

Special Edition

FALL SEMESTER SURVIVAL GUIDE

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A fawn outside of the Campus
Activity Centre poses for a picture
Robert McAlaster/The Omega

the Omega

theomega.news

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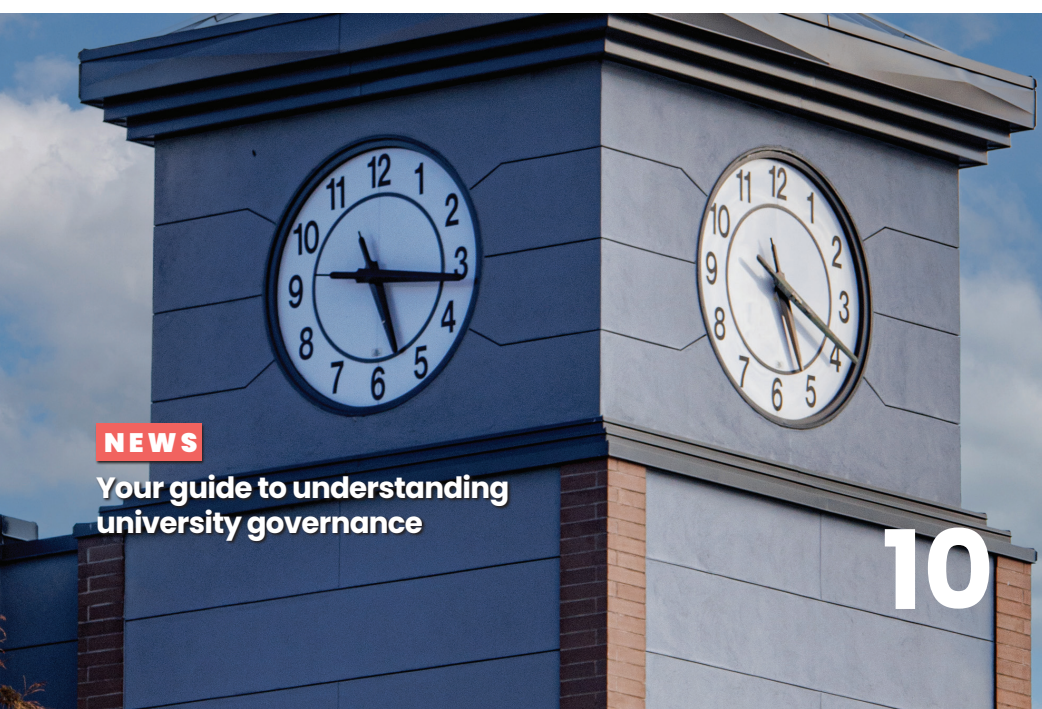
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NEWS

Navigating campus
can be tough; we have
a map for that

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Your guide to understanding
university governance

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ROBERT MCALASTER/THE OMEGA

Gearing up for another great semester

ROBERT MCALASTER EDITOR-IN-CHIEF

With summer nearly behind us and the fall semester directly in front of us, the TRU campus and the surrounding community are set to wake up.

If you've walked the campus grounds recently, you'll know about many of the changes that are currently underway. In front of Old Main, construction on the new Low Carbon District Energy System (LCDES) building continues, as does work on the new \$22-million Indigenous Education Centre (IEC).

With growth comes growing pains, though.

As one would expect, with the start of the new academic year, foot traffic on campus may become hectic for the first few weeks as new students and staff become familiar with the university's layout. What this equates to, in practical terms, is a likely increase in the amount of congestion, particularly during busier times of the day, such as early morning and around noon. As such, being able to quickly

navigate your way around campus may be the key to decreasing your stress levels between classes.

Our team at the Omega would like to help with that.

Inside the pages of this edition, you'll find material that we believe will be invaluable to you as you navigate your first week on campus and beyond. Our handy guide will provide you with information on where to eat, popular areas to study and what kind of services are available to help you improve or maintain your overall health and wellbeing.

