

AN ARTIST'S JOURNEY

with BFA student Emma Klimm

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TRUSU club is out for blood

A group on campus is hoping for a boost in blood donations



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Blast off on Feb. 29

Canada's first female astronaut will speak at TRU



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Market hits milestone in March

ESTR's Market

the **Omega**

theomega.news

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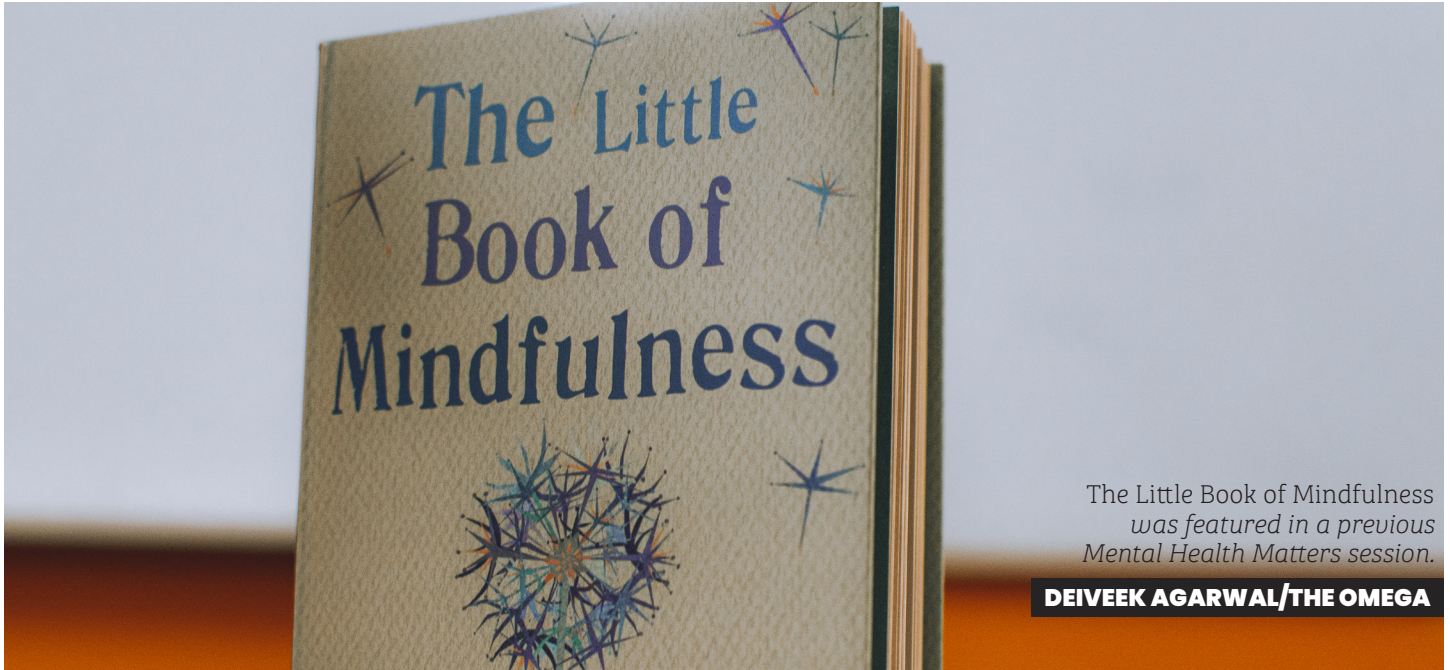
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Mind your **mental**: workshop series a chance to self-help

TRU counsellors holding workshops every Tuesday until end of March



The Little Book of Mindfulness was featured in a previous Mental Health Matters session.

DEIVEEK AGARWAL/THE OMEGA

CALVIN BORGHARDT STAFF WRITER

Is your mind full, or are you mindful? TRU counsellors Shyann Vosper and Susan Butland present a weekly workshop series every Tuesday until March 26 called “Mental Health Matters” in OM2742 from 4:30 p.m. to 6 p.m. Registration is not required. Students are welcome to drop in for any of the remaining sessions.

“We see people one-to-one all the time in counselling, and we see them for mental health things like stress and stuff,” Butland said.

“So what we’ve done is we’ve put together a real package of information that we can provide to people, and it doesn’t take up their one-to-one time.”

The workshops scheduled for the Mental Health Matters series include:

- **Exploring Emotions** on Feb. 27,
- **Releasing Control** on March 5,
- **Values** on March 12,
- **Practicing Self-Compassion** on March 19 and
- **Creating a Wellness Mandala** on March 26.

According to organizers, the weekly series aims to help students pause to focus on their mental wellness in a confidential environment, connecting them with others experiencing similar struggles.

Each workshop allows students to learn and practice various mindfulness strategies to improve their well-being.

“Oftentimes, we’ll be meeting one-to-one with students, and they think they’re the only ones navigating whatever struggle they might be navigating,” Vosper said.

“Students are really busy, and this is kind of a gift they can give themselves.”

“Then if you have a group together, there’s just an opening up of ‘I’m not alone,’ ‘it’s not just me,’ and then there’s peer-to-peer learning that is really helpful.”

Butland agreed with Vosper, noting that the value of the workshops lies in their ability to help so many individuals

at once while it may be difficult to find time for one-on-one sessions.

“We get little bits of time. So we have a chance to give people some really good, solid information,” Butland said.

“[We hear] loneliness is a real problem out there. So, the workshops are a way for students to come and learn and talk to each other and realize that they’re not alone in this.”

Butland and Vosper said they strive to provide a safe space for students to cultivate mindfulness and foster connections with peers enduring similar struggles.

Both counsellors recognize that students often neglect their mental health due to the demands of their hectic schedules.

“From my perspective, students are really busy, and this is kind of a gift they can give themselves to come and just take a moment to pause and see what they can do to help themselves bring more calm or ease of being to their worlds,” Vosper said.

“Mental Health Matters” runs until March 26 in OM2742 (Old Main) from 4:30 p.m. to 6 p.m.



Astronaut Bondar to speak

EAGLE ANDERSEN NEWS EDITOR

Roberta Bondar, second from left, served as payload specialist on the 1992 mission STS-42.

NASA JOHNSON

If you plan on attending TRUSU's Common Voices guest lecture at the end of the month, you won't come face-to-face with any extraterrestrials. Still, you may be lucky enough to encounter Canada's first female astronaut.

Dr. Roberta Bondar will speak at CAC Grand Hall on Thursday, Feb. 29, between 7 p.m. and 9 p.m., with free entry for anyone in the community. Bondar's accomplishments include being named to the Order of Canada and being the first neurologist in space.

