

# FYE NEWSFLASH

Have y'all been to the arb?



## Fall. Colours. My. Friend.

*Resident journalist for FYE Newsflash, Lauren Thomas gives us the low down on what's crackin' with the arboretum.*

Have you been to the arb to see the fall colours? If you haven't, you are missing out. I don't care who you are, even the most stone hearted criminal doth shed a tear when he is beholden to the beauty of mother nature. Tucked behind the daily grind of construction, cell phone chatter, out of order printers, overpriced fast food, and traffic jammed highways there is a veritable oasis that almost no one visits. Less people visit Humber's arboretum than voted in school elections. How haven't you checked out the arb? It is a scene straight out of the Hobbit. I know what you're picturing; a nature trail through the woods and you'd be about 12% correct. The arboretum is 250 acres and is the most diverse ecosystem in Canada. Hours of tranquility and adventure. You're never truly alone in the arb because the area is teeming with life. When you step into the arboretum you are instantly aware of the fact that you are surrounded by living things. With every step you take, you will hear 10 others scurrying away from you into the woods. Don't get spooked, they are more afraid of you. The area is constantly being improved upon, with new additions like bridges, stone pathways, and gardens being added each year. What is your Zen-self waiting for? ■

**1st Edition**  
October, 2014



| Laura Mulrine

*Blood Donor Clinics at Humber:  
Wednesday, October 15 and  
Thursday, October 16th from 10-3  
in the Central Concourse.*

We live in a culture that seems obsessed with superheroes. Blockbusters about heroes consistently break box office records, with excited movie fans of all ages lining up to see how The Avengers or Star-Lord are saving the world this time.

What is even more interesting about this phenomenon is that when given the opportunity to be heroes themselves, Canadians aren't ready to take the leap (and I don't mean over tall buildings). For just an hour out of your day, you can become a bona fide lifesaver without ever donning a cape and tights (unless that's your thing)—I'm talking about blood donations.

Last month, Canadian Blood Services announced that its national inventory is critically low. In fact, the number of donations has not been this low since 2008. This is a startling statistic, especially considering the ease with which one can donate. Appointments can be made online at <https://donatenow.blood.ca> where you can find clinics by date range and location.

Before you start, eat a good meal and drink lots of fluids. You'll fill out a survey, your levels will be checked, and then the donation begins. Finally, you get cookies and juice (snack time hasn't been this good since kindergarten).

The best part, besides the cookies, is the satisfaction of knowing that you've done a good thing, and potentially saved a life. You didn't have to become a caped crusader or a masked vigilante and you can create your own sequel every 56 days! ■

**Resident journalist, Valariia Valchuk caught up with the to be interum president of Humber Students' Federation, Thomas Walton. Check out her interview!**

| Valariia Valchuk

After the long debates, arguments and quarrels connected with the last year's presidential election, on September 30<sup>th</sup>, Humber finally chose its president. Four different candidates fought for this position, but Thomas Walton won the race. Confident, energetic and attractive, he will officially become the President on October 15<sup>th</sup>, but FYE was able to get an exclusive interview with Thomas before he is sworn into office.

*V: Thomas, please tell us a little bit about yourself.*

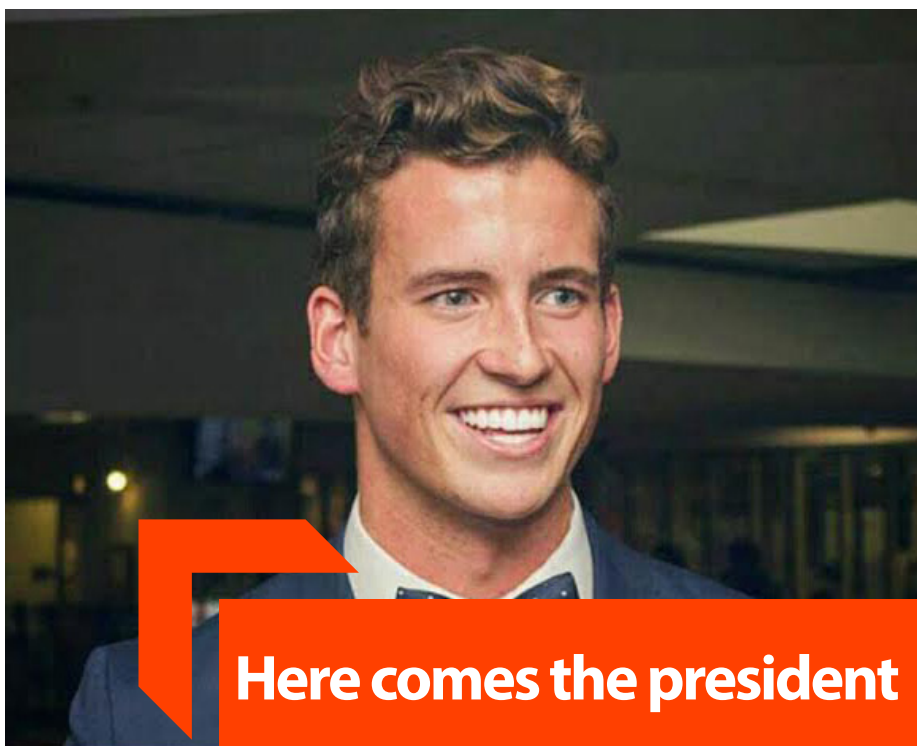
T: My name is Thomas Walton, and I was born and raised in Qusipamsis, New Brunswick. I have been actively enrolled with Humber College taking Bachelor of Commerce International Business. I am a dedicated Canadian entrepreneur and have spent two years of research in renewable energy.

