



IN-HAS

Housing & Ancillary Services Employee Newsletter

Welcome Back To Campus

I'd like to welcome each of our new and returning staff back to campus. I hope you had a wonderful summer complete with some relaxation and quality time with family and friends. This is a special newsletter for me as it will be my last IN-HAS message to our team before my upcoming retirement in late October. It is with this in mind that I'd like to celebrate some achievements from this past season.

First of all, I'd like to thank everyone involved in making the Ontario Summer Games such a positive success at Western. We welcomed 3,500 young athletes to campus from August 2-5. The Games were truly a collaborative achievement with Conference Services, Catering, Housing, Residence Operations, HAS IT, Residence Dining, Caretaking Services and the Book Store all playing a contributing role. It is successful events like this that highlight our various divisional services and showcase Western to the City and surrounding community.

Our Retail Services team is geared up at the Book Store to provide new and returning students with their course materials and they've worked hard all summer to provide exceptional customer service to faculty in arranging for these various items. We appreciate this team's work in ensuring students leave with exactly what they need. Check out the new fall merchandise and get your Western swag.

Hospitality Services is thrilled to have launched the FIXX, our newest burger concept which was completely developed by our own team. Members of the Campus Eateries, Residence Dining and Great Hall Catering teams worked together on this project, leveraging their collective expertise. Over the summer, the Campus Eateries team finalized operations, trained the FIXX team, and created merchandise. You're all welcome to stop by Centre Spot for a great taste of our very own burger product.

The University Apartments and Residences have just moved in 7,000+ students and tenants this past hot and humid weekend. The Residence Dining team was fully geared up to serve the residents, and many favourable comments were heard by parents and students. We have experienced a 'bumper crop' with 60 additional residents over capacity. Great team work involving Rez Admissions, Facilities Management, Operations, and Marketing ensured our new bunkbed arrangement worked out very well.

I extend warm appreciation to the other remaining units within our Division including the HAS Human Resources team who has been actively recruiting and hiring a number of new employees to staff the many operations across our Division.

Lastly, I'd like to say a special thank-you to each one of you for your ongoing efforts and support towards our Division. You each help to provide a positive experience to our students and customers. It gladdens my little purple heart! As I approach the end of my long career at Western, I look back with pride on what we have accomplished together over the years. I have truly cherished my time spent working with such caring and capable people, and I look forward to the great things to come when a new AVP takes over the reins. Many thanks to each of you... It's been a joyful and fulfilling time. I'll miss you all!

Peggy Wakabayashi
Associate Vice-President (Acting)

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Mark your Calendar!

- Homecoming Sept. 19–21
- Fall Reading Week.....October 9–12
- Fall Convocation.....October 24–26
- Book Store Holiday Sale.....Dec. 3–6

THE FIXX... A Fresh Food Fixation

Kevin McCabe | Associate Director, Hospitality Services



The days of Harvey's hamburgers have come to an end at UCC Centre Spot. After 21 years and 1.8 million Harvey's burgers, it was time for a change.

A culinary team comprised of six members of the Management Team from Residence Dining, Great Hall Catering and Campus Eateries worked together to develop an exciting new in-house fresh food concept featuring the finest quality ingredients. The FIXX hamburgers are made from 100% Canadian ground beef with no fillers or additives, and are hormone and gluten-free. They'll be served on fresh butter brioche buns, or whole wheat or gluten free if you prefer, and feature unique toppings to tease your palate such as guacamole, pico de gallo, caramelized onions, sautéed mushrooms, and even a fried egg.

The FIXX menu will offer a wide variety of burgers (both beef and veggie), crunchy chicken, grilled chicken breast, poutines, regular and sweet potato fries, onion rings, and will feature an all-day breakfast sandwich. We're also implementing new cooking technology... the double platen grill, which cooks from the top and the bottom, and is a much quicker process offering a quality product.

The FIXX PIXX will feature limited time offer burgers which will change on a regular basis. Some of the pre-planned features include:

Macaroni & Cheeseburger
Swiss Mushroom Melt
Nacho Burger
Piri Piri Burger
Portobello Burger
Thanxxgiving Burger

Our final name selection, The FIXX, was determined after conducting a student survey in UCC. We provided 10 pre-selected names and The FIXX was chosen by twice as many students as any of the other nine.

Please drop in for a great new taste experience at Hospitality Services' latest food creation.