Her talk is titled *Perspective Shift: Moving beyond the familiar to reach for the extraordinary*, which TRUSU's Samiul Khan said is fitting.

"Dr. Roberta Bondar is one of the most interesting Canadians ever," Khan said of why TRUSU reached out to her for the guest lecture.

"She broke the glass ceiling for women in STEM as the first Canadian female astronaut."

Joanne Rosvick, an astronomy and physics instructor at TRU, also echoes this sentiment.

"It's such an honour for TRU to get this accomplished scientist, who's Canadian, to come here," Rosvick said. "I would encourage [students] to go and hear her because she has so many years of experience and wisdom that I'm sure everybody will be able to take something away from it."

Rosvick's advice comes from her own experience. She met Bondar following a lecture she gave at the Dominion Astrophysical Observatory in 1995.

"I thought that it was so cool to meet an astronaut for the first time," Rosvick, who was then a graduate

student at the University of Victoria, said. "She was just so nice and humble... she was genuine and interested in what she was telling us, and she was so matter of fact."

Rosvick looks back on that experience fondly, and now, TRU students will also have the chance to meet Bondar.

Now 78 years old, Bondar's January 1992 spaceflight aboard the Discovery shuttle marked the first time a Canadian woman had made the journey, finalizing a goal she'd had for a very long time.

"When I was eight years old, [being] a spaceman was the most exciting thing I could imagine," Bondar said in a statement on her official website.

Although she is generally recognized for her accomplishments as an astronaut, Bondar also has considerable experience in

other areas. With her neurology background, she worked as a physician and is also a published author, scientific researcher, and photographer.

Bondar is the latest to add her name to the Common Voices speakers list, including notable Canadians like David Suzuki, Peter Mansbridge and Margaret Atwood.

"The objective is mainly to facilitate discussion on a range of subjects including economics, social justice, and other critical issues," Khan said on what TRUSU looks for in its speakers.

Typically, the series occurs annually, but the pandemic stifled it. Accomplished female hockey player Hayley Wickenheiser's talk during the Winter 2023 semester marked the first installment since 2019 — Bondar's will be the second.

Seating will be on a first-come, first-served basis.

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TRU boots up computer engineering

ANNA MONTANER STAFF WRITER

Are you interested in exploring a dynamic career in technology? TRU is introducing a new Bachelor of Engineering in Computer Engineering, supported by innovative facilities that promise to be your gateway towards that goal.

According to Dr. Faheem Ahmed, TRU's interim associate vice-president academic, students enrolling in this program will have a course load similar to the current Bachelor of Engineering in Software Engineering for their first two years. They will then transition to new upper-level courses taught by other professors.

Additionally, the program will feature a mandatory co-op during the last year of study to prepare students for their job search while ensuring they leave the program with a well-established network.

"Our primary motivation is that we would like to increase the number of choices," Ahmed said. "There's already a number of universities outside of the lower mainland that are offering focused programs such as this, but we want students to stay closer to here and grow the industry in the lower mainland."

This program will give students the necessary background in the application of hardware and software and, according to Ahmed, it will open doors to many industries, including digital communications, the automotive industry and health care.

"Because most of the products that we are using nowadays are a combination of hardware and software, students will have more

opportunities and will be more employable in any place they wish to work at," Ahmed said.

A wide range of topics are promised in the curriculum to ensure the students have a strong foundation in their field of choice. According to the engineering department, this program will focus on a holistic approach to computer engineering education, a holistic approach is understanding and meeting students' challenges throughout the program.

TRU will provide support to the students throughout the five years. According to Ahmed, one program goal will be to provide students with all of the support and guidance they need, ensuring that upon graduation, they enter the workforce ready to become leaders in their respective industries.

The new program – which launches in the Fall 2024 semester – is now open for applications.

"People are online asking questions and getting in touch, and we are confident that we will fill the seats that we would like to have, and that we require to have," Ahmed said.

TRU has posted the schedule for several upcoming Information sessions regarding the program, with the next coming on Feb. 12 featuring Musfiq Rahman, a computing science professor, as the chairperson.

The information session will provide an overview of the program and the career opportunities for those opting to earn the new degree. Additional program information may be found on the program's website along with the application form.



ESTR's Market to mark 10 years

AUGUSTUS HOLMAN ARTS EDITOR

ESTR's Market at TRU will be celebrating their 10-year anniversary this year and is inviting the local community to celebrate with them with an event in March to commemorate their time at TRU.

On March 7 at 9:30 a.m., the members of ESTR's Market invite everyone to celebrate with them outside their doors at OM 2425. The event will include an unveiling and ribbon cutting of three posters commemorating ESTR's story. The festivities will include door prizes, a showcasing of student work, delicious food and more.

According to organizers, the event will serve 150 cupcakes made by the students and bannock and chili. ESTR's Market invites everyone to reminisce on past memories with them while enjoying warm company.

Co-owner and founder Saskia Stinson is excited to celebrate with the community. "I guess what we're celebrating is a change in culture," Stinson said. "We were that room down the hall that no one knew about, and [now] many people know about us and support the social enterprise."

Stinson is happy to have made it to a decade of operations. "We're at this 10-year mark where it feels like we're here to stay, whereas

sometimes projects start, and they don't necessarily have longevity. So, we just feel so loved and supported by TRU and our community, our vendors, and the faculty staff and students," Stinson said.

Since opening, ESTR's Market has been helping neuro-diverse students gain job experience and enter the workforce while providing good food for low costs to the university's staff and students.

Tracy Jo Russell, a student who has taken the program in the past, has witnessed how the program has changed and is proud of the support ESTR's Market has received over the years, telling the Omega that this program has a huge impact on students. "[It's important] that people know that it's important to belong," Russell said. "It is important to be accepted and to belong."

The program has created a community where students with diverse abilities can grow their skills and embrace a sense of belonging.

ESTR Market's 10th-anniversary event will be outside the doors of the market at OM 2425 on Thursday, March 7, starting at 9:30 a.m. More information will be released by the coordinators at ESTR's Market closer to the event date.



Kamloops Film Festival returns

ANNA MONTANER STAFF WRITER

The Kamloops Film Festival returns for its 28th edition on Feb. 29, running until March 9 at the Paramount Theatre, with more than 20 screenings, ranging from documentaries and comedies to dramas and Canadian films.