On page four, we've compiled a brief list of some important dates you should know for this semester, including when add/drop dates occur, when the fall reading break takes place and what the exam schedule looks like.

The following article on page five discusses locations of interest that students should know about, like the Wellness Centre, the medical clinic and more. The services and amenities listed within could prove essential in helping manage your stress

levels while you study.

We've also done our homework and, through careful research and evaluation, have uncovered some of the most popular study spaces on campus. From solo spaces to bright rooms ideal for group projects, we've got you covered. The results from that review can be found on page eight.

As we all know, studying can be hard work, though, and can leave you feeling drained, low on energy and just plain hungry. Thankfully, on page nine, you can sate your curiosity (and later your appetite), where we tell you where you can find fast and affordable meals. For those curious individuals who are interested in the decision-making processes at institutions like universities, or for those who wish to become involved in the process, we've put together a brief overview of how governance works at TRU that you can find on page 10.

Lastly, for those of us who have music in our veins, then perhaps volunteering at the campus

and community radio station, CFBX "The X," is the chance you've been looking for. On page 11, you'll find information on how you can get involved this semester and what opportunities are available.

This semester, we will be seeking students who have a passion for writing stories, taking pictures and interacting with the community. Positions for staff writers, staff photographers and volunteers are open to all students currently enrolled at TRU, regardless of your program or amount of journalism experience. Only a willingness to learn and engage is required, as our team will provide on-the-job training.

Working for the Omega is an excellent opportunity to gain valuable skills and knowledge, all while having your written works published on our website and in our monthly print editions, such as this one.

For more news, information, or to submit an application to join us, check out our website at theomega.news today.

Mark your calendars

These are some of the most important dates for you to know this semester

ELLEN KAZEMBE STAFF WRITER

Surviving the semester takes more than a Starbucks cup of coffee— it takes strategy from the get-go. Mark these dates so you are ready for the key moments before panic sets in.

Orientation Sept. 2

Orientation begins with program and faculty welcome sessions at 9:30 a.m. These sessions are held across various campus locations and are tailored to introduce students to their chosen field of study. For some programs, these sessions also include important academic information and discipline-specific advice. While not all programs host a session on Orientation Day, those that do offer an early opportunity to build connections and get clarity before classes officially begin the following day. Students are encouraged to attend orientation to meet professors, classmates, and faculty staff and to learn more about the upcoming semester. To wrap up orientation, the TRU's Palooza and BBQ will be held at noon.

Fall semester start of classes Sept. 3

The new academic year officially kicks off, bringing the campus back to life after the summer. The first week is all about settling in—finding classrooms, meeting professors, and figuring out class schedules.

It's also the best time to grab your textbooks on or off campus before the shelves get emptied, and to double-check your online course spaces for announcements. Whether you're a new or returning student, those first few days set the tone for the rest of the semester, so a little preparation goes a long way.

End of 'course change' period (add/drop/audit, late registration) Sept. 16

This is the last day that students can adjust their course registration for the fall semester. Before this date, students can add or drop any of the courses on their course schedule. Once this deadline passes, students can no longer adjust their course schedule without formal approval. Students must ensure that their course schedule is finalized by this date, as it determines course enrollment and prevents any gaps in academic planning.

Fall Convocation – Kamloops campus Oct. 19

Convocation not only celebrates graduates but also reinforces the university's academic mission. It includes participation from faculty, staff and administrators, as well as recognition of community partners and honorary degree recipients. By definition, the ceremony is both a student-focused milestone

and a public demonstration of the university's role in higher education.

Last day to withdraw from a semester course with no academic penalty Oct. 24

Sometimes, a course you thought you would enjoy isn't the right fit for you. Maybe the timing doesn't work, or perhaps the content is not aligned with what you expected. Whatever the reason, that's where the course deadline drop comes in. Between Sept. 17 and Oct. 24, students may withdraw from any single-semester Fall course without a penalty to their GPA. The notation "W" is placed on the transcript but has no numerical value in GPA calculations. This protects students from long-term academic damage while still documenting that the course was attempted.

