



IN-HAS

Housing & Ancillary Services Employee Newsletter

Dear Colleagues,

Hope everyone is staying as cool as they can this summer, and enjoying some quality family time. The August long weekend is always a reminder to me of our students' imminent return to campus, and the energy and excitement a new school year always brings. I hope many of you return to campus relaxed, recharged and ready to start the new school year.

This summer, our vibrant campus was visited by thousands of guests from across Canada and around the world. Among a number of international, regional, and local conferences and events, the International ACAC Conference was a highlight—not only was it an incredible experience for 1,550 admissions professionals and guidance counselors from 90+ countries, it successfully showcased Western as a destination of choice for the world's brightest minds seeking the best student experience in Canada. The most common comment I heard from our guests was how friendly and accommodating our staff were! The conference was a collaborative endeavour involving Conference Services, Great Hall Catering, Residence Dining, Residence Operations, HASIT, the Book Store, and HAS Marketing, along with many other campus partners. I'm continually impressed by our collaborative, creative, and professional team that constantly go above and beyond, which creates a positive experience for our students and customers.

In June, Housing welcomed Melissa White, a proven leader with extensive people and operational management experience, as Interim Director of Housing. With her 13 years working at Western and 30 years as an HR professional, Melissa will lead the Housing team to further advance our first-rate residence experience. As we continue to roll-out our new neighbourhood model in residence, there are a number of new faces joining the Residence Life team this summer; this influx will help us in supporting the increasing volume and complex needs of our students, while continuing to deliver an exemplary experience.

The Book Store recently completed a renovation by remodeling the store's check-out area with a new cash wrap design. With more mobile units, the new design allows the flexibility of ramping up to 16 registers for the back-to-school rush, from six regular registers. The enhanced merchandising space also turns queue lines into an enjoyable browsing experience with impulse and vending products. The collaboration with Propel continues with exciting new products from Western's own student entrepreneurs.

One campus event that caused the community to take pause was the Tornado-warning we experienced a few weeks ago. It offers us a good reminder to plan and understand protocols for these emergency scenarios within our units. Ensure you've [downloaded the Everbridge App](#) and configured it to receive campus emergency alerts on your phone.

I hope to see many of you at our upcoming HAS Staff Appreciation and Long Service Recognition event, and during our September start-up. Looking forward to the exciting year ahead!

Chris Alleyne
Associate Vice-President

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Mark your Calendar!

- HAS Long Service Awards..... Aug 15
- Residence Move-In Days..... Sept. 1 & 2
- Thanksgiving Holiday
- Homecoming
- Saugeen's 50th Anniversary
- Open House

IN-HAS Newsletter Committee

Lindsay Arnold, Amanda Chung, Stephen Cribar, Pam Kenward, Calista Powell, Janet Smith and Lina Wang

Contact us at has_comm@uwo.ca

Graphic Design by Kelly Hunt



A Western Welcome to 1,550 International ACAC Guests

Brady Parr | Conference Services Manager

Lindsay Arnold | Marketing and Communications Coordinator, HAS

Just a few short weeks ago, our campus was filled to the brim with 1,550 admission officers and school counsellors from over 90 different countries. These guests visited our campus from near and far for the 2019 International Association of College Admission Counsellors (International ACAC) conference, one of the largest events our campus has ever had the honour of hosting.

Western's resources were put to the test across Hospitality Services, Housing, Retail Services and Facilities Management to support the massive requirements needed to make this conference a success. Our division more than rose to the challenge, and provided a seamless experience across all areas that will leave guests with memories for years to come.

The range of events we supported for this conference was huge. Guests attended 17 classroom information sessions in 12 different buildings, exhibit halls in IGAB and Thompson Arena, opening ceremony and even a dodgeball tournament in Alumni Hall. We hosted lunches and dinners in a tent built on University College Hill to have 1,550 people dine under the sun and stars!

In addition to the events that took place, we provided comfortable accommodations and personal touches. To start, when a guest arrived at registration, they were given an International ACAC branded gift bag full of branded merchandise sourced by Retail Services—including t-shirts, water bottles and rain poncho. Our Book Store team worked hard in the months leading up to the conference to make sure all merchandise perfectly represented the brand of Western and the conference, and would be loved by the delegates.