The Kamloops Film Society (KFS) has put together a captivating lineup filled with award-winning films from around the world. The festival will open with Canadian feature *Who's Yer Father*, directed by Jeremy Latter, where a small-town private investigator looks into the sale of black-market lobster on Prince Edward Island.

As part of the festival, the KFS has been featuring short films by local filmmakers. Local directors will have the opportunity to see their films on the big screen during the free screening on Sunday, March 3.

Anyone attending KISS can vote on their favourite

short film and the awards will be given to the winners as part of the audience awards. Other awards up for grabs include the Amateur Award, the Professional Award and the Miscellaneous Award.

The cash prizes for winners are awarded by the KISS Committee, the Thompson-Nicola Film Commission and the Kamloops Arts Council.

The festival's horror segment, DarkFest, will once again be a part of the festival, featuring experimental, transgressive and boundary-pushing flicks. Tickets for DarkFest can be purchased separately from the festival.

BCLC will once again partner with KFS for the 28th annual event. The BCLC Community Ticket program will provide 30 complimentary festival tickets to deserving non-profit societies or organizations.

Individual tickets or full film passes can be found online at thekfs.ca.

CFBX Top 30 Charts

– Feb. 15, 2024 –

Artist – Album (Label)

- 1) **Fur Trade*** – *Dark Celebration* (Light Organ)
- 2) **Autogramm*** – *Music that Humans Can Play* (Stomp)
- 3) **Various Artists*** – *Re: Concieve 2* (Independent)
- 4) **Hey Major*** – *Down the Ride* (Indica)
- 5) **Gran Fenwick*** – *Cancon Classics* (Independent)
- 6) **Mitch Ryder** – *The Roof is on Fire* (Ruf)
- 7) **Les Chouettes*** – *Lettre Letter* (Hypo)
- 8) **Rich Aucoin*** – *Synthetic: Season 2* (We Are Busy Bodies)
- 9) **SwiiMS*** – *Into the Blue Light* (Mint 400)
- 10) **Metric*** – *Formentera II* (Thirty Tigers)
- 11) **Munya*** – *Jardin* (Luminelle)
- 12) **Faith Healer*** – *The Hand that Fits the Glove* (Mint)
- 13) **Carla Luna White*** – *Carla Luna White* (Independent)
- 14) **Emma Wilson** – *Memphis Calling* (Independent)
- 15) **Art Bergmann*** – *ShadowWalk* (Weewerk)
- 16) **Kirsten Ludwig*** – *Sunbeam* (Oscar St.)
- 17) **Alaclair Ensemble*** – *Lait Paternel* (Disques 7ieme Ciel)
- 18) **The Blaze Velluto Collection*** – *What's on Your Mind* (Duprince)
- 19) **Josh Zubot*** – *Strings* (Drip Audio)
- 20) **Brittany Jean** – *Lightfoot EP* (Stormcave)
- 21) **Jay Danley*** – *Robicheaux* (Independent)
- 22) **Hitman Blues Band** – *Hey, Can You Guys Play...* (Nerus)
- 23) **Ace Martens*** – *Boss* (Independent)
- 24) **The Ozone Layer**** – *Seawall City EP* (Independent)
- 25) **Grimm*** – *Your Head is a House* (Haunted Castle)
- 26) **Audio/Rocketry*** – *Voyager* (Independent)
- 27) **Sarah Segal-Lazar*** – *Valleys* (Independent)
- 28) **Blackburn Brothers*** – *SoulFunk'n'Blues* (Electro-Fi)
- 29) **Aretha Tillotson*** – *Introducing* (Bent River)
- 30) **Wrene*** – *Metamorphosis* (Independent)

* indicates Canadian Content ** indicates a local artist

PROFESSOR SPOTLIGHT

Sarah Moritz

AUGUSTUS HOLMAN ARTS EDITOR

Students can often be intimidated by their professors and may need help approaching them. Through this ongoing series, the Omega will introduce students to several professors at TRU, uncovering the humanity and personalities of our educators.

Sarah Moritz is an assistant professor of anthropology who considers herself an environmental and action anthropologist. She believes learning alongside her students and finding connections through stories are crucial in education. Moving to Canada from Germany, she discovered a home that she said was “rich and prosperous” and allowed her to pursue all her interests in one place.

Moritz’s journey in anthropology started in Germany, where she grew up. “When I graduated from German high school, I, unlike many of my peers, didn’t know what to study or what educational path to take. I had a few ideas, but they seemed to be diverging like medicine and law, languages, pedagogy... and environmental studies,” Moritz said. “I could not find a way to combine all of these, so I packed my backpack and booked myself a ticket with my grandma’s inheritance... I travelled to almost all places that have British colonialism, including Canada, the States, New Zealand, Australia, and different countries in Africa, South Africa and Togo, and I worked on organic farms. I worked on community projects. I worked with Indigenous communities, and when I came back [to



DEIVEEK AGARWAL/THE OMEGA

TRU anthropology professor Sarah Moritz

Germany], I had a better sense of what I wanted to do.”

After returning to Germany, Moritz was told she was too late to join a university program in her home country. Someone suggested applying for a program in Scotland. “I packed that same backpack again, and I phoned the registrar at the University of Aberdeen, near the highlands... I flew to Scotland, and I [met] a wonderful advisor there and said, ‘This is what I have

done in the last year; please advise me. What can I do?’ He said, ‘You are going to sign up for Anthropology,’” Moritz said. “I set foot in the Anthropology classroom, and I knew, ‘This is it. This is the right place for me.’”

Now, as a professor of anthropology, Moritz said that she learned many of her teaching styles from various Indigenous communities she has worked with. She believes in learning alongside her students and growing

together as a community.

“I also think that being a professor [...] teaches you a sufficient amount of modesty or humility to know that we all coexist. We are not better or worse. We’re all here in this space together. We are all walking the same direction together, and ideally, we want to leave this place in a good way for our future generations,” Moritz said. “I see my students as my teachers and as colleagues.”

In the classroom, Moritz incorporates something called “gifts of knowledge,” where she or her students share personal stories, art, objects, food and more that show insight into the culture and personal lives of everyone in the classroom. Moritz said she learned about sharing gifts of knowledge many years ago from a Salish elder.

“It is something that is good for [all] of us and by extension to all of our communities. I can bring gifts of knowledge as someone who has been training and learning and teaching for a long time, but you also can,” Moritz said. “I think that gifts of knowledge equip us with the tools that we need to live more ethical, sustainable and reciprocal lives.”

Moritz invites more students to try anthropology and hopes to continue to grow with her students in the future.