Mid-term break Nov. 7-10

The Fall mid-term break at TRU is scheduled for Nov. 7-10. During these days, no classes are held and normal academic activity is paused. The timing occurs roughly halfway through the semester, after midterms and major projects have begun. While the break is not considered a holiday, it functions as an academic recess, giving students time to review material, meet deadlines, or simply step away from coursework temporarily. For faculty, it offers additional time for

marking and preparation for the final stretch of teaching.

Start of examinations Dec. 8

The Fall examination period begins on Dec. 8. From this date forward, TRU conducts formal end-of-term assessments for undergraduate and graduate courses. Examinations are scheduled across multiple days and may include morning, afternoon, and evening sessions. Students are expected to know their assigned dates and times in advance, as no adjustments are made for personal conflicts such as travel. The start of exams signals the final stage of the semester, requiring preparation and adherence to academic policies regarding conduct, identification, and permitted materials in exam rooms.

End of examinations Dec. 20

The end of classes often coincides with the submission of major term projects, essays, or lab reports. By this date, continuous assessments, such as participation marks or quizzes—are complete. While exams are scheduled afterward, most forms of coursework end at this time. Defined in this way, the end of classes is not only the final day of teaching but also the deadline for in-term evaluation. It separates work assessed through the semester from the concentrated, high-stakes assessment of the formal examination period.

Health, wellness and convenience

These places of interest will help keep you energized and on-track

ROBERT MCALASTER EDITOR-IN-CHIEF

Whether it's your first or your last semester, finding your way around any university campus could be a confusing and challenging task. Many students figure out quickly where the wash-rooms, library, and vending machines are located, but what about some more unique, albeit important, destinations? For that, the Omega has you covered.

Cplul'kw'ten (The Gathering Place) House #5- 870 Sk'lep Trail

When discussing areas of significance on campus, it would behoove us to formally and humbly acknowledge that the Thompson Rivers University campuses are located on the ancestral lands of the Tk'emlúps te Secwépemc (Kamloops campus) and the T'exelc (Williams Lake campus) within Secwepemcúlcw, the traditional and unceded territory of the Secwépemc.

At present, a new Indigenous Education Centre (IEC) is being constructed on the grounds of our Kamloops campus, a building that was developed in partnership with Tk'emlúps te Secwépemc. Until its completion, Cplul'kw'ten, or The Gathering Place in English, serves as the current Indigenous centre.

Described as a "home away from home," Cplul'kw'ten is a place where

Indigenous students can receive valuable information on all facets of university life, in a safe, comfortable, relaxing environment. Additionally, it also offers access to helpful resources such as computers, a kitchen, lounge area and various free events.

The new IEC is expected to open its doors sometime next year.

TRU Medical Clinic Old Main, room 1461

Located on the first floor of Old Main, TRU's medical clinic is open 9 a.m. to 3 p.m. Monday to Friday (excluding holidays) from September to July for all registered students. The office is staffed full-time by one of three physicians on a rotating schedule, in addition to a medical office assistant.

Services the clinic offers include allergy injections, birth control education and prescriptions, immunizations, physical exams and much more.

Seeing a doctor is by appointment only (the clinic does not accept walk-ins), which may be scheduled by emailing trumedicalclinic@tru.ca or by calling the office at 250-828-5126.

The Wellness Centre Old Main, room 1479

They say that "an apple a day keeps the doctor away," but as we're all aware, often times we go through sad periods that even the freshest of fruit

can't help with. Thankfully, a useful remedy to help us all cope exists at TRU in the form of the Wellness Centre.

Just a short distance from the medical clinic, the Wellness Centre is open for staff and students at the university when stress, anxiety, sadness or pressure becomes too much to withstand on our own. Services include one-to-one peer support with members of the Student Wellness Ambassador Team (SWAT), health and wellness workshops, outreach events and assistance in contacting a TRU counsellor.