Where food is concerned, feeding 1,550 mouths is no small feat, but our Great Hall Catering and Residence Dining teams were more than up to the challenge. Guests enjoyed over 3,000 sandwich and Buddha Bowl cold "to go" lunch options which were put together by our overnight crews and delivered to University College Hill each morning. This same overnight team would prepare individual meals for all delegates that specified dietary needs. Since customer service is one of our top priorities, these special meals were individually prepared and labelled with the delegates' names to allow for easy redemption under the tent during their lunch services. This is all in addition to the many coffee breaks served throughout the conference.

It was, however, the tented dinners for all 1,550 delegates on University College Hill where our campus and Hospitality Services shone especially bright. Both evenings were special events, with an Indigenous theme on July 10—including an Indigenous chef and team working with Great Hall Catering—and on July 11, an authentic Canadian Backyard BBQ. The entire dinner service for both evenings was prepared inside the Great Hall kitchen by Executive Chef Kristian Crossen and his skilled team of culinary experts. Next, everything was loaded into trucks and golf carts, and delivered to a food preparation tent where they put the finishing touches on everything. The team then presented their





culinary delights under a final tent where our guests lined up to devour the delicious food offerings. Our guests were simply astounded as to how efficient the services were and how delicious the food was. No surprise really!

Our Housing and Conference

Services team also had their work cut out for them with managing over 800 guests staying in residence. Each guest had to be booked into a guest room; we put a total of 828 heads to beds which translates to a whopping 3,258 bed nights in total. Both our Front Desk teams and facilities teams worked extremely hard to make this happen right smack dab in the middle of summer conference season. This entailed a lot of last minute bed making as we saw different groups checking out on the eve of this conference and new groups arriving on the last day of this conference! Meanwhile, we also provided shuttle services for all guests staying on or off campus. This was all definitely a team effort but our staff never missed a beat and always served up a smile. Our Residence

Dining team was also put to the test preparing mouth watering breakfasts each day for our delegates in residence, all while sticking to narrow timelines and high volume traffic in each of our dining halls. Truly the act of professionals!

This event also saw event spaces put on many hats throughout the conference. Thompson Arena was transformed into an interactive reception with food stations, local beer and wine stations, virtual reality gaming, curling demonstrations, ice skating, a DJ set, and the list goes on. Alumni Hall hosted the opening ceremonies with Olympic Medalist Damian Warner performing the keynote speech; the very next day, the same space was host to General Members meeting

and then a dodgeball tournament! The Great Hall was transformed throughout the conference from a registration hub for three days, to lunch chats, and then finally to Lumberjack Bingo in the evening!

To say this event was a success would be an understatement. The International ACAC conference was not only a wonderful experience for the organizers and delegates in attendance, but a bonding opportunity for our Western community. We saw many employees from many different departments come together to work towards one goal, 100% guest satisfaction. This accomplishment was most definitely achieved beyond our imagination! Way to go Western!



BY THE NUMBERS



1,550
GUESTS
ON CAMPUS



90
DIFFERENT
COUNTRIES
HOSTED



3,000
TO-GO
LUNCHES
MADE



800
GUESTS IN
RESIDENCE
ACCOMMODATIONS



Waste Diversion

Madhuri Jani | Hospitality Services MES Student



During this five-day International ACAC conference with 1,550 attendees, managing the massive scale of waste is a challenge but also a necessary process. The waste produced was sorted at two waste-sorting stations with the help and supervision of six volunteers from Facilities Management and Hospitality Services during two lunch events.

The waste at the conference was sorted into three different waste streams: organics, recyclables and landfill waste. Nine 'Organic' bins (96 gallons each), 14 'Recycling' bins (64 gallons each) and eight 'Landfill' bins (64 gallons each) were collected. There were three volunteers at each waste sorting station, which made it easy to manage the waste of the delegates.

It is very important to sort waste correctly because waste recycling facilities are not able to sort waste after collection if contaminated, and the waste may end up in landfill. The waste that is disposed of in the landfill never degrades because of the presence of a different kind of waste. Factors such as the direction of the prevailing landfill winds may result in health risks for the human population living in the surrounding regions. Furthermore, organic waste generates methane, which is a toxic gas, more toxic than carbon dioxide and contributes to global warming. If organic waste is collected separately, it will be easier to capture methane. This helps in the reduction of potent greenhouse gases. Hence, correct management of waste helps in decreasing the health risks to humans and also in preserving the earth for future generations.