The Omega’s Professor Spotlight is a new series where we reintroduce you to some of the university’s most popular faculty. To nominate a professor for their own Spotlight, email Omega arts editor Augustus Holman at auggietaylor6284@gmail.com.



ARTIST CHAT

with BFA student Emma Klimm

AUGUSTUS HOLMAN ARTS EDITOR

The reasons that artists make art differ for each individual, and through this new and ongoing series, we want to explore them all. The Omega is interested in talking to diverse local artists at TRU and across Kamloops to discuss the complexities of art, why people make art and how it affects the artist and the viewer.

TRU fine arts student Emma Klimm offered to sit down and talk to the Omega about their journey with art. Klimm is a first-year student in TRU's fine arts program and has an interest in the deep emotions of humans and enjoys depicting them through pen and pencil. They believe art is about creating something for the sake of creating and should be used as a form of self-expression.

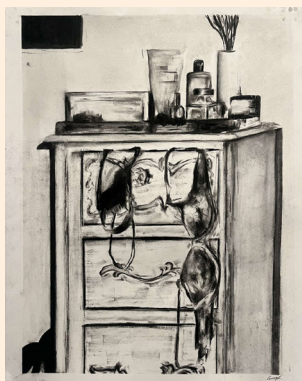
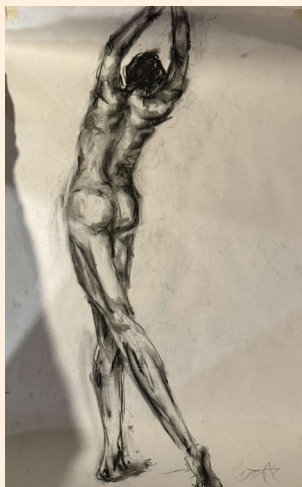
Klimm said they have been doing art for as long as they can remember. "I haven't always been very good at [art]," Klimm said. "My mom looked at me when I was younger and said, 'Nope, you're not going to be an artist,' and now I'm in school for art. It's so funny how that works out."

Klimm advises anyone interested in art not to worry about the finished product and what it looks like but just to create because

it brings you joy. "If you want to do art, don't worry about if it looks good or don't worry about the end product. It doesn't need to be pretty. The point of art is to have fun. It's something people do when they are bored. That's how people get into it. You don't need to be good at it for it to be [good], so just don't stress about it... there is always room for improvement," Klimm said. "Don't let it stop you if you suck. We've all sucked at some point."

Klimm told the Omega that they enjoy doing art as a form of self-expression and will create whenever they feel inspired. "I like to incorporate art into everything I do. It's in the way that I sit and stand and the way that I talk and just the way that I exist in the world," Klimm said. "I like to be artistic because it makes everything so much prettier and it makes me happy. I do a lot of things with art: I decorate my clothes, I paint my walls, I paint pictures to put on my walls and I draw."

Klimm has experimented with various art mediums, including collage work, acrylic paint, spray paint, charcoal pencil, graphite pencil and ink pen, producing diverse art pieces through their



art classes here at TRU.

When asked about their preferred subject, Klimm revealed it was the human figure. They explained that they enjoyed depicting the human figure because humans experience so much emotion and that it is interesting to capture through art.

"Being an artist and a big fan of philosophy... I think there is so much to people, and there's a lot to capture in all forms of art and mediums," Klimm said. "[I like to draw] mostly faces and eyes, and I like to capture some sort of emotion in them. Usually, it's some sort of uncomfortable emotion like grief, sadness or anger. I focus a lot more on the darker sides of people because human emotion is interesting to me. I feel a lot, so I like to add feelings into my art."

Want to chat about the arts, or your art? Contact Omega Arts Editor Augustus Holman by email at auggi-etaylor6284@gmail.com.



Sustainability office calls for solar table designs

CALVIN BORGHARDT STAFF WRITER

The university's office of sustainability is hosting its third annual Solar Table design competition, with the deadline on March 4. The winner will receive a \$650 prize and their table will be constructed on patio space behind the Arts and Education building.

Solar tables are small, covered outdoor areas intended to promote the use of renewable energy for charging or powering devices.

"I think the real prize, especially for my students, is to have something built that you designed that looks good," said Dale Parkes, a member of the committee that judges the designs and a professor in the Architectural and Engineering Technology (ARET) department. "If you're thinking of going on to graduate school or something like that, or even for applying for jobs, it's a pretty good thing to have on your resume."

TRU students can participate in this competition either individually or as part of a student-only team. Schematic and wiring diagrams are considered unnecessary; however, the design must include a secure enclosure for electrical equipment, allowing for the convenient removal of batteries if needed.

TRU carpentry instructor Tim Kasten said it takes the work of several groups to get the job done.

"I think it showcases a lot of the different aspects of the trades school that we have," Kasten said.

"We have the electrical component with solar capabilities; the actual structure itself needs to be built by another trade, carpentry or welding. Of course, the design component of it comes from ARET (Architectural and Engineering Technology). We all have to work together to bring

projects to fruition, and incorporating solar design into this is really cool, too," he said.

According to the sustainability office, the first table, designed by Liam Brown in 2022, is still under construction. Once completed, it will be placed in front of the Trades and Technology building. The second table, designed by Dima Pokhilov the following year, will begin construction this summer before being set on the lawn in front of the North Tower residence.

"I'm working on one right now," Kasten said. "I think it's last year's winner. There'll be a lot of First Nations art added to it. We're looking at adding a living wall with plants and stuff, too. So then there's another trade, horticulture, that will be involved. The more that we can get people working together in their different disciplines, the outcome is usually pretty spectacular, and I think this one will be as well."

The winning tables are built through a partnership between TRU and School District 73. Students design the tables and then both TRU and high school students collaborate on constructing them as part of their respective programs.

This opportunity is open to students from Grade 10 to Grade 12 and spans an entire four-month semester. NorKam Secondary School houses a trades wing, offering sampler programs in construction, mechanics and industry work. TRU provides materials, curricula and instructors, while School District 73 furnishes the workshop and tools.

"I encourage students to be creative, think outside of the box a little bit, but also think about ease of constructability, because that's been an issue over the last couple of years," Parkes said.



Previous design winners include Liam Brown in 2022 (top) and Dima Pokhilov in 2023 (bottom).

"Keeping it simple, like something that's made out of wood, for example, that the carpentry students could make in the shop here, that's more likely to get chosen and to be built than something that's more complicated, like built out of steel or concrete or something like that, which would also be more expensive

to build. That's the tricky part of it, designing something that looks original and maybe looks complicated, but would actually be simple to build."

