

FYE NEWSFLASH

4th Edition

February, 2015



Mobeen Sheikh

The president of Humber's Toastmaster's club wants to know: Does public speaking scare you?

If you answered yes to the question above, you are not alone. In fact, you share this fear with 95% of the world population. Public speaking is the second biggest fear people have after death. People can learn to speak well in front of crowds if they practice being outside of their comfort zones. Toastmasters is a public speaking club that meets every week to help eradicate this fear of public speaking. Meetings take place in a very friendly environment composed of individuals who share a goal to improve their public speaking and leadership skills. Humber's Toastmasters group is student run, so it's very relatable for students. We meet every Thursday at 4pm. Not only does Toastmasters help build leadership qualities and build on public speaking skills, it also helps students network by having their voices heard which can enhance their chances to get a job. A Toastmaster's certificate is recognized by employers around the world. The club is 90 years old and has over 35 million members worldwide. The locations vary each week, so please check the schedule found on our website or email the president, Mobeen Sheikh at the email below. Light food and drinks are offered at the meetings as well. Hope to see more new faces in the coming weeks, and good luck with the rest of your semester!

Mobeen Sheikh

FYE Senior Peer Mentor

Humber#1 Toastmasters Club President

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RHYS PLEASES:
An interview with one of Humber's star mentors



Who is Rhys Ottaway?

Rhys (pronounced "Reese") is a peer mentor at Humber College. He has done much in his short time as a mentor, and FYE Newsflash took notice. Journalist Caroline Misek got a chance to speak with Ottaway, find out just why Rhys pleases us so below.

Rhys Ottaway is a Peer Mentor and fourth semester Business Marketing student. Caroline asked him some questions about his experience at Humber and what he has learned from being a part of First Year Experience.

After graduating from high school Rhys Ottaway went to Brock University to study Speech and Language Science. While he found the information to be interesting, the environment wasn't right for him. He then worked in a full-time senior position for a year before transferring to Humber College to enroll in the Business Marketing program.

Initially, Rhys was nervous in transitioning from full-time work to full-time study. However, at Humber College he received personal and academic support that helped to ease his nerves and help him find his footing. The skills that he gained from his two previous experiences were also a tremendous help in his success at Humber College. In his senior position he learned time management and organization skills that he was able to apply to his studies and his role as Peer Mentor.

Although he received a tremendous amount of support upon entering his program, Rhys realized that it would have been great to have someone to talk to that could help him to adjust to life at Humber. In First Year Experience, Rhys has found a great support system in the mentoring team of Student Life Coordinator and Senior Peer Mentors that have provided support to him and his group of mentees. He has been able to further develop his leadership and organizational skills. Through this support, he is able to produce great quality work and feel more confident in other areas of his life.

In the larger Humber community, Rhys is a student Resident Assistant, a Community Manager in social media with the Business School at Humber, and a Professional Skills Enhancement Program Leader for the Wireless Telecommunications students. Next semester Rhys intends to transfer into a degree program at Humber. ♥

A pair of talented Industrial Design Students at Humber College, design a show-stopping doorstep for Umbra Ltd.

