Students should feel encouraged to contact them with questions.
- Sask Polytech is currently developing a wellness model to have wide applicability and benefits through a collaborative process with students, faculty, and staff across the institute. The call for working team members was met with strong interest, and work teams, along with support from the steering committee, will be working on recommendations to support the four established wellness pillars: mind, body, community, life.
- Decisions made in the prior academic year related to closing certain service lines were addressed through FAQs and in conversations with the SPSA. Sask Polytech has trust in the wellness steering committee/work team model which has been developed to help chart the path forward for the benefit of students, faculty, and staff. One of the goals is consistency in the applicability of offerings across campuses which will be a work in progress and somewhat dependent on factors such as physical space/facilities. Our priority is on moving ahead with the SPSA and students, faculty, and staff in a manner which supports constructive future planning.

The SPSA believes our questions have still not been fully answered and we will continue to seek additional information. Furthermore, the SPSA would like to respond to Sask Polytech's remark "Decisions made in the prior academic year related to closing certain service lines were addressed through FAQs and in conversations with the SPSA..."

The SPSA was not in conversation with Sask Polytech about the closure of certain service lines until the day the announcement to abolish recreation in Prince Albert, Moose Jaw and Saskatoon was made, May 31, 2018. When the SPSA was informed, we were not given specific reasons for the cuts or provided any more insight than we have shared to date.



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## SPSA

SASKATCHEWAN POLYTECHNIC  
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### STUDENT ELECTION RESULTS



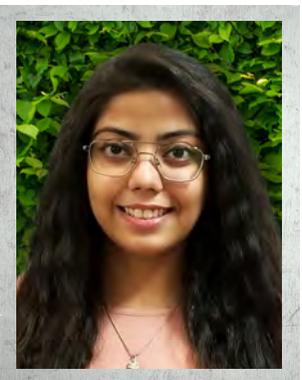
VP Moose Jaw  
Sukhjot Samra



Campus Council Director  
Moose Jaw  
Olotade Kassim (Lola)



Campus Council Director  
Moose Jaw  
Suhail Verma



Campus Council Director  
Prince Albert  
Bhavika Bahl



Campus Council Director  
Regina  
Tolulope Carrol (Tolu)



Campus Council Director  
Saskatoon  
Chetna Chauhan



Campus Council Director  
Saskatoon  
Bobby Peng

Congratulations to all of our newly elected members!

## JUST KEEP GOING

*Anna Lueke  
VP Prince Albert*

Well, by now I hope some of the craziness has begun to settle and the routine has started to begin. However, if your schedule is anything like mine, the crazy is only just beginning! We are now officially one month into school and so far I have completed 1243 quizzes, 172 tests, 54 assignments, and 21 projects. Ok fine, maybe I exaggerated a little.

Sometimes when you are feeling overwhelmed everything seems heavier than what it actually is. Just remind yourself to breathe and to keep going! No matter how you feel, you can, and you will succeed. Every person here at Sask Polytech has a different story, a different reason of what led them to this school and their specific program. However, no matter how different our stories may be, we are all here to succeed in the career of our dreams. So when things get tough, just breathe, and keep going!

## RECOGNIZING COLD AND FLU SYMPTOMS CAN KEEP YOUR FAMILY SAFE

*Iris Winston  
Postmedia Content Works*

The cold and flu season is almost upon us, though as we ease out of summer, it can be difficult to remember how devastating last year's flu season was.

Just this last February, Canada's Public Health Agency called incidences of flu "well above expected levels" for that time of the year. Indeed, thanks to an earlier season, by the end of March, the agency had reported 4,500 flu-associated hospitalizations across Canada. 230 people had died.

While these numbers are not quite as frightening as the 1918 flu pandemic that killed 50 million worldwide or the 2009 swine flu death toll of 2009 that took more than 200,000 lives, it is clear that flu endangers vulnerable people.

Recognizing the differences between severe colds and influenza is a first step in protecting ourselves against life-threatening sickness. While both are respiratory illnesses caused by viruses, colds rarely result in serious health problems, whereas the flu can lead to such complications as pneumonia, or even respiratory failure in vulnerable people.

The first clues are that cold symptoms usually develop gradually, whereas the onset of flu can be sudden. In addition, colds tend to be milder than the flu in most cases. While the sneezing, stuffy or runny noses and sore throats associated with colds are uncomfortable, they are not usually accompanied by fever.

