



Humbrites, Humbertons, and Humbergos!

FYE NEWSFLASH

2nd Edition
November, 2014



Dr. Vasu Gautam

Resident journalist, Dr. Vasu Gautam gives us a recap of the municipal elections.

Leaping Into Community Service

Resident journalist, Laura Mulrine gives us the scoop on FYE's community outreach committee.

While it's no secret that the FYE team has been hard at work on campus mentoring and planning events for Humber students, what many of you may not know is that the Community Outreach committee has been working equally hard to help the wider community.

The committee, spearheaded by Senior Peer Mentors Ariel Brown-Berkeley and Rachel Lamarra, decided to address a challenge all too common on the streets of Toronto: a hungry, homeless population. As a team, the group decided to put together bagged lunches and distribute them around Nathan Phillip Square and Queen St and in the Yonge and Dundas area. In total, forty bags were packed, consisting of a sandwich, an apple, a rice crispy, a piece of chocolate, and a juice box.

On Saturday, November 1, our Community Outreach committee set out to deliver their lunches. Although an incredibly rewarding experience, this project was not an easy one. A common feeling amongst the group was the uncertainty involved in approaching lunch bag recipients. Ariel Brown-Berkeley reflected on the event saying, "Each and everyone of us had to fight our stereotypes or our misconceived notions of what the face of homelessness looked like." Despite these nerves, the team persevered, meeting a variety of people. In doing so, they gained valuable insight into what it is like to be on the streets.

When asked about the experience, Rachel Lamarra said, "We wanted a chance to inspire, but also to be inspired by the love and support that surrounds the streets of Toronto." It's safe to say that the Community Outreach committee succeeded in their mission.

The committee has many more exciting campaigns and initiatives coming up, so keep an eye out around campus and watch your inboxes to find out how you can help!

Special thanks goes out to Anna, Andy, Ariel, Kerena, Komal, Melissa, Rachel, Rebeca for packing the lunches and to Andy, Ariel, Komal, Lauren, Melissa, Million, Mobeen, Rachel, Rebeca, and Tom for distributing them.

Toronto citizens came out in full flow and voted for their prospective mayor. There was a record (60%) turnout with a staggering 1 million (980,000) voters exercising their right to vote.

And with this whopping turnout, the mandate has been given to Mr. John Tory and his agenda of "One Toronto". Mr. Tory has been third time lucky after the mayoral disappointment of 2003 and premier disappointment of 2007. This time, Mr. Tory finally went past the post.

Tory did beat his closest rival Doug Ford. He fought a fierce battle considering his rather short campaign following the announcement that his brother had left the mayoral race. Ford and his personal agenda of benefitting taxpayers garnered him a strong support of 34%.

However, Doug Ford should be content with the result, because given the campaign time he had at his disposal, he still managed to develop a strong electoral base. Ford stood comfortably ahead of Olivia Chow, who managed to gather trust and support of 23% of Toronto voters. Although Olivia Chow started her campaign on a very positive note with her agenda of safety, transit and jobs, as the race became tougher, Olivia Chow seemed to have lost her support.

Irrespective of the results and irrespective of those who won the elections, change has come to Toronto. People of Toronto have shown a great deal of trust in democracy and its process. You have not voted for any single person or any single agenda, Toronto voted for a positive change and as a result of the effort change is knocking!

John Tory: 395,124 votes	42%
Olivia Chow: 227,003 votes	23%
Doug Ford: 331,006 votes	34%

Resident journalist Lauren Thomas, was sent on assignment to eat a three course meal at the Humber Room. Here's the skinny.

I spent an afternoon enjoying three amazing courses and excellent service at the Humber Room and you can too! If you're like me, you might never have considered eating at the Humber room because if the price of a croissant and coffee at school is ~\$5 then who can imagine what the charge is for dinner service. Turns out, it's about the same. Take for example, the grilled squid a la nicoise I devoured for my starter. This delectable delight was less than a Mr. Sub and a fraction of the cost of a Booster Juice. What are you doing waiting in line in the cafeteria? Get over to the Humber Room, unfold that white napkin,

gently lay it across your lap and tuck into some deliciously affordable gourmet food.

Pictured below clockwise:

PAN ROASTED FILET OF ATLANTIC SALMON	\$12
ROASTED CASHEW BUTTER TART	\$5
DRY AGED ONTARIO STRIPLOIN STEAK	\$13... \$13!!
GRILLED SQUID A LA NICOISE	\$5.5



THE HUMBER ROOM

Get Involved!

Club Profile: Right to Play

Right To Play is an international humanitarian organization that uses the transformative power of sport and play to improve the lives of children in over 20 countries worldwide including, as of 2010, Canada.