A sampling of The FIXX's signature items include:



SWEET HOME AVOCADO

Burger with guacamole, pepper jack cheese, hot peppers, red onion, lettuce and chipotle mayo



ALL CANADIAN, EH!

Burger topped with aged cheddar, Canadian peameal bacon, honey Dijon, lettuce, tomato and onion tanglers



OOH MOMMY (UMAMI)

Southwest black bean veggie burger with sautéed mushrooms, Swiss cheese, baby spinach and tomato, with roasted garlic aioli



BUFFALO CHICKEN CRUNCH

Crunchy chicken breast filet tossed in spicy buffalo sauce, lettuce, tomato, shoestring pickles and ranch dressing



Summer Academic Orientation (SAO) Overnight Experience

Chris Lengyll | Associate Director, Residence Life

This past June, a core group of Housing Staff trialed a new summer initiative designed to help ease the transition for incoming first-year students living in residence. Working collaboratively across various functional areas, the SAO Overnight Experience was offered on June 22 & 23 as a way for students to stay in Residence the evening before their Summer Academic Orientation on campus. The intent of this opportunity was to provide students, and their parents/guests, the chance to take part in a selection of what life in residence at Western is all about, including everything from a floor meeting, evening activities, meals in the dining hall and a one-night stay in Ontario Hall.

Lead by a combination of professional and student staff, we provided the chance for participants to engage in facilitated conversations with both students and parents/guests together. Additionally, we also created space for us to have some student specific programming and events to help build a sense of community among the incoming students while providing the parents/guests the chance to participate in a dedicated Q & A session with Housing staff.

With close to 50 participants, many reported that their motivation for taking part was to better prepare for their on-campus living experience and to meet peers with similar interests. The parents, in particular, had lots of questions about the more social aspects of their son or daughter's prospective on-campus living experience and were appreciative to learn more about the various support systems that are available for students. As anticipated, questions around the perceptions of partying, alcohol and drug use, as well as time management, were common concerns from parents. Leaning on our statistics from our EBI/Skyfactor data, our team was equipped with data points that more accurately represent the lived experience of our students on campus—which normalized the concerns among parents and set them at ease.

Despite the success of the more formal aspects of the overnight stay, much of the value was found during the 'in-between' moments and meal times where conversations flowed naturally among the group. By the end of the first evening, our facilitators remarked that the participating students seemed to be doing fine on their own and didn't

require our team to be overly involved, which was encouraging to see.

As a result of participating, there was an overwhelming sense that participants felt better informed about the various support systems and staff that exist in residence. Participants also shared that they felt significantly more comfortable about living in residence this September. When asked about their favourite aspect, one student mentioned that they appreciated the "Interactive, lighthearted presentations about the benefits of Rez, followed by tons of free time to explore on your own or with your SAO friends".

With this initiative, we discovered that there is in fact an uptake and demand for this type of pre-arrival activity and our group will continue to refine and develop the structure with the hope of continuing to offer the SAO Overnight Experience in the summers to come.

A big thanks to Conference Services, Marketing & Communications, Residence Life and other Housing Staff who helped make this first offering a success.



Peggy's Legacy: A Look Back on Her Journey at Western

Laura Belton | Digital Content Coordinator HAS

I have only known Peggy for a couple of months now, and I can already see that she is a (positive) force to be reckoned with. I sat down with her for a quick interview but I could have stayed all morning, listening to her speak so passionately about her time here at Western, about her family, and about leadership. Her words were inspiring, thoughtful, and showed her dedication to fostering and creating positive impact, both personally and professionally.

Peggy's schooling started in a one-room school house in Huron County, where a very high level of grammar was taught. It was in the early 1970's, in high school, that Peggy recalls some memorable sage advice from her Business Practice teacher, Ms. Harris, who was advising young women, "If you can write well and you can type well, you will always be employed."

While her parents recommended that she attend university, Peggy chose to pursue her Travel and Tourism diploma through college, and elected to incorporate business courses as well. Upon graduation, she had acquired basic accounting skills and "could type

like the wind". This was the start that cultivated her drive and ambition in the business world. Not long after starting work at Western, Peggy obtained her CIM designation. Later, she would use this same drive and business acumen to pursue a Masters of Arts in Leadership from Royal Roads University.