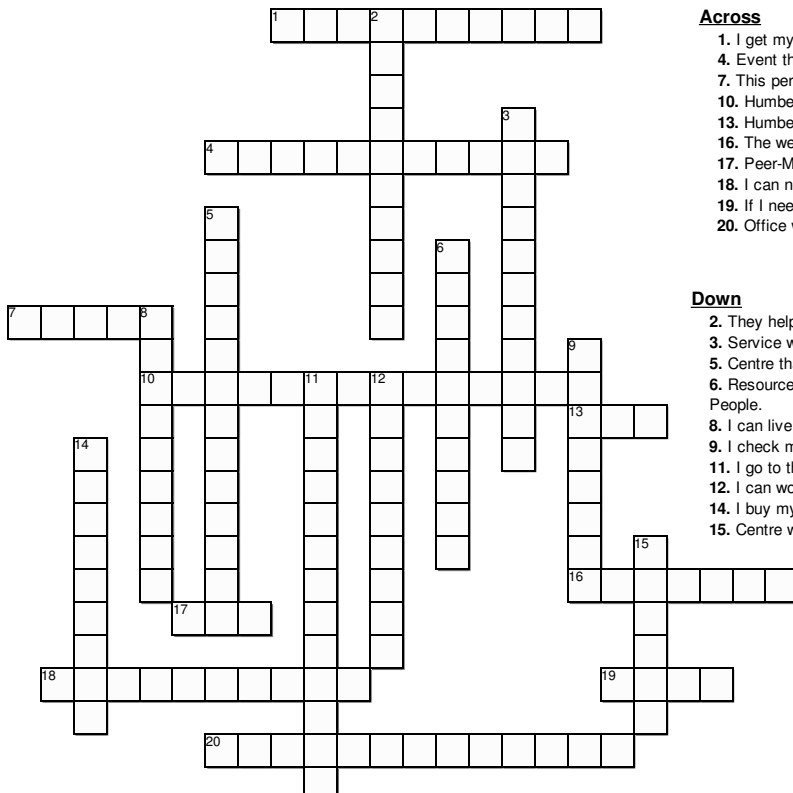
Humber's Industrial Design program has been churning out steady talent since its inception, and students from the program have made their mark all over the world. This is a story about two fourth year students who won a design competition held by Umbra Ltd. Keith Millar and Brett Molnar were the talented duo behind a deceptively simple design—a doorstep. Some of the most interesting challenges in design are the simple things. Miller and Molnar created a family of door stops that could be tossed like a Frisbee or ninja star under a door. Their design was playful and fun and considered an item that most of us never look at twice. "We realized early on that there is a lot of room for play even with something considered to be so simple", noted Miller. The prize for winning the competition at Umbra was the chance to have their product manufactured and

sold in stores. This prize also included a percentage of sales commission for the product and their names credited with an imprint. Pretty exciting for a pair of designers who haven't even graduated!

Umbra just recently released images of Brett and Keith's doorstep design and it looks a little different from their original. Guess that's just the business. The design team is happy with the result, "It was a great experience working closely with Umbra during the design process, we learned a lot about working with a client ... It was incredible seeing our idea through to production"

Which design do you prefer? Let us know by tweeting at #FYEnorth

A tale of two door stops



Across

- 1. I get my homework and lectures there.
- 4. Event that I attend to get to know my college.
- 7. This person helps me with my studies.
- 10. Humber program that helps the environment.
- 13. Humber's student government.
- 16. The week when I sleep a lot.
- 17. Peer-Mentoring Program.
- 18. I can not wait for it.
- 19. If I need to take a test, I go to this centre.
- 20. Office where I solve money problems.

Down

- 2. They help me to get food.
- 3. Service where I get mental help.
- 5. Centre that assists me if I have a disability.
- 6. Resource Centre where I learn about First Nations People.
- 8. I can live there if I want to be close to the school.
- 9. I check my classes there.
- 11. I go to this centre if I am an international student.
- 12. I can work out there.
- 14. I buy my textbooks there.
- 15. Centre where I get help with my resume.

Upcoming Events

HSF Marketplace
Tuesday February 24 at 11AM in the Student Center

HSF Pool Tournament
Tuesday February 24 at 11AM in the Student Center

Black History Month: Ubuntu The Spirit of Madibia. African drumming workshop
Thursday February 26, 12-1PM in the Student Center

1 Billion Rising
Friday February 27, 2-4PM seventh semester room

Photo Hunt: Name These Humber Locations

Submit your answers to H217 for a chance to win Cineplex movie passes



1 BILLION RISING REVOLUTION

Resident Journalist Laura Mulrine reports on Humber's contribution to One Billion Rising

You probably noticed FYE selling roses on February 13 in the concourse. Perhaps you even bought one for your significant other, or for a friend, to celebrate Valentine's Day. While we at FYE love Valentine's Day, our main reason for selling roses was not a Hallmark attempt to cash in the general good feels of the day, but rather to raise money and awareness for an incredibly important cause: One Billion Rising.