Cariboo Child Care Society 1274B McGill Road

Although it maintains its independence from the university, the Cariboo Child Care Society has been an essential part of the community for over 50 years. Three years ago, in collaboration with TRU, the society moved to a larger, updated space on McGill Road. At that time, the new facility also became home to TRU's Early Childhood Education department along with its staff and students.

A large contingent of child-care professionals staffs the CCCS. It offers affordable care options for student-parents, including, as of Aug. 1, \$10 per day childcare as part of the provincial childcare program. Spaces at the CCCS fill up quickly, so interested parties are

encouraged to contact the society as soon as possible.

Multifaith chaplaincy Office: Old Main, room 1421, Prayer rooms: Old Main 2494 and 2498

To many people, faith and spirituality play key roles in their day-to-day lives. A connection to something bigger than themselves is essential, as is having a safe place to explore and appreciate that connection.

As its name suggests, the Multifaith Chaplaincy is staffed by individuals from a wide range of faith cultures, including those versed in Christianity, Islam, Buddhism, Hinduism and non-denominational spirituality.

Aside from spiritual or religious support, the team also offers opportunities for companionship and prayer, as well as special events.

Wolfie's Campus Store Campus Activity Centre

University life is often hectic. We run from class to class, job to job, often with no time to spare. So, when we've lost our last pen, or we have an assignment due but don't have the paper to print it on, it can feel like a crisis situation.

For those times and more, it's a good thing to have a local store nearby. Thankfully for we do.

Wolfie's Campus store is your destination location for all your university supplies and many of the snacks you crave.



A CAMPUS GUIDE TO

WHERE'S WHERE?

BUILDINGS

1. North Tower Residence
2. Horticulture
3. CFBX
4. Students' Union Building (TRUSU)
5. Arts and Education (A&E)
6. Campus Activity Centre (CAC)
7. Industrial Training and Technology Centre (ITTC)
8. International Building (IB)
9. Trades and Technology
10. House of Learning
11. Library
12. Low-Carbon District Energy System (under construction)
13. Old Main
14. Cplul'kw'ten (Gathering Place)
15. Clock Tower (CT)
16. Old Library and Research Annex (OLARA)
17. Culinary Arts
18. Nursing and Population Health
19. Gym
20. Science
21. Field House
22. Tournament Capital Centre (TCC)
23. McGill Residences (closed)
24. Westgate Dormitories (off-map)
25. Coyote Den (off map)

SERVICES

1. CFBX
2. Book Store
3. Actors Workshop Theatre
4. Wellness Centre
5. Transit Exchange
6. Multifaith Chaplaincy
7. Medical Clinic
8. The Omega
9. Retail Meat Store
10. Bus Stops

FOOD

1. Common Grounds
2. Urban Market
3. The Den
4. Subway
5. Tim Hortons

6. The Workbench

7. Starbucks
8. U&M Deli/Bento Sushi
9. Scratch Café

RECREATION/HANGOUTS

1. Horticulture Gardens
2. Campus Commons
3. Basketball Courts
4. Student Street

GOVERNANCE

1. TRUSU board room (SUB)
2. Senate meeting room (HL190)
3. CT board room (CT309)

STUDY SPOTS

1. Study rooms (TRUSU)
2. Study area (A&E)
3. Study booths (CAC)
4. Lobby (IB)
5. Counter seating (OM, 2nd floor balcony)
6. Cubicles (HOL)



NORTH

- Buildings
- Services
- Food
- Recreation/Hangouts
- Governance
- Study Spots





Sweet study spots

LUIS ZABLAH CONTRIBUTOR

Life as a university student can be extremely stressful. From working on assignments to preparing for exams and everything in between, it can all be a bit overwhelming, but finding the perfect spot to study can make things much less frustrating. TRU has a massive campus filled with hidden gems for you to study alone or in a group. Here, we have our favourite six spots perfect for you and your friends to ace this semester.