Although flu symptoms may mimic some cold symptoms, they almost always include a fever, severe body and muscle aches and an aching head. Any headaches or other aching associated with colds are normally relatively mild.

Depending on how severe the influenza attack is, it may include periods of vomiting or diarrhea, particularly in children. The flu virus can also make chronic medical problems worse. For example, the condition of those with heart disease may worsen and those with asthma may experience difficulty breathing. While most people with influenza recover within two weeks, a number develop severe or life-threatening complications. By contrast, colds generally last from three days to a week (up

to 10 days in children) and are rarely followed by major complications.

Extreme fatigue and weakness, lasting as much as three weeks, are common with flu cases. Some people with severe colds may have trouble sleeping and, therefore, have some tiredness, but it is insignificant compared to the overwhelming exhaustion and lethargy associated with severe instances of the flu.

Severe chest pains are common with the flu, whereas any chest pains associated with a cold are relatively mild. However, a hacking cough is more common with a cold than with the flu. Sinus congestion and earache, particularly in children, are possible complications following either disease, but it is the very serious complications, such as respiratory failure, that are more likely to be part of the possible outcome of the flu in vulnerable people.

Both colds and influenza are contagious, most often a day or two before the symptoms are evident, making anyone a potential host. Some people, however, are at greater risk of developing complication from flu. They include seniors of 65 or older, pregnant women, young children and people with chronic medical conditions.

Health professionals recommend that most people should have an annual flu shot. There is no vaccine to combat the common cold, which is the result of more than 200 different viruses. While the effectiveness of flu shots varies from year to year as flu viruses change, they certainly help mitigate the effects of the illness.

Some groups, such as babies under six months of age, pregnant women and individuals with certain allergies or chronic diseases may not be candidates for flu shots. Therefore, it is important to consult a health-care professional before proceeding with vaccination.

For everyone, helping to prevent colds and flu includes following normal hygiene practices, such as frequent hand washing, and maintaining a healthy diet and lifestyle, that includes regular moderate exercise and plenty of rest.

*This article was taken from the Discover Moose Jaw website, see the article at: <https://nationalpost.com/sponsored/health-sponsored/recognizing-cold-and-flu-symptoms-can-keep-your-family-safe>.*



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- ✓ Fitness For \$10 believes a health club should provide members with a positive and helpful environment.
- ✓ Fitness For \$10 believes people have the power and determination to attain their fitness goals.
- ✓ Fitness For \$10 believes in you!

## WHAT IS SOFA ANYWAY?

*Dustin Hunt  
VP Regina*

Great question! To put it simply, SOFA, or Student Open Forum Assembly, is the opportunity for you, the student, to have your voice heard! Saskatchewan Polytechnic Students' Association (SPSA), hosts a monthly meeting to discuss the student experience here at Saskatchewan Polytechnic. Our next meeting will take place on Tuesday, October 30. This is

your opportunity to bring forward any concerns or suggestions you may have. Your voice matters!

How do you get involved in SOFA? Allow me to elaborate! There are no fancy credentials required to attend. Just show up and have your voice heard. We understand that as a student, you are busy and for that reason, there is no commitment to SOFA attendance. You can attend one meeting, two meetings, or you can at-

tend them all. Whichever is most conducive to your schedule. Pretty sweet deal, right? It gets better! I'll let you in on a little secret. There's free food! So, come on and get involved! Have a bite to eat and improve the student experience. I'll see you at the next SOFA meeting!

If you have any questions regarding SOFA or would like to make a suggestion, please visit the SPSA Office on your campus.



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## POLICE AND PARAMEDICS PROVIDE TIPS AND CARE AT PRESENTATION

*Blaise Wozniak  
Discover Moose Jaw*

Have you ever received a call from a scammer? Do you know what to do if someone is suffering from a heart attack? Paramedics Presentation 2

These questions were answered Thursday evening for residents in attendance at the Education & Wellness evening in council chambers. The event was hosted by the Moose Jaw Special Needs Advisory Committee and featured two of the city's first responders making a two-part presentation.