The Humber branch was started by Senior Peer Mentor Danielle MacMillian last January, making it one of 26 college/university student-run clubs across Canada who aim to raise awareness for Right to Play programs.

Club members are students who are interested in learning more about Right To Play's initiatives, and who are interested in the fields of sport for development. Members are committed to making an impact in their community through sport.

Right to Play's next event is Tuesday, November 18th from 1:30-3pm in room Kx206 where they will be screening the 2012 documentary "30 for 30: Right To Play". The film documents Right To Play's founder Johann Olav Koss and his journey from Olympic champion at the 1994 Lillehammer games to globally recognized humanitarian at Right To Play's international headquarters in Toronto.

All are welcome!

IN SUPPORT OF



UPCOMING EVENTS

FYE Winter Clothing Drive

Drop clothes off in H217

Aboriginal Awareness Training

November 18 from 9-12 & 1-4 B106

Right to Play Screening of "30 for 30: Right to Play Documentary"

November 18 from 1:30 KX206

6th Annual Fitness Olympics

November 20 from 11-2 Gymnasium

Ian Hall KiSP Design Firm

December 3 B202

Day of Remembrance and Action on Violence Against Women

December 4 from 12-1 Student Centre

Frank Balenzano Presentation on Legislation & Design

December 10 B202

Learning Skills Workshops

Whole month of November Varying Time and Topics Visit: www.humber.ca/learning-resources for more information and for the schedule



Resident journalist Caroline Misk sits us down and gets real on mental health and coping with stress

“Nothing can bring you peace but yourself.” Ralph Waldo Emerson
 “It never gets easier. But you get better.” (Sorry, no credit)
 “Our anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths.” Charles H. Spurgeon
 “I’m here because I’m not all there.” Bob Dylan

Resident journalist/designer Lauren Thomas’s digital painting of a calm serene lake.

If you are reading this article, chances are high that you have faced stress or some level of adversity in life. Stress is universal and unavoidable. Humans are hardwired for it. In the face of stress it is important to show resilience, which is the ability to bounce back in the face of adversity. Success is achieved in the face of adversity, despite having the odds stacked against you. It is not achieved for lack of adversity.

This sounds all well and good but how can you harness the power of resilience to improve your ability to face and overcome stress?

Resilience has two dimensions – the ability to survive and to thrive. The ability to survive is the ability to do well in the face of adversity. The ability to thrive is to optimize your wellbeing as you do what matters most to you through the pursuit of meaningful goals.

Thriving provides satisfaction, fulfillment and meaning in your life beyond simply completing day-to-day tasks. Step back and ask yourself “How will what I am doing benefit me and help me along my path to achieve those meaningful goals that I have created for myself?”

To achieve this, we may engage in intentional practices, routines, and habits, on a daily basis, that optimize our happiness and

Resilience is not something that we are born with and it does not happen through luck.

help us get the most out of life. What those are, will look different to everyone. There is no right answer but there are time-tested best practices that have been proved to help optimize resilience.

Resilience is not something that we are born with and it does not happen through luck. It is a practice that is cultivated through self-awareness, intentional practices that optimize happiness, and being open to

learning new practices that can improve our overall quality of life.

In this issue we look at some ways of creating and sustaining resilience through self-care. These can be through physical exercise, like participating in sports and yoga, or through other stress relieving activities.



Remember, Remember the Stress of November

Valeriia Valchuk

You wake when it’s still dark. You go home when it’s already dark. You never go to sleep the same day you woke up. You want to snuggle under a blanket and cry. What’s going on? Nothing special, it’s just November. Even though preparation for the exams becomes harder and harder, we still have to keep going. Here are some tips how to maintain your energy:

Eat right

A hamburger or a hot dog might seem delicious, yet don’t forget about fruits and

veggies. A healthy diet always boosts and preserves your physical and mental energy.

Power nap

It’s really hard to have a consistent sleeping schedule at this time of a year, but you can always cheat. Have a 20 minute nap between your classes and crash on one of the couches in KX study room, B, F, L Halls, or Guelph Humber.

Exercise

20 minutes of exercising per day will help you to blow off steam and receive a portion of endorphins, hormones of happiness. Humber Gym in A building has everything that you need from cardio training to yoga. And they also have spa!

Think positively and smile

Under hard circumstances, only a positive attitude can help you to stay strong. Smile

when you feel bad, and good emotions will come back to you.

Listen to your favourite music

Whenever you have chance, listen to songs cheer you up either during studies, trip to school, or shower.

Get help

Sometimes you feel so overwhelmed that you can not handle this anymore. Humber’s got you. Drop by Time Management, Memory and Concentration or Study Skills workshops in H217. If it gets really tough, Counselling Services in B112 always has its room opened for you and an available counsellor.