The International ACAC conference was a huge success. Guests from around the world were enthusiastic and happy to sort their waste correctly; a little guidance is all that was needed. This shows that there is a willingness to do it correctly, but there is a lack of awareness. The waste sorting also gave the guests a sense of achievement—they felt pleased to sort their waste correctly by themselves.

Tips about sorting waste correctly:

- Any **paper packaging that has a plastic insert** is considered a monstrous hybrid, and unless the plastic insert is removed, the packaging needs to go into landfill because it is made of two different materials and has the chance to contaminate the waste stream.
- **Styrofoam** is made from polystyrene which is petroleum-based plastic that cannot be recycled and hence, needs to be disposed into the landfill.
- A used **aluminum** can be recycled and be back on the grocery shelf as a new can, in as fast as 60 days.
- **Glass** does not degrade through the recycling process but it can be recycled again and again.
- **Never put plastic bags in your recycling bin.** Plastic bags and plastic wrap get jammed in recycling processing equipment, which causes recycling to be expensive to process.
- **Compostable plastics are only compostable in industrial or commercial compost processing facilities.** If you have compostable plastics, either throw them in a bin marked for actual industrial compost, or throw them in the trash.



The Book Store - Cash Area Renovation

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

Just before Convocation, The Book Store completed the most recent phase of renovations by revamping the store's cash area. By removing all the old desks with stationary registers, and replacing them with more mobile units that can be broken down and repurposed, we've created an enhanced merchandising space in what was a dead area. The new design allows us to be flexible and adaptable, ramping up to 16 registers for the back-to-school rush and then down to 6 registers once the rush is over, with the extra space now utilized for merchandising. The plan also gave us the ability to rethink our cash area with impulse sales in mind.

Recognizing that students spend some time in line during busy times, our new setup allows us to merchandise the products they are looking for close to the cash area: supplies, highlighters, headphones, chargers, pens, and pencils, notebooks as well as a selection of healthy snacks, including some from local vendors (i.e. honey from our Great Hall Catering team) and zero-waste products such as reusable straws and bamboo utensils. We will also feature Western branded items like lanyards, decals, keychains, and water bottles, and look at products with sensual appeal, such as lotions, candy, gum, or novelties as well as practical products like facial tissue, lip balm, batteries, and hand sanitizer.

Students are busy. Convenience items near the front of the store can turn a wait into an enjoyable browsing experience.



Celebrating Saugeen-Maitland Hall's 50th Anniversary!



Calista Powell | Marketing & Communications Coordinator, HAS

Deep in the heart of Western's history, Saugeen-Maitland Hall opened its doors in 1969 and has since been home to about 60,000 students. To celebrate this milestone, Western Housing is collaborating with Alumni Relations and Development to mark the 50th anniversary with an open house on Homecoming weekend. This celebration will be an occasion where alumni who lived in Saugeen over the past fifty years, can come together and reaffirm their ties to Western, Saugeen-Maitland Hall and the Alumni Association. This will also provide alumni with an opportunity to celebrate the past, learn more about the life and vision of Western today, and demonstrate their continued support for the University in a meaningful way. If you are a Saugeen alumni, share your memories and RSVP for the celebration reception: www.westernconnect.ca/saugeen50





The year was 2010 when I was assigned to work in Saugeen-Maitland Hall. I recall standing outside the main doors, looking up at this massive building and pledging I will do my best to serve the students and leave my mark. Working as a Residence Secretary, it served me well with the Managers, Caleb Butler, Andrew Quenneville, Kendra Wacasey, Lindsey Reidiger, and Mitch Campbell.

Back then, the main hallway was colourfully striped, with many glass display cases that flowed into the dining hall, a gym, and the main lounge featuring "The Beast", a name given to the audio and projector/screen equipment.