Campus Activity Centre (CAC)- booths

First floor, between the Students' Union entrance and the CAC

On the first floor of the CAC, the booth seating offers a comfortable and practical place to study. Each booth can seat up to four people with cushioned chairs and a big, spacious table perfect for laptops, textbooks and group projects and conveniently placed outlets to keep devices charged during long study sessions. With noise levels that generally remain at a comfortable level, many students find it easy to focus in this area.

Brown Family House of Learning (HoL), cubicles
From the main entrance, walk straight to the stairs or take the elevator to the fourth floor, take a sharp left, and continue straight

The HoL is more than just our local university

library; it holds many cozy study spots. The third and fourth floors are peaceful havens for those times you just need to focus and get things done. The cubicles are tailored for privacy, feature ergonomic chairs, accessible outlets, and privacy panels. The area is designed for silent solo study, so noise is low, allowing students to concentrate more easily and with fewer distractions.

Old Main (OM)- counter seating
Head through the main entrance, walk straight to the stairs, go up to the second floor, and find the counter seating area in front of the U&M deli

OM is one of TRU's best spots for you to sit and study. From the second floor, students can see out several large windows overlooking the basketball courts, with counter seating for solo studying or booths for group work. As one of the university's most frequented buildings, it can get busy, so staking out spots early is essential. With nearby dining options, washrooms and water fountains, OM's second floor is a destination location for many students due to its mix of great seats and convenience, where you can work and enjoy that campus life.

International Building (IB), Booths and floor seating
Through the main entrance, you'll find both

booth and floor seating

The first floor of the IB offers a pleasant, relaxed study spot perfect for getting prepared for anything the semester throws at you. As with many other popular study areas, the IB features booth-like seating with large tables that fit up to four people. The IB is packed with convenient amenities for students, including vending machines with drinks and snacks, water fountains and nearby bathrooms. The booth seating is particularly special, sitting right next to floor-to-ceiling windows that offer amazing views of TRU's campus quad while providing beautiful natural light.

Students' Union building- study rooms, first floor
Straight through the main entrance, take a sharp right

The CAC has more than one great spot for studying. The Students' Union has designated study rooms that you can book for whatever you need. The Grey Room accommodates up to six students, with ergonomic chairs, an oval table and large windows that offer natural light, making it ideal for individual or group studying. The Blue Room holds up to eight students and is equipped with a whiteboard and a TV for projects that require audio or video. The Green Room also seats up to eight students and includes a whiteboard and projector. With vending machines, water fountains

and nearby bathrooms, these rooms provide quiet, effective spaces away from the campus activity outside.

Due to the popularity of these spaces, students are advised to book early at trusu.resurva.com.

Arts and Education (AE) building- second floor
Head through the main entrance, turn right up the stairs, then turn right again to reach the study area and balcony on the second floor

On the second floor of the AE Building, you'll find a hidden gem: a study space with a balcony and large windows offering scenic views of Kamloops. Round tables with ergonomic chairs and counter seating facing the windows make it a flexible spot for solo work or group projects. The balcony's patio-style chairs are perfect for a two-person study session with fresh air (weather permitting). This quiet, relaxed space includes nearby vending machines, bathrooms and water fountains. With its windows overlooking Kamloops and the Thompson River, it's a peaceful setting for staying focused on those busy days.

Whether you prefer silence, a quaint corner, or to be right in the middle of a busy hallway, TRU has the perfect space for you. Try exploring the campus and finding these spots to see which one works the best for you and helps you focus. You might discover your new go-to study spot.

You're not you when you're hungry

For busy university students, knowing where to eat can make all the difference

DOMENICA RANDICH CONTRIBUTOR

With a new semester beginning soon for TRU staff and students, the fast-paced rush from building to building is back. As we prepare to tackle our courses—some of us for the first time, others for yet another semester—it can be easy to forget that nourishing the body and the mind, together, is an essential key to our success.

To help you stay on time without skipping meals, the Omega has put together a list of some of your dining options across campus. That way, you can easily figure out which spots work best for your schedule, without wasting time.

Scratch Café

Culinary Arts Training centre
Operating hours:

Wednesday to Thursday
8 a.m. to 2 p.m.; Friday
8 a.m. to 1 p.m.