Initially, Peggy was quite apprehensive about working at Western. "At that time, I did not have an undergraduate degree," she remarks. Working as a sales rep for the temporary placement agency, Kelly Services, Peggy was caught in an unfortunate round of layoffs at the company. Being resourceful, she inquired if Kelly Services had any temporary placements she might fit the bill for. There was an opportunity for a Receptionist/Administrative Assistant within HR at The University of Western Ontario. With some hesitation she took it, and that opportunity has flourished into her illustrious 36-year career here. Interestingly, perhaps even serendipitously, Peggy's family now has deep connections to Western, with her husband John and a number of family members being Western alumni including their two daughters who now work at Western as well.

In the early 1980's, Peggy was on the move from HR to a position as Operations Manager for the UCC. She managed the books for four operations in the UCC at that time: an arts and craft studio; a music listening lounge; a games room with billiards and pinball machines; and the infamous Elbow Room campus pub, then located in the UCC basement. In the fall of 1984, a new opportunity presented itself; a position as Residence Admissions Manager for the Housing Department. The rest, as



Peggy working in the University Community Centre, 1983.



As an early member of Western's New Horizons Band, Peggy is desperately trying to play her saxophone at a Residence Staff event.

they say, is history—Peggy has been with the Housing and Ancillary Services department ever since, advancing in her positions along the way including 20 years as the Director of Residences. This November, she is starting a new chapter in life—and this chapter has a lot more free time to enjoy: Retirement.

For Peggy, leadership is much more than being a “boss”. It is modelling the behaviour you wish to see in the team, and fostering a strong, positive culture that creates a symbiosis amongst team members. People who feel appreciated, valued, and heard are more eager to contribute their special skills, knowledge, and ideas openly, while working towards the whole team's success.

Peggy references her husband John when speaking about her outlook on things. She speaks about John's Buddhist roots and how it has instilled a sense of innate humility, respect, consideration and appreciation for others: “He exemplifies it in his day-to-day life, and I have tried to model that”. Through sickness and in health, Peggy remains cheerful and optimistic. This appears to contribute greatly to her resilience, and “look on the bright side” attitude. All these attributes have had a deep influence on her leadership style, “A caring way of reaching out to people.”

For Peggy, helping to foster an organizational culture of acceptance, appreciation, respect, and trust has

been her priority throughout her time here. “One of the things I take most pride in is having helped to develop a strong and positive organizational culture in the division... and there are many people that contribute to that. It takes a village.”

Peggy sees the future as bright, and looks forward to what's to come for the HAS Division. She reflects, saying, “My hope for the future would be that a positive strong culture continues with innovative ideas and successful operations while still caring for our customers, staff and students in a deep way.”

In retirement, you will find Peggy puttering in her garden, walking through her neighbourhood, or traveling to her next adventure. She has an appreciation for nature, and marvel at the natural wonders of the world. She is grateful to still have healthy parents in their 80s whom she hopes to see more often. Retirement for Peggy is a part of life's evolution, and will mean more time to spend outdoors and with her family. Evolution for Housing and Ancillary Services will mean carrying on with Peggy's great influence at heart, and continuing with a positive organizational culture that sets the Division up for success.

Need a refresher on Excel? Ready to take your presentations to the next level?

Online Learning – Lynda.com at Western

Thanks to the support of the Ontario government and eCampusOntario, all current students, staff, and faculty have free, unlimited access to high-quality, skills-focused online learning through Lynda.com until Sept. 21, 2020.

Lynda.com is a leading online learning platform that offers on-demand courses to help you build professional skills across a vast range of job functions. It is a no commitment way to learn at your own pace and skill level from expert instructors when and where you want. With thousands of business, creative and technology courses, Lynda.com can help you:

- Go beyond the basics and diversify your skill set with courses in leadership, marketing, project management and more
- Keep up with changes in technology, communication and post-secondary education
- Enhance your resume with professional certificates and find out how to nail your next interview

You can also use Lynda.com to discover new hobbies like photography, songwriting and interior design.



Explore courses and find more information at <http://lynda.uwo.ca>

Read more about the initiative at <https://www.ecampusontario.ca/partnering-lynda-com/>



2018 Blue Mountain Summit

Janet Smith | Hospitality Services

So proud to say that our Hospitality Services team hosted a very successful 2018 annual CCUFSA (Canadian College & University Food Service Association) National Conference—we really knocked it out of the park! With Western being the host school, Frank Miller and Kevin McCabe (Director and Associate Director, Hospitality Services) were the conference co-chairs, and the planning committee was struck over a year and a half ago—and so did the planning!