The sustainability office is accepting design submissions until March 4. Complete contest details are available on the office's section of the TRU website.

Students take action in solidarity with Palestine

AUGUSTUS HOLMAN ARTS EDITOR

Palestine Solidarity Kamloops hosted a letter writing event in mid-February in the hopes of grabbing the attention of Canada's government officials. The group aims to create a change for Palestine and show support for Palestinians suffering from oppression and violence.

All were welcome to drop by campus, write a letter to local Canadian politicians and express their support for Palestine and what changes they want the government to make.

Palestine Solidarity Kamloops members Anneka Spice, Hailey Cant, Jessica Guthier and Kendalyn Taylor all shared information on what supporting Palestine means to them and how Canadians can make a change for Palestine and those affected.

"We're hoping to overwhelm [politicians] with proof that this is what your constituents want. It's easy to ignore a little notification in your inbox; it's harder to ignore hundreds of letters," Guthier said.

The group hopes to show those in power that Canadians care strongly about Palestine and want their leaders to do something about those affected by violence and oppression.

"Palestine, to me, is resistance. For 75 years, a majority of us in the western world have languished in ignorance, myself included," Taylor said.

"The things I have seen for the past four months, the testimonials, stories and endless anguish being documented by the people in Gaza, and those of the Palestinian diaspora will remain with me for the rest of my life.

"Collective knowledge and education can empower and enact legislative change. The fight for freedom is a

battle of attrition and the endurance of the Palestinian people truly embodies this."

The group said they've seen positive change and that working as a community has produced results in the past. They hope to continue to enact change and show support to people that have been affected, both for families living in Kamloops and those that are directly experiencing the war and violence in Palestine.

"A lot of what we've been hearing from the local government, specifically, is that it's not a municipal issue," Cant said. "[The local government] does not acknowledge that there are Palestinians living in their community ... that have families that are under direct fire right now."

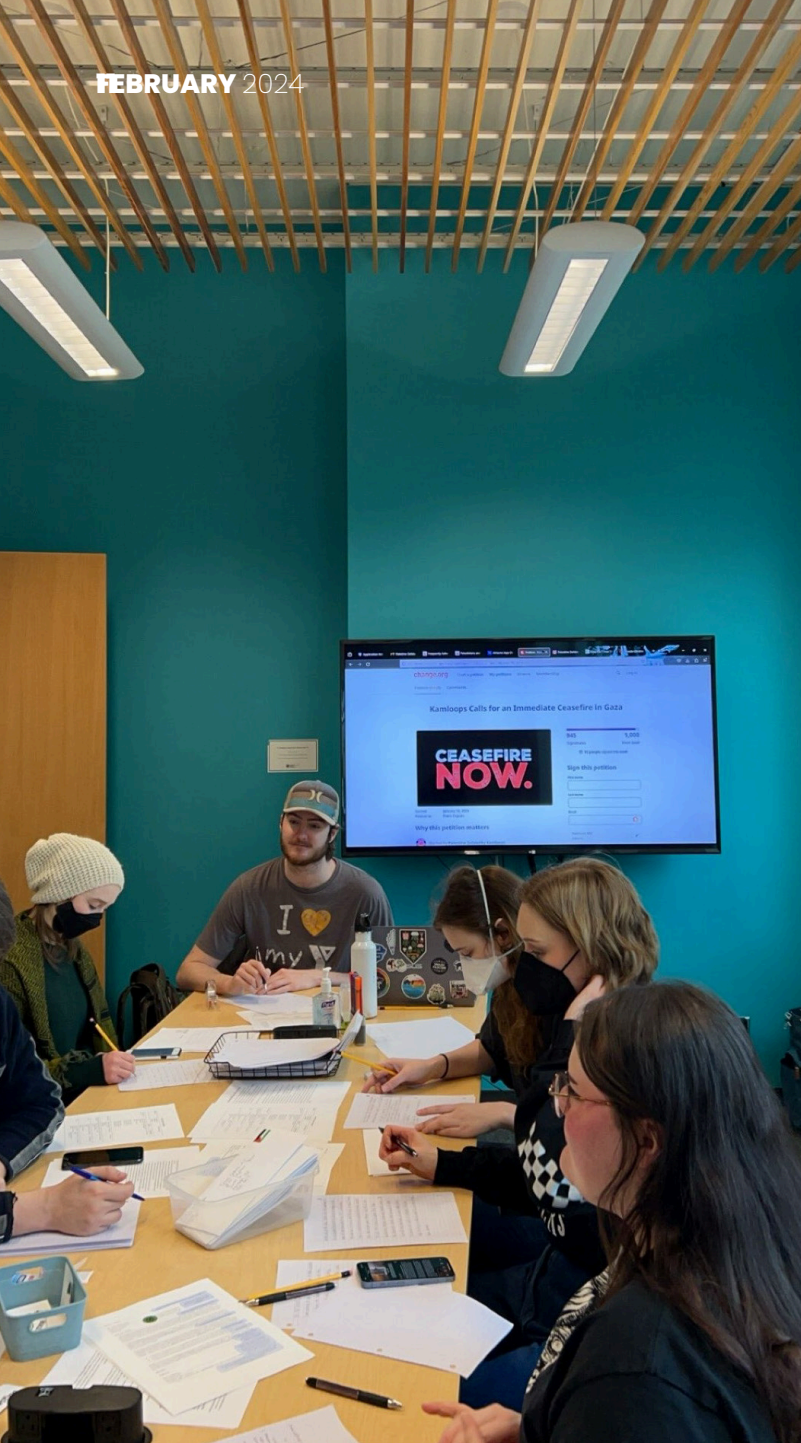
Cant said that having a call to action and engaging in this cause can help people find power within themselves to enact real change. They believe that everyone's voice has an impact whether they know it yet or not and that the community of Kamloops has more impact than they may realize.

"I've met wonderful people connecting over this issue... it can be positive for ourselves to be a community and do something that we care about," Spice said.

"I think at the end of the day it's our moral obligation to one another as human beings. It doesn't matter if we live in the same town or across the world," Guthier said. "[It's] acting on what I know to be right."

Palestine Solidarity Kamloops posts information about future events, on their Instagram, [palestinesolidaritykamloops](https://www.instagram.com/palestinesolidaritykamloops).

The group encourages people to reach out to them there with any questions.



Students take part in a letter-writing campaign to Canadian politicians in solidarity with Palestine.