Run by students in the Culinary Arts Program, the Scratch Café gives you the chance to try out meals that could come from the next best chef in Kamloops. Their menu features dishes for both breakfast and lunch, with choices like fresh salads, warm soups, sandwiches, desserts and more, with vegetarian options available. At the Scratch Cafe, there's always something new to discover.

Starbucks

Old Main, first floor
Operating hours: Monday to Thursday 7:30 a.m. to 6 p.m.; Friday 7:30 a.m. to 4 p.m.; Saturday 8 a.m. to 2 p.m.; Sunday 10 a.m. to 2 p.m.



Not only offering seasonal drinks but also savoury and sweet sandwiches, desserts, and snacks, good ol' Starbucks will save you on the days you didn't rest enough for that next class in your schedule. With its popularity, keep in mind you might have to stand in line for a while, especially during busy hours.

The U&M Deli

Old Main, second floor
Operating hours: Monday to Thursday 8 a.m. to 4 p.m.; Friday 8 a.m. to 3 p.m.

Perfect for a quick to-go breakfast or lunch, The U&M Deli has combos that are both tasty and budget-friendly. You can choose from sandwiches, wraps, salads, muffins and more, and pair them with refreshing drinks that will keep you satisfied until your next meal. It's a very convenient spot when you

just need something simple to get through the day.

Subway

International building, first floor
Operating hours: Monday to Thursday 10 a.m. to 7 p.m.; Friday 10 a.m. to 4 p.m.

For the days when you forget to pack your lunch and you want something filling and quick, you're in luck. A classic Subway sandwich to fuel your body might be the option you need. At the International building, you can create your own masterpiece from the variety of ingredients Subway offers. And if you are craving some snacks to take with you, they've got those too.

Common Grounds

Students' Union building
Operating hours: Monday to Friday 8 a.m. to 8 p.m.; Saturday to

Sunday 10 am to 8 pm.

This cafe, which stays open for those who like to work late on assignments, is the only student-owned cafe on campus. Aside from its high-quality coffee, visitors can enjoy fresh sandwiches, wraps and desserts from locally owned businesses that help keep you energized throughout the day. Plus, bringing your reusable cup will get you a 50-cent discount, a nice bonus for coffee lovers.

The Den

Campus Activity Centre, second floor
Operating hours: Monday to Friday 8 a.m. to 8 p.m.

With the most pub-like vibe on campus, The Den offers buffet nights for only \$10.99. On Tuesday, Wednesday and Thursday nights, you'll get a variety of dishes (including a pop) that will get you ready for your next day of classes. If you're in the mood for something different, their menu covers everything from appetizers to desserts, plus all the happy hour essentials.

Tim Hortons

Brown Family House of Learning, first floor
Operating hours: Monday to Thursday 7:30 a.m. to 8 p.m.; Friday 7:30 a.m. to 3 p.m.

For those hours-long study sessions in the library, Tim Hortons will save you from that stomach growling that we all experience when hunger strikes. Open from morning until late afternoon, it manages to satisfy cravings with coffee, snacks, and quick meals..

Demystifying university governance

Knowing how decisions are made and by whom shouldn't be a mystery

ADESIRE AJAYI-SMITH NEWS EDITOR

Whether you're a new or returning student, it can be tricky to navigate the governing bodies of Thompson Rivers University. Who are they, where are they, and what do they do? As a member of the university community, it is important to understand how the various branches interact to make decisions about life and education on campus.

The Omega has created a guide to explain these governing bodies, their duties, and their importance in our university's ecosystem.

The Board of Governors

Meeting Room: Clock Tower Boardroom, 3rd Floor, CT309
Meeting Times: Four/ five public board meetings annually

A major branch of university government, the Board of Governors is responsible for corporate management and decision-making. They are in charge of the administration and control of revenue, as well as all affairs outside the purview of the other bodies. Along with the Senate and the Planning Council for Open Learning, the BoG is also responsible for the development of TRU policies and regulations.