The 2018 Blue Mountain Summit, June 27–July 1, was hosted at the beautiful Blue Mountain Resort near Collingwood, Ontario's largest four-season conference resort. Our guests had the opportunity to enjoy the unique combination of state-of-the-art meeting facilities, distinctive lodging and family-friendly attractions, taking in the natural beauty of the Niagara Escarpment and Georgian Bay.

We certainly took full advantage of Ontario's largest conference resort, converting the indoor tennis court facilities into an expanded tradeshow, thereby allowing us to offer the largest CCUFSA tradeshow to date, with over 100 vendors (more than double the usual number) sharing their newest foodservice products, ideas and services with us.

The conference agenda was packed and we had record attendance, not only for the conference, but also the special events. Our three dynamic keynote speakers were engaging

and thought-provoking. Michael "Pinball" Clemons, Canadian Sports Hall-of-Famer, focused on the potential for each of us to achieve anything we set our minds to, and how to put heart into everything we do.

Yvonne Camus, a successful team member in Discovery Channel's "Eco Challenge" adventure race, shared her story about her rookie team of amateur athletes and how they used communication skills, respect for one another, and practical savvy to become the first inexperienced team to complete the grueling competition. She helped us all see the potential for grit and greatness in ourselves, our coworkers and our organization!

David Coletto presented a unique perspective on generational differences. He shared research-based insights on how Millennials and Gen Z are changing their expectations around food and therefore, what we can do to better service our students, staff and faculty.

We were also able to convince two of our Western colleagues to speak at the Conference. Professor Joel Faflak (Professor of English, as well as Director of the School for Advanced Studies in Arts and Humanities) and our own Chris Alleyne (Director, Residences), both offered interesting insights into meeting and understanding the needs of our students, and enhancing their experience on campus.

An interesting new addition to the conference agenda was the Panel of Industry Experts. Guest panelists included John Darch, Founder of Doi Chaang Coffee Co.; Arsen Avakian, CEO/Founder of Argo Tea; Ryan Smolkin, CEO & Founder of Smokes Poutinerie; and Mohamad Fakh, CEO/President of Paramount Fine Foods. Panelists shared their intriguing and very different success stories with us.



Largest CCUFSA tradeshow to date

The annual Cross Canada Check-Up was another highlight. It's always great to hear what's new at the other schools and/or what new challenges are happening across the country.

As "foodies", our favourite pastime is dining and we were not disappointed! The conference officially started on Wednesday evening with the President's Reception offering elaborate food stations with many delicious options, catered by the resort.

The next evening took us offsite to the Craigeith Lodge, a beautiful rustic ski lodge nestled at the base of the mountain. This was an evening of celebration! We commemorated 40 years of CCUFSA and Kevin was presented with the Gord G. Mann Distinguished Service Award—the highest honour CCUFSA bestows (congrats again, Kevin!). Not sure what my favourite part of the evening was... the incredible ice sculpture as you entered the room, the beautiful décor, the excellent food and drink, the candy bar treats, dancing to the Doug Varty Band, or just chillin' with my colleagues from Western and across Canada. A memorable evening, all the way around!

Friday's dinner was a unique culinary experience, especially for anyone new to the conference. In the Chefs' Competition, a key highlight of the conference, three schools (St. Andrew's

College, Trent University and UMass) faced off against each other in a culinary competition. Each school had to develop and prepare an appetizer, main and dessert, based on the competition criteria. In the afternoon, the participants presented their culinary creations to a team of judges consisting of executive chefs from Nestlé Canada, Blue Mountain Resort and Oliver Bonacini Café Grill. The results were kept under wraps. After enjoying the various courses, we, the guests, had the opportunity to vote for our overall favourite meal for the People's Choice Award. Congratulations go out to UMASS who won the gold medal based on the formal judging as well as the People's Choice Award! Congrats also go out to St. Andrew's and Trent who also presented exceptional plates.

The closing banquet was another highlight; for some, the biggest! It started with a bit of a road trip to Eigensinn Farm, home of Chef Michael Stadlander. Yup... it was a working farm where delicious summer cuisine was served, right in the fields. Needless to say, casual dress and comfortable footwear were a must.