Campus club calls for blood donations

EAGLE ANDERSEN NEWS EDITOR

The TRUSU Blood Club has been active on campus since the pandemic promoting blood donation, and their new president is looking to get more students involved.

Blood Club members often do their part to help curb the shortage by donating blood to Canadian Blood Services for medical use while encouraging others who can do the same to donate. Blood and stem cell donation tables are regularly hosted by the club on campus to inform students and raise awareness.

According to the Canadian Blood Services website, less than two per cent of eligible donors actively donate, despite the ongoing demand for new blood and plasma donations.

Kamloops does not have a permanent clinic, but the TRUSU Blood Club president, Emily Fagg, said that a pop-up clinic is typically hosted monthly for three days at the Oasis Church in Aberdeen.

A pair of nursing students founded the club during the pandemic but have since graduated. Fagg, now the club's president, joined as a member in 2021 after being

diagnosed with a medical condition that requires her to donate blood.

"I found out that I had high iron levels," Fagg said. "So now I have to consistently donate for the rest of my life."

While donating her blood, Fagg noticed a lack of people who looked like her.

"I had never donated prior to [the diagnosis], and I had noticed the need for younger donors," Fagg said. "I was the youngest in there by a large margin."

Niki Randall, Kamloops' community services manager for Canadian Blood Services, explained why donating is so important.

"Canada's national blood supply is currently healthy and able to meet the needs of hospitals in this country,"

Randall said on the current blood donation climate. "But the need for blood and plasma is constant. We need 100,000 new donors [nationwide] each year to ensure we continue to meet patient needs."

Randall said the best way for new donors to get involved is by downloading the GiveBlood application on their phones or visiting blood.ca to book a donation appointment.



Blood Club president Emily Fagg (left) and vice-president Tess Russell are looking for donors.

Typically, donated blood is used for various medical patients, including individuals with cancer, accident victims, surgery patients and those with blood conditions. However, Randall said that these patients often require more blood than a single donor can provide. For instance, she explained that eight donors per week are usually necessary for leukemia patients, and other conditions can require

repeated donation.

This need is why the Blood Club feels their presence on campus is necessary to raise awareness.

The club currently has 38 members and more are welcome. Anyone with questions and those who are curious about donating can reach the blood club through their Instagram page or via email at trusubloodclub@gmail.com.



Creative writing sessions being held every Friday

CALVIN BORGHARDT STAFF WRITER

Refine your poems and polish your prose at the forge of Creative Writing Fridays, hosted by the TRU Writing Centre in OM 1411 at noon. Student creative writers are encouraged to join their peers for an afternoon of imagination and creation.

Palmer Vaughn, host of Creative Writing Fridays, explained their process. Each session starts with writing prompts for the first half hour.

"Last week was dialogue, and we did a focus on clarity and the flow of the dialogue," Vaughn said. "Our prompt was to write a dialogue between two characters trying to limit the use of dialogue tags to put more of a clear emphasis on voice and diction and that sort of stuff."

Vaughn, a fourth-year student majoring in English, originally took creative writing while they were an

undergraduate earning their first degree in general studies.

"I think there's a lot of reasons people should write," Vaughn said. "I think one, for me, is it helps you process a lot of your own things, whatever you have going on in your life."

During the second half of the hour, students engage in a focused critique based on the week's theme.

"The feedback piece is not supposed to be a really valuable critique of your writing

with people who are experts in the field," said Jenna Goddard, Writing Centre Coordinator.

"It's not feedback-focused. It's more about gathering together, writing together and creating a community."

Goddard said no appointment is necessary to use the writing centre space and all are welcome.

"I just would love people to feel comfortable coming into this space and using it in a way that best serves them," she said.

Philosophy, science, social issues explored in lecture series

CALVIN BORGHARDT STAFF WRITER

Until March 28, the TRU Faculty of Arts will present a series of art lectures featuring various speakers, each exploring specific topics in their specialized fields, including politics, anthropology, psychology, literature, history, and criminology.

The topics scheduled for the remaining four sessions include psychology on Feb. 28, politics on March 8, history on March 20 and criminology on March 28.

Neurocognitive Theories of the Aging Brain

Presented by Claudia Gonzalez, Assistant Professor of Psychology at TRU, on Feb. 28 in OM 1742 from 4 p.m. to 5 p.m.

"This is important because the older adult population is increasing worldwide, and aging is still associated with decline, even in the absence of pathology," Gonzalez said via email. "Our goal is to better characterize the aging brain and ultimately be able to explain cognitive decline in healthy aging and in disease aging trajectories."

Liberty and Government: John Milton's Career as a Civil Servant and his Policies for Freedom

Presented by Benjamin Woodford, Assistant Professor of English at TRU, on March 8 in AE 208 from 12-1 p.m.

"When COVID-19 hit, it was a moment of crisis and emergency and Milton's also writing in a moment of crisis and emergency with The [English] Civil War, the execution of [King Charles I], threats of invasion, that kind of thing," Woodford said.

"So in this moment of crisis, we get in our world, in the time of the pandemic, this real question: What should the government be doing? How should it be resolved, and how is freedom understood in this moment of crisis? So, things like all the regulations that we had during the pandemic — is that securing freedom, or is that violating freedom? I see Milton working through the exact same issues. It's a slightly different context — the emergency is a war versus a pandemic — but it's the same questions that he's asking."

Stunning Gowns, Fine Singing, Great Impersonations: Class, Race, and Gender in the 1920s and '30s Female Impersonation Scene of Windsor-Detroit

Presented by Nicholas Hrynyk, Assistant Teaching Professor of History at TRU, on March 20 in AE 263 from 12 p.m. to 1 p.m.

"Windsor-Detroit had this really unique regional identity, and even today, a lot of Windsorites and Detroiters will share in this queer culture," Hrynyk said. "But then its association with minstrelsy has to be acknowledged. I'm very much looking at these female impersonators as almost like a cultural export."

Sexual Harassment in the Food and Beverage Industry in Kamloops

Presented by Rochelle Stevenson, Associate Professor of Criminology at TRU, on March 28 in AE 304 from 4 p.m. to 5 p.m.

"This is a contemporary problem because it's something that nearly every person we've talked to or surveyed so far has indicated they've experienced," Stevenson said.

"Sexual harassment is a problem in the workplace. For example, Canada's Survey on Sexual Misconduct at Work conducted in 2020 showed about half of people had experienced sexual harassment in their workplace. Some work out of the United States has shown eighty percent of female employees and seventy percent of male employees who work in restaurants have experienced sexual harassment. Our numbers in Canada are a little bit harder to measure because we don't have specific research; in Canada, it's quite limited, so that's one of the reasons why we're doing this study."