The 15-member board is headed by Chancellor DeDe DeRose. The rest of the board consists of a vice-chancellor (typically the university president), eight members appointed by the Lieutenant-Governor, two faculty-elected faculty members, one member elected by non-faculty employees and two

students elected by the student body. The wide net is intended to represent the variety of voices at the university and ensure that decision-making is focused on what is best for the entire TRU community.

Among other duties, the BoG has the power to appoint the president of the university. Earlier this year, after months of searching, the board elected Airini to the Office of the President. As president, Airini will not only serve as vice-chancellor of the BoG, but also as Chair of the Senate.

The first board meeting for the Fall 2025 semester will be held on Friday, Oct. 3.

The Senate

Meeting Room: HL190 in The Brown Family House of Learning
Meeting Times: Fourth Monday of each month, 3:30 p.m. – 5:30 p.m.

The Senate, as the body most responsible for TRU's academic affairs, is an indispensable arm of the university's governance. Their legislated duties include the development of criteria for curriculum content, academic awards and admission qualifications, as well as setting standards for educational policies and procedures. According to the Thompson Rivers University Act, the legislation establishing the university, the Senate is also tasked as an advisory body to the Board of Governors, supporting them in the university's many objectives and priorities.

In achieving these lofty goals, the Senate oversees

several committees, each with its own responsibilities, operations and members. These include well-known committees such as Academic Integrity, Student Success and International Affairs. These committees are responsible for various tasks that fall under their jurisdiction, from setting academic schedules and overseeing the library and resource centres, to arbitrating on matters of student discipline.

The Senate is currently made up of 44 members, including two faculty members from each of the university's faculties/schools, four elected members from the student body, and one alumni member, among others. The chair of the Senate is president and vice-chancellor Airini.

The first meeting of the Senate for the Fall 2025 semester will be held on Monday, Sept. 22.

TRU Students' Union

Meeting Room: TRUSU Boardroom
Meeting Times: Second Tuesday of every month, 4 p.m. – 6 p.m.

The TRU Students' Union, or TRUSU, stands as the major representation and highest decision-making body for students on campus. A membership-based organization of about 29,000 individuals, the union includes all full-time undergraduate students. It is also a democratic organization, with every member granted decision-making rights and the opportunity to exercise those rights during annual elections.

TRUSU's democratically elected Board of Directors are responsible for the major governance of the union and, by extension, the championing of student interests. They manage all aspects of student life, from community meals and medical/dental plans, to clubs and social activities and even the UPASS system that allows TRU students to move freely within Kamloops through public transit. The board maintains five standing committees responsible for union operations. These committees are the Campaigns Committee, the Services Committee, the University Affairs Committee, the Equity Committee, and the Entertainment Committee. Together, members ensure that students are protected and supported on campus and beyond.

Along with the board, the union includes a Student Caucus, which closely supports student presence across various spheres of university governance and operations. The Caucus, made up of over 90 TRU students, maintains representation in TRU's decision-making bodies, holding seats on the Board of Governors and all senate committees.

Applications to fill vacant positions in the Student Caucus are currently open until September 13. To volunteer or learn more about eligibility, visit the TRUSU website at TRUSU.ca.

The first TRUSU board of directors meeting for the Fall 2025 semester will be held on Tuesday, Sept. 9.

CFBX Top 30 Charts

— August 21, 2025 —

Artist – Album (Label)