*V: Why did you decide to run for a president this year but not the last year?*

T: I've run for president this semester because I sat on the sidelines of the last year's election in disbelief and pure frustration. I had the opportunity to analyze how Humber Students' Federation functions, especially when there is a large crack in its foundation and how they seal it back up. Now I have a better understanding of HSF then I did last year.

*V: How does it feel to beat a candidate who came first last year, Shawn Manahan?*

T: It was a strong competition between all candidates. We all had an incredibly equal campaign throughout the by-election.



**Here comes the president**

*V: What makes you different from the previous president, Tim Brilhante?*

T: I am focused on renewable energy products.

*V: What kind of environment do you want to create for Humber students?*

I want to have an environmentally sound atmosphere for the students here at HSF.

*V: Can Humber students get in contact with you or be involved with Humber politics?*

T: Yes, students can get in contact with me by using social media, email, or HSF website [www.humberlife.com](http://www.humberlife.com).

*V: What are you planning to do first in this position?*

T: I plan on implementing my short term goals first. Then, throughout the duration of my time spent in office I will focus on my long term goals. I have yet to be appointed into office as President, so I can't make any further comments on what specific platform goal will be initiated first.

*V: What are your hobbies?*

T: My hobbies are: swimming, skiing, basketball and driving my motorcycle.

*because of course they are. ■*

## UPCOMING EVENTS

### The Embassy

Every Monday at 7:30  
Student Centre  
Christian Service, free

### designstead

Wed. Oct 15 at 6:30  
B202  
Boutique design firm presents to Humber

### Blood Donor Clinics

Wed. Oct 15 & Thurs. Oct 16 from  
10-3  
Central Concourse

### FYE, Rez and O-Team CN Tower

Climb for United Way  
Sat. Oct 18  
Participate in climb, or donate

### Humber for Habitat Bake Sale

Wed. Oct 22  
Student Centre

### Humber for Habitat Pumpkin

Carving Contest  
Thurs. Oct 23  
Student Centre

### Humber for Habitat Slasher Fest

Mon. Oct 27 & Thurs. Oct 30  
Place: TBD  
2 frightening films back-to-back

### Flu Shot Clinic

Oct. 28-31 from 9-3.30  
A107

### FYE Halloween Event

Wed. Oct 29 from 4-6  
Place: D109

### Hot Pot Factory

Wed. Oct 29 at 6.30  
B202  
Digital fabrication company presents to Humber

### HSF Farmers Market

Tues. Nov 4  
Student Centre

### HDR

Wed. Nov 12  
B202  
Engineering and design firm to present to Humber



Toronto Municipal Elections are October 28th.

| Dr. Vasu Gautam

Change is the only constant in life! Coming this October 27th, 2014 the political panorama is set to change in the city of Toronto. Toronto will witness mayoral elections this month and this change will come through the most important medium i.e. YOU(TH). Youth are all of "you" guys reading this article and you have the potential to bring positive change. Coming this October 27th, youth will have to exhibit its potential through the most significant power—Ballot Power. Democratic strength is the biggest power for any citizen and it should be exercised with pride. Moreover, being a citizen

student, we all have a responsibility to vote to bring the change to our beloved city.

The three major candidates are:

- 1. Doug Ford
2. Olivia Chow.
3. John Tory.

What we expect:

Better transit: This includes relevant subway extensions and other modes of transport. Future Jobs: The biggest concern for every student, or every graduate, is to get a job. Save our money: It's all about big bucks. Toronto is one of the highest tax paying cities in Canada

and its citizens have the right to know how the money is being spent. The government has to be accountable and share the taxpayers' burden. Keeping Toronto competitive: The new mayor needs to make Toronto competitive and the city must have opportunities for everyone.

Based on this prime wish list, our candidates have lined up some promises for us in their respective agendas.