The Arts Lecture Series provides diverse perspectives, from international politics to local issues, showcasing the interdisciplinary nature of the arts at TRU. This series also serves as calls to action that urge their audiences to engage with critical issues, question societal norms and contribute to positive change in their communities.

For more information, contact organizer Robert Hanlon via email at rhanlon@tru.ca or phone at 250-371-5527.

New athletic council plans to grow TRU sport community

AIBIIKE ALYMOVA STAFF WRITER

In an effort to foster a more cohesive and vibrant athlete community at TRU, a group of former WolfPack athletes has come together to establish the WolfPack Athletic Council (WAC).

Marques Scott, one of the founding members, shared their vision for the council, emphasizing the goal of bridging the gap between various sports, the athletic department and individual teams.

"Our goal was just to start something, just to make the athlete community at TRU much stronger and a little more holistic," Scott said. "There's a little bit of a gap between some of the sports, the athletic department and some of the teams, as well."

The WolfPack Athletic Council is the brainchild of 'Pack alumni Patrick Izett, who has been leading its creation for months.

"I think we just both had the time now to do it, now that we're considered alumni," Scott said.

"We both just finished up our last season last year, so we have a little bit more time on our hands, and we just wanted to give back to the school and everything before we left."

The council has gained momentum with the involvement of enthusiastic first- and second-year athletes from various teams.

"We want it to be open up to whoever. The council itself, like the president, vice president, [and] some of the social media stuff. We want that just to be athletes, because it's for us," Scott said.

The council's overarching goal is equal attendance at women's and men's games. Scott said there is no reason why everyone can't be supported equally, pointing to a host of talented athletes on every roster.

They hope to extend support to sports like swimming, cheerleading and baseball, the latter two of which are considered clubs in the 'Pack.

The group has also led to the creation of hype nights, the first of which was held Jan. 27.

Students protest, faculty respond to BFA closure

EAGLE ANDERSEN NEWS EDITOR

The university's Bachelor of Fine Arts program faculty members are showing varied reactions and some students have taken to protest in the weeks since the program's closure was announced on Jan. 29.

Low enrollment and large physical footprint from the various classrooms and studio spaces were cited as primary reasons by TRU for this decision.

Although current students enrolled in the program are able to finish their degree, they did voice their displeasure with the situation. On Feb. 6, over a dozen students and faculty members marched around campus protesting the closure.

"It was essentially some students saying 'We want to have some presence in response to this.' It was organized by the students," said Donald Lawrence, an associate professor teaching visual arts. "What I think it did quite successfully was for the students to feel that they could have a presence because perhaps they felt they haven't had a voice."

Lawrence attended this protest in solidarity with his students. He said he acknowledged that his department does require a relatively significant amount of space in the form of a

sculpting space, a carpentry shop and a darkroom, however, he felt that TRU should not have been surprised by this.

In their reasoning, the university calculated that the current studio space could potentially be repurposed to create approximately 18 standard classrooms.

Terryl Atkins, a fellow visual arts professor and former program co-ordinator said she understands the physical space argument from TRU.

"Most of the classrooms are like that. They're used by two or three classes a week and the rest of the time it sits empty ... and the university is running out of space," Atkins said.

A low number of graduates was mentioned as a factor by the university in a statement issued shortly after the announcement.

"The numbers have varied from year-to-year," Lawrence said on students in the program. "The BFA program was designed with a graduation capacity of 15 in mind."

In recent years the number of graduates has dropped below this target to an average of nine, according to Lawrence. Along with a lack of promotion, Lawrence said that the declining number of staff members in the department

could have impacted this drop.

"We've gone from something like 11 full-time permanent faculty members to five... We had a hire last year, that was the first hire since 2005," said Lawrence, who has been at TRU since 1989.

Both professors acknowledged that action could have been taken earlier to prevent this eventuality.

"There were tons of things that could've been done," Atkins said on the program closure. "We've been warned by four deans in a row that our numbers are too low — and they are."

No faculty members are expected to lose their jobs. Although a framework has yet to be developed, Atkins expects visual arts electives with higher course counts will replace the more specialized upper-level courses in the coming years.

"Even while it's talked about there being some visual arts courses, that's nothing like the same as having an undergraduate-level program," Lawrence said.

For now, visual arts students will continue their work. On Feb. 16, a student-curated exhibition titled *Our Voice* opened in TRU's Art Gallery in Old Main. This exhibition will run until March 1.



Repair Café event has sustainability in mind

CALVIN BORGHARDT STAFF WRITER

Bring your broken, bent, wire-crossed messes yearning to recharge to the TRU Repair Café on March 5.

Repair Café Kamloops, an initiative of Transition Kamloops, is an educational workshop that teaches participants how to breathe new life into broken household items, clothing or textiles.

The TRU Sustainability Office is hosting the event on March 5 from 10 a.m. to 3 p.m. at the TRU Library Makerspace in partnership with Repair Café Kamloops. During the workshop, volunteers from Repair Café Kamloops will assess the items, determine whether they can be repaired and, if they're repairable, teach participants how to fix them.

"It's about educating people

on how to repair items instead of throwing them away," said Mackenzie Warner, a marketing and communications co-op student who works in the TRU Sustainability Office. "If we're saving things from the landfill or sustainably recycling them, we're still saving them from the landfill. As a community, we're moving towards the goal of being more sustainable and environmentally friendly."

The TRU Repair Café is part of Sustainable Development Goals (SDG) Week Canada (March 4 to March 8), which features events that promote the United Nations' 17 SDGs on university and college campuses.

This event addresses three goals:

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all,

Make cities and human settlements inclusive, safe, resilient, and sustainable and

Ensure sustainable consumption and production patterns.

"It is designed so that people stick around," said Spencer Nevacshonoff, a research assistant in the TRU Sustainability Office. "They have a snack, a cup of coffee and they interact with the person fixing their item and learn a little bit about how to fix that item, should they have problems again in the future."

Acceptable items include clothing and textiles, small

household electronic appliances and electrical items, wood furniture needing simple repairs and bicycles. The TRU Repair Café will not accept gas or other fuel-powered devices, computers or cell phones, or items that require multiple people to carry them.

"We want to be sustainable, and we want to be thoughtful in how we are purchasing things, how we are using them, making sure that we are using them to their full capacity before we say 'It's time for this item to retire, it's time for this item to go in the garbage,'" Warner said.