- 1) PUP* – Who Will Look After the Dogs? (Little Dipper)
- 2) Empanadas Illegales* – Sanchocho Trifasico (We Are Time)
- 3) Top Ropes* – 2 Lock City (Independent)
- 4) Chambers Deslauriers* – Our Time to Ride (Forty Below)
- 5) Brad Turner Trio Plus One* – It's All So (Cellar)
- 6) Kent Burnside – Hill Country Blood (Strolling Bones)
- 7) U.S. Girls* – Scratch It (4AD)
- 8) Rich Aucoin* – Synthetic: Season 3 (We Are Busy Bodies)
- 9) Fran Drew and the Lucky Strikes – Trial by Fire (Shakey Buddha)
- 10) Kristina Makinova – The Bus Came By and I Got On (Navona)
- 11) Primary Phase Principle* – Collapse of the Sightless Age (Independent)
- 12) Melys – Second Wind (Independent)
- 13) Two Hours Traffic* – I Never See You Anymore (Victory Pool)
- 14) shn shn* – Serpent's Skin (stadik)
- 15) Emma Goldman* – All You Are is We (Zegema Beach)
- 16) Artemis* – Arboresque (Blue Note)
- 17) The Cavernous** – Please Hold (Independent)
- 18) Coco Rose* – Cuddle Funk (Les Disques Passeport)
- 19) Carter Felker* – Loser (Dept. Store)
- 20) Jolie Laide* – Creatures (Victory Pool)
- 21) EKKSTACY* – Forever (Dine Alone)
- 22) Real Sickies* – Under a Plastic Bag (Stomp)
- 23) BIG|BRAVE* – OST (Thrill Jockey)
- 24) Tean Dream* – Shine EP (Lovetown)
- 25) Wild Remedy* – Songs from Home (Independent)
- 26) Pro Wrestling the Band* – Falling in Love With... (Independent)
- 27) Dan Mangan* – Natural Light (Arts and Crafts)
- 28) Dawn Clement – Delight (Origin)
- 29) Renee Rosnes* – Crossing Paths (Smoke Sessions)
- 30) Steve Marriner* – Hear My Heart (Cordova Bay)

* indicates Canadian Content ** indicates a local artist

Radio volunteer drive starts soon

ROBERT MCALASTER EDITOR-IN-CHIEF

Attention all broadcast media enthusiasts, if you've ever wondered what it would be like to work in radio, now is your chance to find out. CFBX, Kamloops' campus/community radio station, will be conducting its Fall volunteer drive from Sept. 5 to Sept. 19.

CFBX 92.5 FM, also known as The X, is a volunteer-run radio station based out of House #8 on the TRU campus. CFBX has been on the air since 2001, providing many students and Kamloopsians with the opportunity to work in broadcast radio.

"It's a really exciting place to be as far as a volunteer," CFBX's Programming Coordinator Steve Marlow said in an earlier interview with the Omega. "How often do you get a chance to actually run your own radio show or sit in front of a board or even be on the radio, outside of even running your own show?"

Volunteers wishing to be on the air are expected to commit to two hours of work per week, consisting of one on-air music or talk show, and one hour of off-air duties assisting with tasks such as organizing the music library, audio production, and office and committee work. All volunteers are thoroughly trained by staff before going on the air.

"Once you start listening to the radio station, you're going to hear how different it is from a commercial radio station, and that's what we're here to do: to provide an alternative to what's

already here," Marlow said. "We're here to do something different, and if you tune us in, then you're going to hear something different."

Positive energy and interest in the subject matter are essential when it comes to hosting a show, Marlow said. For students seeking opportunities that are fun and different, while still adding to their resume, volunteering at the station may be what they're looking for.

"Despite [the amount of] work involved in doing a show, it's still a lot of fun. I would encourage anyone to get involved with it," Marlow said.

The process to begin your journey into broadcast radio is relatively straightforward. During step one, potential volunteers are asked to fill out an application form that will include a brief proposal of the type of show they'd like to produce, their preferred time slot, and basic contact information.

Once the application has been received and approved, volunteers are invited to come in for a station tour and to discuss show content, CTRC rules and off-air responsibilities.

Step three involves mandatory and extensive training before hosts are allowed on the air. How long that takes, according to CFBX, depends on the number of volunteers in the process.

Anyone interested in volunteering with CFBX can call the station at (250) 377-3988, email radio@thex.ca, or visit the station at House 8 on the TRU campus.

We're missing your voice.
Come write for us.



the
omega



Email editor@theomeganews or visit theomeganews/work