This truly was a farm-to-table dining experience! Chef Michael and his team use only locally-raised and foraged ingredients. The farm boasts incredible fresh vegetable and herb gardens, and they raise their own livestock and yard-fowl—most of which are free-range. The menu consisted of fresh baked sour dough bread and cultured butter; mixed lettuces and herbs with a honey vinaigrette; vegetable curry and rice; field smoked local trout, tarragon and yogurt-dressed asparagus; herb-packed and slow-roasted Eigensinn Farm heritage pork with crushed potatoes, leek puree, braised red cabbage and pickled ramps; fresh ice cream, macerated summer berries, local honey & fresh pine. Truly a once-in-a-lifetime dining experience!

It's hard to believe that the conference has already come and gone. On behalf of Frank and Kevin, a special thank-you goes out to the main organizing team of Kristian Crossen, Lesley Cook, Barry Russell, Craig Clifford, Jacqueline Hassall, Lisa Johnson and me, as well as all the HS management and admin folk who assisted in so many different ways. Kudos also go out to Dave McIntosh, Joan Williams and Karin DeCaluwe, who ensured a smooth running Networking Suite. Congrats to all on a job well done!



Michael "Pinball" Clemons engaging the audience

IN-HAS Book Shelf

Stephen Cribar | Associate Director, Sales & Communications, Retail Services



Non-Fiction

BECOMING (NOV. RELEASE)

by Michelle Obama

In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address.

ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE: A SORTABIOGRAPHY (OCT. RELEASE)

by Eric Idle

Eric Idle, a founding member of Monty Python's Flying Circus, looks back at his life and the creation of one of the most successful sketch comedy shows. We know him best for his unforgettable roles on Monty Python—from the Flying Circus to The Meaning of Life. Now, Idle reflects on the meaning of his own life in this entertaining memoir that takes us on a remarkable journey from his childhood in an austere boarding school through his successful career in comedy, television, theater, and film.

Fiction

THE MERMAID AND MRS. HANCOCK (SEPT. RELEASE)

by Imogen Hermes Gowar

In this historical debut, shortlisted for the Women's Prize for Fiction and set in 1780s London, merchant Jonah Hancock discovers overnight notoriety when he obtains a purported mermaid specimen. A spell-binding story of curiosity and obsession, Imogen Hermes Gowar has created an unforgettable jewel of a novel, filled to the brim with intelligence, heart and wit.

KILLING COMMENDATORE (OCT. RELEASE)

by Haruki Murakami, trans. by Philip Gabriel and Ted Goossen

Murakami's first novel since 2014's Colorless Tsukuru Tazaki and His Years of Pilgrimage is "a loving homage to The Great Gatsby." Ambitious and haunting, tactile and surreal, preoccupied with questions about trauma, art and the creative process, Killing Commendatore moves between the known world and a complex underworld.

Let's clear the air here.

Western is going smoke-free in three steps.



Western on the Road to Smoke-Free

Western is taking firm steps to create a healthier, cleaner environment for those who study, live, work and visit our campus. The University has established a plan to go completely smoke and tobacco-free by the summer of 2019.

Effective July 1, 2018, Western became a smoke-free campus with the exception of six designated smoking areas, situated at various locations around campus (see a map showing locations of designated smoking areas). By July 1, 2019, the designated smoking areas will be removed and Western will become completely smoke-free.

A new smoking policy is in development to recognize and provide exemptions for traditional cultural or spiritual practices by Indigenous members of the Western community. Aside from these and other identified exemptions, the policy will include all forms of smoking, vaping and tobacco use.

Western believes that fresh air and a cleaner campus are good for everyone. The hope is that all members of our community will help achieve these goals by following smoking restrictions, and by respectfully approaching and informing those who may not be aware of those limitations.

Ready to quit smoking?

In this path to a smoke-free environment, Western is aware of the challenges for those who study and/or work at Western, and who smoke. In 2016, Western surveyed all faculty, staff and students and found that half of all

respondents who said they smoke also said they want to quit in the next year. For those who are ready to quit smoking, Western has some good resources that can assist in the process.

The following are some resources available for Western Staff:

Middlesex-London Health Unit (MLHU)

The MLHU runs STOP workshops regularly in the community. The workshops provide plenty of good information and resources that can help to quit smoking. Visit the MLHU website for more information.

<https://www.healthunit.com/tobacco>

Extended Health Plan from Manulife

Smoking cessation aids make it easier than ever to quit smoking, and a number of choices are available. A family physician can offer advice and the Western Extended Health Plan provides coverage to cover the cost of smoking cessation aids. The coverage is for aids prescribed by a medical doctor and dispensed by a pharmacist, and must have a valid Drug Identification Number (DIN) or have been assigned a Natural Product Number (NPN) licensed by Health Canada—such as transdermal patches and nicotine gum. Eligible expenses are subject to a lifetime maximum of \$500 per person.