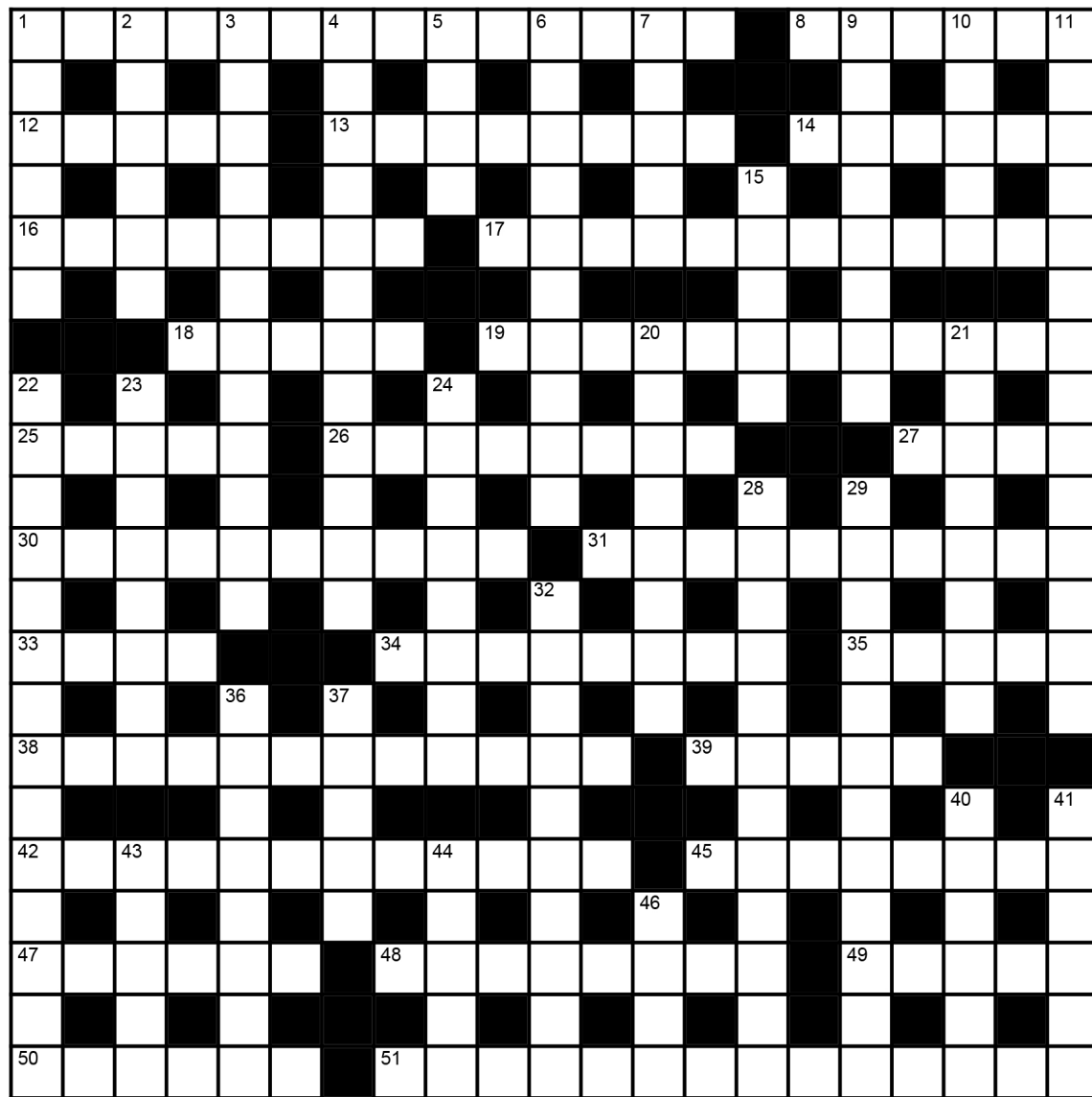
Nevacshonoff encourages anyone with feedback or questions about this event to email the TRU Sustainability Office at sustain@tru.ca.

ACROSS

1. Iconic Victorian novelist (7,7)
8. Canada's capital (6)
12. Hold it out to hitch a ride (5)
13. A first performance in the arts (8)
14. Right where it belongs; from Latin (2,4)
16. Related to a funeral (8)
17. A pessimistic person from Poland (8,4)
18. What a flautist plays (5)
19. Easy to talk to (12)
25. Before metamorphosis (5)
26. Nikes, Adidas, Reeboks (8)
27. A rock that we eat (4)
30. Highfalutin investment (5,5)
31. Pavarotti, laughing (5,5)
33. Microsoft's browser (4)
34. An automated chauffeur (8)
35. If Disney's Donald didn't speak English (5)
38. To think too much of something (12)
39. Sings you to shipwreck (5)
42. Often done in Drumheller (12)
45. Suffer a lack of vitality (8)
47. Think, understand (6)
48. A class of readers (8)
49. Animal coats (5)
50. Infrequent distribution (6)
51. Very susceptible to stimulation (14)

DOWN

1. Urbanize (6)
2. Female graduate (6)
3. Justin is the leader (in Canada) (7,5)
4. A belief without reason (12)
5. Tim's Capp (4)
6. A blade, aimed (10)



7. Part of Marilyn's moniker at birth (5)
9. An inclination (8)
10. An Iberian friend (5)
11. Find rollercoasters at these (9,5)
15. A wicked or cruel person (5)
20. Herb, like oregano (8)
21. Metallic, ceramic or organic; can stop a car (5,3)
22. Building material, French in origin (7,2,5)
23. There's a right one, but no wrong one (8)
24. Danger of uncooked pork (8)
28. Complex society (12)
29. Fresh herbs tied together; French (7,5)
32. Romance language of two countries (10)
36. As a mammal, the platypus has this very rare trait (8)
37. 48 are contiguous to our south (5)
40. Indian holiday, around Thanksgiving (6)
41. Abstaining from sex (6)
43. South American camelid (5)
44. Lay people, distinct from clergy (5)
46. In sheet music, vertical lines distinguish these (4)

— SUDOKU —

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28TH ANNUAL KAMLOOPS FILM FESTIVAL 2024 FEB 29TH TO MAR 9TH



OPENING NIGHT
Who's Yer Father?
Thurs, Feb 29th @ 6:30 pm
Post-film talkback with
actor Chris Locke and producer Jason Arsenault.

American Fiction
Sat, Mar 2nd @ 6:30 pm



Weak Layers
Fri, Mar 8th @ 6:30 pm

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