It is important to get listed on the voting list, making it easier and faster for you to vote. Call 416-338-1111 to confirm your name on the voting list. ■

You(th)e Change



Olivia Chow

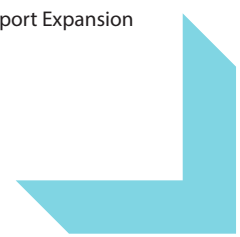
- TTC Yonge Subway Relief Line (more busses)
Afterschool Programs for Kids
Creating Jobs for Young People
Progressive Use of Taxes
Bike Paths
More green spaces
Affordable Housing
Tax breaks for small businesses
Pro LRT
Developing a more people friendly water
Investing in the Arts

John Tory

- Affordable housing
Investing in the Arts
Sustainable Environment Policy
Pro LRT
Bike Paths
Building Smart Track (city wide transit relief)
More green spaces
Fighting gridlock
Bring jobs to Scarborough
Address Youth Unemployment
Mayoral Code of Conduct

Doug Ford

- Lower taxes
Invest in transportation and transit
Build subways
Reduce Council Spending
Privatizing Garbage
Bargain with city unions to get fair contract deals
Cut the gravy train
Oppose road tolls
Phase out Land Transfer Tax
Support Island Airport Expansion





## Work It Out, Humber!

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

The Canadian Society for Exercise Physiology recommends 150 minutes of exercise per week. Exercise is a great way to increase your mood, energy, productivity and lose weight or tone up. Provided the Canadian weather, October is probably the last month to get a workout outside and enjoy the beauty of autumn. Humber is fortunate to have the Humber Arboretum located behind campus which includes botanical gardens, a variety of species and running trails. Hence, no excuse not to get a great resistance/aerobic workout in, before, between or after classes. Below is a great full body workout that can be done while going for a run or walk in the Arboretum on your own or with a friend. Each exercise can be performed at, or without a bench, for every 10 minutes into your run.

**Equipment:** Running shoes, timer, water and a smile!

**Running + Bench Workout:** Repeat all the exercises 2-3x before resuming your run.

| Exercise with bench                             | Exercise w/o bench                | Muscles                    | Tempo | Reps      | Rest (sec) |
|---|-----------------------------------|----------------------------|-------|-----------|------------|
| Split Squats<br>(One leg on the bench)          | Squats                            | Quads/<br>Hams &<br>Glutes | 2:2   | 10-15     | 20-60      |
| Back Leg Split Lunges<br>(One leg on the bench) | Walking or Stationary Lunges      | Quads/<br>Hams &<br>Glutes | 2:2   | 10-15     | 20-60      |
| Incline Push Ups<br>(Hands on the bench)        | Push ups on Toes or Knees         | Chest                      | 2:2   | 10-15     | 20-60      |
| Dips  | Diamond Push ups on Toes or Knees | Triceps                    | 2:2   | 10-15     | 20-60      |
| Mountain Climbers                               | Plank                             | Abs                        | 2:2   | 15-45 sec | 20-60      |

Challenges:

1. Perform a timed circuit: Perform each exercise for 30 – 45 seconds instead of performing reps.
2. Decrease your rest time between exercises
3. Do jumping jacks or burpees or skip for 20 seconds after each exercise

## Get Involved!



| Caroline Misek

Humber for Habitat is a student club at Humber College that aims to send student members to participate in the construction of homes for low-income Canadian families. The group was founded by third-year Architectural Technology student Rubab Haider, who connected with Habitat for Humanity to form a student-run satellite group on Humber campus. Rubab saw the opportunity for students to expand their education by gaining experience in construction while helping people in need.

The parent partner, Habitat for Humanity, is a non-profit organization that operates in over 300 communities in Canada to construct affordable homes. Currently there are about 1.3 million Canadian families in need of adequate housing.

Professor Bruce Taylor, one of the core members of the group and a faculty representative, says that it gives the students a tremendous connection to learn first-hand what they have until now only seen in lectures and read about in books.

As a member of Humber for Habitat they are expected to participate in on-campus fundraising activities, raise money on their own through friends, family, and employers, and attend weekly meetings.

The biggest challenge that the group faces today is maintaining participation from the student body. All of the executive members and a majority of the core group are in their third-year set to graduate in April. The group's long-term goal this year is to ensure continued participation of the current first and second-year students. The club is open to students from any program and year.

Humber for Habitat will build their first home on November 29 in Brampton. This is a fantastic opportunity that takes education out of the classroom and onto the construction site. To be able to send students to build on the site, they are collecting donations and organizing fundraising events on campus. Some of these on-campus events and activities are listed on (page 2).

Want to join the club or contribute to help Humber for Habitat raise money for building homes? Please contact [humberforhabitat@gmail.com](mailto:humberforhabitat@gmail.com) to find out more information, make a donation or volunteer.