To know the details on the eligible expenses, check your benefits booklet by going to "Your Benefits". Select your employee group and look for the "Your Benefit Booklet" link.

The Manulife Plan Member website offers a number of Health eLinks, including information on smoking cessation. Registration to the website is required.

Employee Assistance Plan (FSEAP)

FSEAP, Western's provider of an Employee Assistance Plan offers a number of supports and referrals for those wishing to quit smoking.

Clients are offered access to Life Coaching services for personalized guidance to support this important life change. Information is provided about treatment options for nicotine dependency and tips or suggestions to help "quitters" stay on track.

Clients are also referred to telephone support lines already available through public and community service providers. Smokers' Helpline (some of the best resources available are here) offers an online quit program, free help by phone and text messaging, and self-help workbooks.

Staying active

Research conducted at Western's Exercise & Health Psychology Laboratory shows that exercise can combat cravings, and help you prepare to quit smoking. Living Well @ Western offers yoga, meditation, Zumba and more, all free for Western Staff. Visit Living Well for more information.

If you have further questions or comments about smoking on campus or resources on how to quit smoking, you can send an email to cleartheair@uwo.ca.

Cannabis in Residence

Lauren Silvestro-Arbuthnot | Coordinator of Residence Conduct

It has finally been confirmed that recreational cannabis will be legal in Canada as of October 17, 2018. This means that it will be legal for individuals aged 19 or older (In Ontario) to consume and possess up to 30 grams of dried cannabis. This raises lots of questions for folks about what this will mean in our residence buildings and the students who call them home.

What is important to know about the changing cannabis laws in Ontario?

- In Ontario, you will need to be 19 and older to buy, use, possess and grow recreational cannabis
- You will only be able to use recreational cannabis in a private residence
- You will not be allowed to use recreational cannabis in:
 - Any public place
 - Workplaces
 - Motorized vehicles

Our 2018-19 Residence Contract outlines that the use and possession of recreational cannabis (in any form) will not be permitted in residence. This was motivated by a variety of factors including the changing timeline for legalization that was only confirmed a few weeks ago. With students signing their residence contracts as early as March, it was not possible to anticipate the legalization date or the confirmed laws around cannabis at that time, let alone have students agree to them in a contract. We are awaiting for the details on the provincial regulations governing cannabis and will be revisiting our policy surrounding possession. We will also be seeking feedback from students and other campus stakeholders to determine the effects of cannabis in the residences.

We anticipate that there will be some confusion for students as our community works towards a smoke-free campus. This year, there will be designated smoking areas around campus and there may be some individuals who confuse these areas as appropriate to consume cannabis. Given that you cannot use recreational cannabis in any public place, this is not the case and we will be working to proactively educate students on what these smoking areas are designed for. We hope this will mitigate the need to contact Campus Community Police Services (CCPS), as they will be responsible for responding to cannabis use in public spaces. We are engaging in ongoing conversations with our partners at CCPS and the Code of Student Conduct about a shared approach that we can take to educate students in this transitional time.

In the meantime, we are in the process of developing an engaging seminar for students where they will be able to learn about the new cannabis laws, the health impacts of cannabis use, financial implications, as well as the risks associated with mixing cannabis and alcohol. These seminars will be open to all students who are interested and also act as a learning tool for students whose

behaviour comes to our attention for cannabis use. This will be supplemented with ongoing educational initiatives that are offered in our residence communities through our Office of Residence Education and Programs.

It is an important note that our University owned apartments function under leases and not our Residence Contract, so they are operating under a different standard than the students living in the residences. However, once our campus moves to a smoke-free environment, they will no longer permit the use of cannabis in the form of smoking.

Further, it is important not to confuse recreational cannabis with medical cannabis. We have and will continue to work closely with Student Accessibility Services (formerly known as Services for Students with Disabilities) to ensure that the students who have a need for medical cannabis are supported.



Resources:

- <https://www.ontario.ca/page/cannabis-legalization#section-0>
- <https://www.canada.ca/en/services/health/campaigns/cannabis/canadians.html>
- <https://ocscannabisupdates.com/>



Available at The Book Store at Western

Forest City Cookbook

A successfully crowdfunded community project that helped spread the word on our wonderful city and discover the treasures we keep in our kitchens! All of the artists involved donated their time and talent to fill the pages.