First up was Cst. Kyle Cunningham of the Moose Jaw Police Service who detailed for residents how people can sometimes easily fall victim to email or phone scams, what the warning signs are and why in most cases people don't end up getting their money back. He noted that when you're sent a link to click on it and check to see if it's a secure site first, don't ever give out your information and unless you've signed up for a contest, don't accept the "prize".

The second half came from Advanced Care Paramedic, Mike Slater, with the Moose Jaw & District Paramedics. Slater went over a number of topics for attendees such as who are the friendly faces that make up the team of paramedics in our city, what tools and equipment they have, and the things you may need to do before emergency services arrive at your destination.

Doreen Gane, a board member who was in attendance, found what Slater had to say about our provincial dispatching service the most interesting.

Kyle presentation "There was so much information in there that I wasn't aware of about what happens when a 911 call is activated, about the care that the paramedics are able to provide, the level of training they have," explained Gane. "I walk away tonight with a lot more information on what happens. I've had some ambulance rides in my lifetime, I've had some things happen, and I didn't realize all that goes on in the background."

Slater shared some statistics with the crowd based on national numbers what the difference is when a resident drives themselves to a hospital in a very serious situation compared to the quick response of paramedics. Along with

the work taking place behind the scenes when a resident is on the phone with a 911 operator, that their partner is listening and contacting the necessary services to best respond so there are no lag times.

"I was amazed at the size of the Regina region, and how many calls they're responding to and how well they're doing with the number of calls they are taking. Also in the Moose Jaw area, I think we have no idea when we think of calling an ambulance of the amount of work they're doing and the situations they're called to. I was very impressed."

The evening finished up with attendees given the chance to have their blood pressure checked as well as their blood sugar, with a little advice from the friendly first responders we have in Moose Jaw.

*This article was taken from the Discover Moose Jaw website, see the article at: <https://www.discovermoosejaw.com/local/police-and-paramedics-provide-tips-and-care-at-presentation>.*

The SPSA is collecting gently used winter coats, boots, mitts, scarves, hats, etc.

# WINTER WEARS

## COLLECTION

Anything donated will be cleaned and provided to students in need next winter.

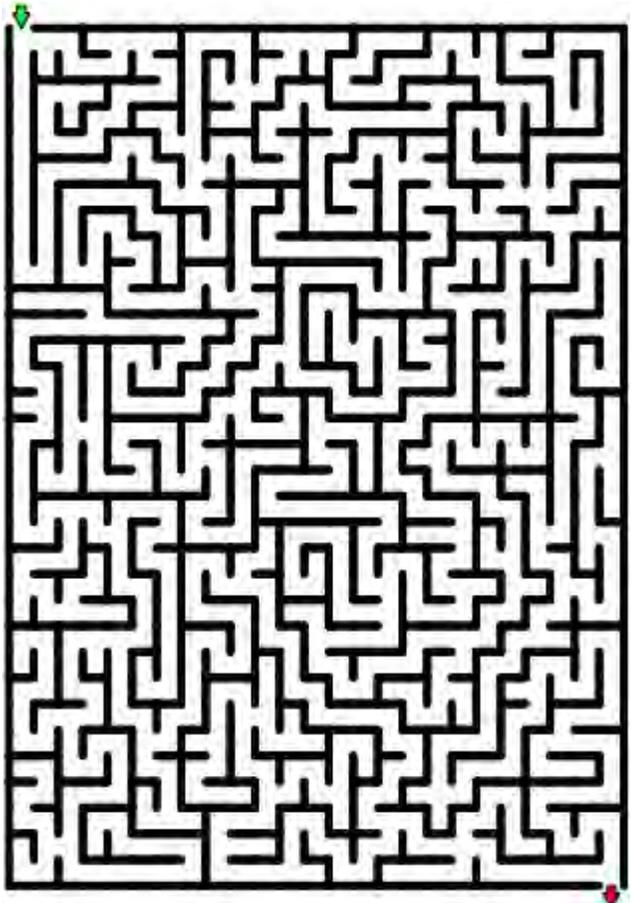


## ACTIVITY PAGE

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## WORD SEARCH

- HOMER
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- BART
- LISA
- KRUSTY
- BARNEY
- GRAMPA
- MOE
- APU
- CLETUS
- MR BURNS
- OTTO
- NELSON
- NED
- SELMA
- PATTY
- RALPH
- WILLIE
- SMITHERS
- LENNY



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