OWeek transformed the hallway as many students lined up for breakfast with the area filled with laughing and chanting, just charged with energy. This is definitely Saugeen. It can only be Saugeen. One of the many things I will remember is a student coming into the office and I immediately sensed he was troubled. We spoke privately, and I listened to his fear of living in Saugeen as he was from a small town. We chatted for a while, and I tried to bring out a positive reflection of Saugeen. Once the school term started,

I do recall watching him pass the front desk. Just eye contact, a nod, no words spoken and I knew all was well with him.

The offices back then were located at the back of the front desk area. The carpet was already starting to ripple from wear and tear. The Manager's offices, one to the left and one to the right, with myself in the centre, glaring at a fire engine red wall. I compromised by arranging plants, seating, a table, yearbooks, and a nice waiting room for students.


During this time, Andrew approached me one day saying Chris Alleyne ordered 13 Christmas trees for several buildings. I asked Andrew to purchase purple and white décor for the tree. Hence, the Western Christmas tree was born and students were in awe of how spectacular it looked. It gave them a sense of pride belonging to Saugeen.

As well, students were always asking where is Natural Science, Talbot College, Health Science... It was endless. So I thought, why not make a large mounted map of Western? In August of 2011, after communicating with Ian Craig, Digital Specialist, he created a 30" x 40" laminated map of Western. Back then it was only \$4.00 a foot!

Renovations were completed around 2016. Front steps converted to a ramp, some landscaping was done, a covered bike cage added, the front desk area received a new floor, walls, counters, a kitchenette, three managers' offices, and not to mention the beautiful main hallway. The huge wood cabinet located in the centre of the room was finally gone, exposed sunlight to the front desk area. Hallway walls were top to bottom draped in dark wood panel. It was definitely state-of-the-art with the most beautiful cascading ceiling light fixture.

I've seen this residence change in so many ways over the years in appearance. One thing I would say that is common; walls can come down, but the spirit in this building is phenomenal. I've seen students come in fear, uncertain, apprehensive of what is to come, but to watch them transform over the months into responsible and well-adjusted adults is memorable. The tears you see at the end of the school term say it all. So they shouldn't be intimidated by the building's size; it's the students on the floor that make them unite, transforming into a small community of friendship and respect that will always be remembered.

BY ROSEMARY VAUGHAN,
ADMINISTRATIVE ASSISTANT, HOUSING



When I came to Western, I had been steered to apply to stay at Saugeen (which was co-ed at the time) by my uncle who worked at Western. He had indicated that it was tamer than the all-male buildings, and was a good opportunity to meet a variety of people. I later found out that it was a great way to meet people from varying backgrounds from all over Canada and the world. As an individual who came from a small town (13 people in my Grade 13 class—yes, I am old enough to have attended Grade 13), university was a bit daunting and the residence I ended up in was more than half the size of my home town. I couldn't believe how great my Student Leader was in each of my first two years in residence and it largely inspired me to help my fellow students.

I think Residence Student Leaders can have such a positive influence on how students adapt to change in a new

environment. I am still good friends with people from my first year, even after 40 years. I still see former students from my first year as a Residence Student Leader when they get together at Homecoming each year and they continue to remind me why being a Student Leader was an absolute pleasure. As I get closer to the end of my career, I realize I have been in contact or helped with over 40,000 students and their concerns, and I hope...and like to think...that I have repaid the debt of those that have helped me along the journey.

Most Memorable Moment: As is the case today...going out to see Rick McGhie at an on-campus pub. I still have reunion dinners, and recently we had one with eight of the 32 old Student Leaders.