A tribute to London's inspiring chefs, dedicated producers and passionate artisans who build community around the table and change lives one bite at a time!

- 1 City united
- 60 Inspiring Chefs
- 40 Dedicated local producers and artisans
- 4 Craft breweries
- 3 Courses + Cocktails: Small plates, Mains, Desserts
- 3 Dietary choices: Traditional, Vegetarian, Vegan
- 3 Difficulty levels: Easy, Intermediate, Advanced
- 500 full color pages
- 135+ original recipes



Featuring Kristian Crossen, Executive Chef and Food & Beverage Manager of Great Hall Catering, Hospitality Services

Campus Computer Store Recertified Program

The re-certified program at the Campus Computer Stores features products that have been out on lease for one year and come back for resale.

They are re-fitted with new RAM and a new hard drive, are in pristine condition, and come with a full one-year warranty—any issues and the student drops it off to us and we send it in for repair on their behalf. There is also a three-year warranty option for \$85 (Apple charges \$250 for this warranty).

This option is both cost effective and the warranty is seamless for students.

The units we are currently offering are:

Lenovo (T440, T470, XI Carbon)

Apple MacBook Pro 13" and 15", MacBook Air 13", iMac 21.5" and 27"



My First OACUHO: Setting Intentions and Seeing Student Affairs Anew

Tiara DeGuzman | AUCHO-I Intern

I sit at my desk with my journal splayed open. The title on the journal page is “INTENTIONS.” I set intentions before every major trip to be strategic in my personal and professional experiences. I have set intentions with travel partners; I have done it with my students; and I have implemented it into my personal practice—encouraging me to reflect on the things that I am experiencing. That being said, I never dreamed I would find myself creating intentions to attend an OACUHO conference.

I’m an African American woman from the East Coast pursuing a Masters in Higher Education and Student Affairs at Ohio State. I applied for summer internships through ACUHO-I, and landed a place I never expected I’d work: Canada! I accepted an internship at Western University where I would work on living learning curriculum development, diversity & equity work and sustainability initiatives. As an intern, I received the opportunity to attend this year’s OACUHO Conference, hosted by Guelph University.

The night before the Conference, I set intentions for myself, which included: making connections with people at different institutions, practicing self-care throughout the week, learning more about diversity and inclusion, and gaining a greater understanding of Canadian higher education.

Making Connections

“Would you rather miss a great opportunity or endure one scary moment?” I adopted this quote as my motto when it came to making connections. I found that networking with others was organic at OACUHO. I am used to attending larger conferences in the US so OACUHO was refreshing; the smaller numbers allowed me to learn names early on and engage in conversations with familiar faces throughout the week. I had a great conversation about marketing

strategies with a professional from McMaster. I met a group from the University of British Columbia who were my teammates at trivia night. I got tips on the best places to eat in Toronto from a University of Toronto professional who became my bus-mate on our trip back from Country Heritage Park. A conversation about my first OACUHO experience even led to the production of this article! As an American visitor, I loved that I was able to get acquainted with many of the members of OACUHO.

Practicing Self-Care

Before attending the conference, I looked up the University of Guelph to see what areas I could explore/reflect in when I needed a relaxed atmosphere. I was up front with my supervisor about what I needed, and processed my experiences with my colleagues 1:1 when I didn’t want to talk in big groups during busier times. The best part about this was that I was encouraged by my colleagues to practice self-care as well. I didn’t feel FOMO (fear of missing out) when I missed a late-night hangout, and actually, most people encouraged me to take time for myself. I loved seeing OACUHO members hold each other accountable when it comes to self-care, and this is something I intend on bringing back with me to my own workplace.

Learning More about Diversity & Inclusion

I knew that working in Canada would allow me to gain a global perspective of diversity and inclusion work. I wasn’t disappointed. My time in Canada helped me to gain a deeper understanding of Indigenous rights, something that many institutions in the US rarely, if ever, mention. I learned the meaning of the term “settler” and explored how I could advocate for Indigenous rights as a “settler of color” working in Student Affairs. Each session taught me how important it is to bring



critical thinking, vulnerable dialogue and counter-storytelling to the work that we do as professionals. Through the telling of stories from marginalized voices throughout the conference, I was able to envision how equity and social justice can positively transform Student Affairs on a global scale.