The One Billion Rising campaign was launched on Valentine's Day 2012 to raise awareness about the statistic that 1 in 3 women will be beaten or raped during their lifetime. I'll break the math down for you: with a current world population of over 7 billion, this statistic means that more than one billion women and girls will be affected

by such violence. According to the campaign's website, it is "the biggest mass action to end violence against women in human history." Last year alone, events took place in 200 countries with people from all walks of life coming together to "Rise, Release, and Dance" outside of various places where women are supposed to feel safe but don't.

This cause is a very important one to the FYE team and as such, we will continue our support on Friday, February 27 with a Zumba event. Zumba is a dance fitness program that combines dance and aerobic elements. Created by Colombian dancer and choreographer Alberto "Beto" Perez, it incorporates various dance styles for a fun and energetic workout.

Our Zumba even will be held in 7th Semester (behind the cafeteria, student centre) from 2-4. There will be free bags of candy available and free food (because who doesn't love free food?). There will also be opportunities to win a free One Billion Rising t-shirt. We hope to see you there as we raise awareness for this incredibly important cause. ♥



How One Rose Can Help One Billion





All Great and Precious Things Are Lonely

| Valeriia Valchuk

You've just experienced a romantic breakup or you have been single for a while and you are ready to come back to the game, but nothing really happens. You are glad that you survived Valentine's Day. It feels like everyone is in love, happy and dating, but you are the only outcast. Do you recognize yourself?

We have all been there. Some of us are here right now. Meeting someone special very fast is hard, just like losing 20 pounds in one week. Just never give up on yourself in such times. It's okay to be alone.

When you are alone, you can dedicate all the time for yourself. Try to improve yourself as a human being. Maybe it's a perfect time to get back to your hobbies or think about new ones. What about all the movies and books that you wanted to watch and read, but didn't have time to? Finally, study a lot! I know that "all work and no play" sounds not very intriguing, but good grades and knowledge pay off eventually.

Even if your love life is somewhere at the bottom of a ditch, don't hesitate to find new friends. We are social beings and we need some human interaction.

Having problems with finding friends? School is the perfect place for it. Just look around your program. It is filled with the people just like you who might still not know anyone and do not have any friends as well. Don't be afraid to talk to them because you never know what you have in common. Attend all the Humber events, find out more about HSF clubs, or check out International Centre for some cool and inexpensive trips. Connect with your family and old friends. If you live far away from them, try to have dinner over skype, sometimes it can be fun!

And always remember that you have a great opportunity to finally concentrate only on yourself, find yourself, and become happy with yourself.

Heart to Heart Workout

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

Did you know February is heart month? The best gift you can give this month for your loved ones is a healthy heart. So why not work together to add more years to your heart? Working out together can increase motivation and make the workout more enjoyable, while you get to spend some quality time with your loved one. Below is a full body partner workout that is sure to create a heart 2 heart between you and your loved one.

Equipment: Medicine ball, timer and a mat

Exercise	Instructions	Tempo	Reps	Rest (sec)
Squats w/ medicine ball	Partner 1: During squat up phase, throw ball towards partner. Partner 2: Catch ball on squat down phase, and so on.	2:2	12	10-40
Lunge w/ med ball	One partner lunges forward and other lunges backwards chest passing the ball each time (Ensure to switch)	2:2	12	10-40
Med ball slams	Take turns slamming the ball onto the floor on mats	2:2	30 sec	10-40
Pushups, Jumping jacks	Partner 1: Push ups Partner 2: Jumping Jacks	-	30 sec	10-40
Lying Leg Raises	Partner 1: Lies on their back holding their partner's ankle and raises both their legs up Partner 2: Pushes their partners legs back down	2:2	15	10-40

Variety Options:

1. Non circuit: Perform each exercise 3x with the appropriate reps before moving onto the next one
2. Decrease your rest time between exercises
3. Perform a timed trial for each exercise instead of reps