BY GLENN MATTHEWS, HOUSING MEDIATION OFFICER



Housing Help for International Students

Youmi Dickson | Off-Campus Housing Assistant for International Students

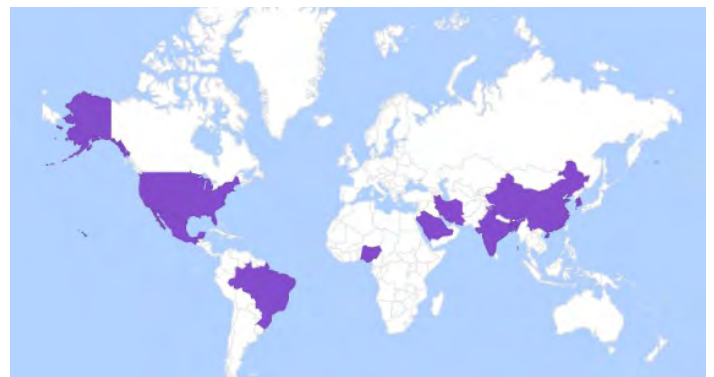
Each year, Western hosts nearly 4,000 international students from 121 countries across the globe. While most students move cities or provinces to pursue higher education, international students tackle the daunting task of leaving their home countries for unfamiliar ones. Western offers many helpful programs to ease the social and cultural challenges that may trouble international students during their stay. Among those many challenges is finding suitable housing. Being unfamiliar with their rights as a tenant and the standards of housing in Canada, and unable to visit rentals prior to signing leases, put international students in a challenging position when seeking suitable accommodation. Western's Off-Campus Housing Services has created a unique summer role to mitigate these issues, and facilitate this portion of the arduous transition for Western's international students.

In my role as the Off-Campus Housing Assistant (OCHA), I will assist over 300 international students this summer with their search for housing. In the month since starting, I have communicated with over 90 unique international undergraduate, graduate, and exchange students to provide them with guidance in their search for accommodation. Acting as their eyes and ears, I view rentals on their behalf to ensure the legitimacy and accuracy of advertisements. With each student, I attempt to provide a holistic and objective view of prospective rentals by including other information on factors that may influence housing decisions, such as the proximity of bus routes, grocery stores, and medical clinics, as well neighbourhood safety.

The comfort of having guidance in their search for housing gives international students confidence that a suitable home is waiting for them upon their arrival in London. Housing can have a tremendous impact on a student's experience abroad, and Western Off-Campus Housing is committed to providing students with the support they need to find a home away from home.

If you are aware of incoming international students who require assistance with their housing search, please refer them to OCHA@housing.uwo.ca.

Top 10 Countries of Origin of Western's International Students





Honeybee Program Earns Gold for Local Procurement

Anne Zok | Nutrition Manager

Great Hall Catering won the Gold Award in the Category of “Procurement Practices” in the NACUFS 2019 Sustainability Awards contest for its continued success in raising honeybees on campus.

Sourcing ingredients produced on campus is at the forefront of the local food movement. Campus-to-kitchen food programs cannot only improve procurement practices, but also increase student food literacy and serve as a source of pride for Hospitality Services and the University. In an effort to augment sustainable purchasing practices at Western, four honeybee hives were introduced to campus. In 2019, that number doubled to eight honeybee hives. Currently, Western is home to approximately 1 million honeybees. The honey produced is used by Great Hall Catering (GHC) in recipes, served with tea and coffee, and bottled for sale. Honeycombs are incorporated into the GHC local cheese plate and beeswax is used to polish GHC wooden platters.

On campus, honeybee hives have benefited dining operations by providing fresh local honey, as well as initiating conversation and sparking interest of food systems, and our relationship to them.

Today, the value of keeping bees goes beyond the obvious. In many areas, millions of colonies of wild (or feral) honeybees have been wiped out by urbanization, pesticides and parasitic mites, devastating the wild honeybee population. When gardeners wonder why they now see fewer and fewer of these little pollinators in their gardens, it is because of the dramatic decrease in our wild honeybee population. Beekeeping has become vital in re-establishing lost colonies of bees and offsetting the natural decrease in pollination by wild bees.

The majority of crops that we like most to eat, and provide most of our nutrition (fruits, vegetables, and nuts) use animal-mediated pollination. Without pollinators, our diets would be severely limited, and it would be more difficult to acquire the variety of vitamins and minerals that we need to stay healthy.

In order to maintain the diversity of our natural ecosystems, we need healthy pollinator populations to ensure that the next generation of plants will be produced.

It was with great pride that Great Hall Catering accepted the Gold Award in the Category of “Procurement Practices” in the NACUFS 2019 Sustainability Awards contest for their continued commitment to raising honeybees on campus.

Campus Eateries...A Lookahead

Kevin McCabe | Associate Director, Hospitality Services

As summer has passed the mid-way point, renovations and other changes are hitting full motion for an early September start. It's been an extremely busy summer so far, including servicing a 1,600 delegate conference the second week of July, and a 325-interview Hiring Fair on July 16. The entire Hospitality Services team helped to coordinate each of these massive events with highly favourable results.