Gaining a Better Understanding of Higher Education (Canadian Style)

Though Canadian Student Affairs has some larger differences than American Student Affairs that I observed (the focus on cannabis education, Indigenous rights and harm reduction, for instance), I found way more similarities between the two. Both are dedicated to finding new ways to support the constantly shifting population of students; both are committed to assessing how our programs and initiatives are affecting our students; and lastly, both are engaged in important conversations around wellness, diversity and inclusion. The students, though they have different cultures, still need similar things—support from faculty and staff, a sense of belonging, and personal/professional guidance on who they can become as future leaders. I appreciated how much drive many OACUHO members had to support students and better themselves as professionals.

Setting intentions is a way for me to reflect and practice gratitude throughout my experiences. Thank you OACUHO for being one of my greatest teachers and to the people who influenced me with their openness, their vulnerability and their grace. I intend to let your influence follow me wherever I go.



Who HAS That Recipe?

Carrie's Granny's Cookies

Carrie Schnurr | Culinary Training Manager, Residence Dining

I spent many afternoons together with my Granny in her farmhouse, a 10 minute walk through the field from my own home. What did we do? Bake, of course! She taught Industrial Baking at Thames Secondary School before retiring and dedicating time to teach her granddaughter her tricks of the trade.

This recipe is for a large batch of cookies; I like to bake half and stick the rest of the dough in the freezer for another day. These cookies are rich and melt in your mouth from the unique butter and oil combination.

In a large bowl, combine the following:

3 cups All Purpose flour
1/2 cup wheat bran
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cream of tartar

In a medium bowl, combine the following:

1/2 cup nuts (pecans are good)
1 cup Rice Krispies
1 cup rolled oats
1 cup shredded coconut

In a mixer bowl, combine the following and beat on medium, until well mixed (1-1 1/2 minutes):

1 cup white sugar
1 cup brown sugar
1 cup soft room temp butter
1 teaspoon vanilla
1 egg
1 cup canola oil

Add the contents of the large bowl into the mixer slowly and mix on slow till just combined.

Add the contents of the medium bowl and mix in slowly, be sure to scrape the bottom of the bowl and combine.

Drop by tablespoons onto a parchment lined baking sheet and bake for 10 minutes in a 350 F oven. The cookies will be golden around the edges and will continue to bake from the residue heat of the baking sheet, once removed from oven.

Connecting with Student Staff



The Book Store hires 50-100 student employees each year, students that were (and still are) our customers and it makes so much sense to tap into that resource. We try to incorporate them into our social media and we recently completed a photoshoot using some of our student staff. The enthusiasm was contagious and inspiring, and we have some amazing new promo photos!



'Ask Me Anything'

Staff are encouraged to send in any questions that the experts in our Division could answer.

One sample question to Computer Store – "What are some cool gift ideas for my 17-year old who is graduating from high school this summer?"

Email ANY questions to has_comm@uwo.ca
No question is a silly question.



HASIT Security Corner: Is your Smart TV an Unwelcome Spy in your House?

Computing Services Team

If you own a Smart TV made by mainstream manufacturers like Sony, LG, Samsung or Vizio, your TV is probably spying on you! When you unboxed your TV and set it up for the first time, you were probably asked if you wanted to enable an obscure feature called something like “onscreen content” or “automatic content recognition” (ACR). Most people enable this feature, having no idea what it is really doing.

ACR tracks all of your TV usage: news, politics, advertising, movies, TV channels, channel changes and even what games you play. This info is then used to send you target ads and customized viewing selections. Unbeknownst to you, the TV has also inventoried all other devices on your

home network, including mobile devices such as phones and tablets. Similar usage info can then be collected about your tablets, phones, computers and other home devices. They even track which apps you use, what websites you visit and can log where you and your phone are currently located! The final insult is that they then sell advertising access to your equipment, based upon all of your private information that they have collected!

What can you do? At the very least, you can follow the advice in a recent [Consumer Reports article](#) on how to turn off the “Spy” feature in your Smart TV: How to Turn Off Smart TV Snooping Features. Even better, protect your privacy by “dumbing down” your smart



TV (i.e. unplug the TV from your network and turn off the WiFi connectivity). Then connect your “dumb TV” to a streaming box such as Chromecast, Apple TV, Roku or your home computer. These devices can provide you with your favourite services such as Netflix, Hulu and Amazon TV, while reducing the invasion of your privacy.

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