Stay strong, FYE!



Stretch Your Stress Away!

Mandy Kooner is our resident expert on health and fitness. Get a load of these hot fitness tips to keep you pumped during November.

Flexibility training has been shown to increase range of motion, decrease risk of injury and stress. Static flexibility training is recommended as a session on its own, or after a workout. When performed regularly, stretching has prevented decrease in loss of range of motion in all age groups which is lost as we age. This is important because loss of range of motion can lead to inability to perform daily activities such as squatting down to tie shoe laces or putting on clothes. In addition, tight muscles such as hip flexors/hamstrings can lead to back pain or tight chest can lead to poor posture causing additional stresses on the body. More importantly stretching is a great easy way to alleviate physical and mental tension!

Equipment: Yoga mat, stop watch and a smile!

Stretches should be performed 4-7x a week. Hold each stretch for 15-30 seconds till tension is felt but not pain. Immediately stop an exercise if sudden pain is felt – consult a doctor. Relax and repeat 2-3x.

CHEST STRETCH



Should feel the stretch in your chest

Key Points:

- Relax shoulders and depress them down i.e. no shrugging of the shoulders
- Keep elbows at 90o and back straight
- Step with any leg through a doorway till a stretch is felt in the chest and hold it
- Keep front knee behind toes, back foot facing doorway and flat on the ground

STANDING QUAD STRETCH



Should feel the stretch in your chest

Key Points:

- Relax shoulders and depress them down i.e. no shrugging of the shoulders
- Keep elbows at 90o and back straight
- Step with any leg through a doorway till a stretch is felt in the chest and hold it
- Keep front knee behind toes, back foot facing doorway and flat on the ground

HIP FLEXOR STRETCH



Should feel the stretch at the front of your hip

Key Points:

- Keep knee behind the toes
- Keep back straight, chest open and look straight
- Back foot toes should be flat

BUTTERFLY STRETCH



Should feel the stretch in the inner thighs

Key Points:

- Use elbows to push down against knee
- Maintain constant tension without change
- Do not “flap” your legs up and down like a butterfly
- Keep back straight and pull in feet by the ankles for a deeper stretch

SUPINE HAMSTRING STRETCH



Stretch should be felt at the back of the leg

Key Points:

- Relax shoulders and keep lower back pressed against the floor
- Bring glutes closer to the wall after each repetition
- Keep knee straight of the elevated leg
- Option of bending resting leg at 90o while performing the stretch for a modified position

GLUTE STRETCH



Should feel the stretch in your gluteals

Key Points:

- Keep back and head flat on the ground and pull knee towards the chest
- Before each repetition deeply inhale and exhale slowly bringing knee closer to the chest and hold

If performed regularly you should start to see a difference in your flexibility in a month. Start off slowly with 4x a week, 15 second hold with 3 repetitions of each exercise gradually increasing to 5x a week, 30 second hold with 2 repetitions and eventually 7x a week, 30 seconds hold with 3 repetitions.

Suggestions:

Perform stretches at a regular time if possible to encourage routine

Perform stretches while watching TV so it doesn't seem like a chore

Check mark on a calendar for each day exercises are performed to keep track and stay motivated



Spotlight

Rebeca Mahadeo

By: Caroline Misek



Many of us may recognize Rebeca Mahadeo as a leader of the First Year Experience (FYE) program at Humber College. I sat down for an interview with her to discover a little bit more about her and her goals for FYE.

Rebeca started her career at Humber College in April 2012 as a Peer Program Facilitator for the Transition and Advising Program (TAP), which was established to help first generation students transition to post-secondary life at Humber College.

Then in June 2013, she moved into her current role as Student Life Coordinator (SLC) at Humber College. In her position as SLC, she works to develop the FYE program, which is in its second year on the North campus. The goal of FYE is to help first year students of all backgrounds transfer to post-secondary life at Humber College through the help of Peer Mentors and Senior Peer Mentors.

Rebeca is really looking forward to seeing the relationships between the mentees, Peer Mentors and Senior Peer Mentors develop over the coming months as the second year participants lay the foundation for the program. It is encouraging to see students receive the support they need and know that they do not have to be alone.

Rebeca feels incredibly lucky to be a part of the program. She humbly claims that she is not an expert. As a leader of the FYE program, she has learned a lot from the initiative and creativity of the team of mentees, Peer Mentors and Senior Peer Mentors.

When she is not chained to her desk in the H217 office, she enjoys going to the Arboretum, which she thinks is a neat feature of the campus. Her favourite restaurant is the Humber Room Restaurant, which offers fine food created by the students in the culinary program at Humber. When she is feeling peckish, she will just go down to the Ackee Tree to grab a quick bite of spicy jerk chicken.