As we look to September, here are some of the changes you'll be seeing around campus:



SPENCER ENGINEERING BUILDING— DAVINCI'S CAFE

As reported in the last IN-HAS Newsletter, this renovation is motoring along smoothly and is projected for completion by August 15. With Tim Hortons now gone from Engineering, the students, staff and faculty are going to be greeted with an entirely new concept that will focus on speed, efficiency, Fair Trade coffee, plant-based products and a significantly expanded menu, which we think will knock their socks off. Please drop by in September for a try. The grand opening is TBA.



LUCY'S IN SOMERVILLE HOUSE— NOODLE BOX

Teriyaki Experience (Made in Japan) has been a staple at Lucy's for over 15 years. As our operations continue to de-franchise

and move forward following new trends and flavour profiles, it was time for a change.

The Noodle Box is another in-house developed concept that will greet Lucy's customers in September. The specialty of this operation will be Pad Thai, but will also feature a variety of international favourites including Kung Pao—served with Szechuan-style sweet & spicy sauce, Thai Curry—served with coconut curry and Teriyaki—served with sweet teriyaki sauce. All of these classics will be served with fresh vegetables, the choice of ribbon noodle, yakisoba or steamed rice along with protein choices of tofu, beef, chicken or shrimp. Spices can be elevated to your choice of "heat".

We're very excited about this new venture and are sure you'll love the concept.



NATURAL SCIENCE—CASA BURRITO

As our contracts with specific franchises come to conclusion, a decision to continue with the concept or to move on has to be made. With the conclusion of Mucho Burrito's agreement, Hospitality Services decided to venture forward with our own in-house developed Mexican concept. This enables us to completely control the menu, the product features, the LTO's (limited time offers) and pricing.

Casa Burrito will feature a combination of burritos, bowls and quesadillas, as well as items like plant-based power bowls and salads, flavoured tortillas, salsas, spices and condiments, along with regularly featured LTO's that will allow us to expand and change menu offerings throughout the year.

Join us in September at Natrual Science for the grand opening of another in-house developed concept.



It Takes a Village

Cliff Fielder | Conference Services Manager/Project Manager Congress 2020

For those of you who have been around Western for some time, you might remember back to the spring of 2005 when Western came together and hosted Congress, The Federation for the Humanities and Social Sciences.

Congress has grown considerably in scope since then and is now a meeting of meetings, the convergence of more than 70 scholarly associations and the largest gathering of academic researchers in Canada. It brings together students, professors, artists, policy makers and academic leaders from across Canada and around the globe to share findings, refine ideas, and build partnerships that will help shape the Canada of tomorrow.

From May 30–June 5, 2020, member associations of The Federation for the Humanities and Social Sciences will hold their individual annual conferences here at Western, with an expected attendance of over 8,500 people. Throughout Congress, there will be a number of open events, which I would encourage you to attend.

As the Division prepares to welcome conference delegates to use our Conference Services, Book Store, Computing

Services, residence buildings, dining halls, catering and campus eateries, we are bridging our own divides, well in advance of the arrival of the first delegate.

Logistics and planning of Congress 2020 is taking shape and it is incredible to be part of a greater campus community and a Division that shares a vision of excellence, collaboration and respect. Partnerships are being formed and strengthened with Facilities Management, Communications, Marketing, Financial Services, Parking, Campus Services, Athletics, Western Technology Services, Institutional Planning and Budgeting, University Students' Council, Western International, Alumni Relations and our Campus Community Police Services.

It takes a village to deliver a great customer experience and our campus community will deliver one to remember. Be proud of the part you play in welcoming the world in 2020—nothing is insignificant!





fresh
+
convenient
+
local



What in The World is Going On?

Carrie Schnurr | Culinary Training Manager, Residence Dining

A growing movement for sustainability, that's what!

There is an increasing realization that an overuse of what are referred to as "Food Miles" in acquiring our dinner choices, definitely results in negative consequences for our planet. So, if you've heard that Hospitality Services received a Western Green Award for "going that extra mile", isn't that contradictory? Not if what was meant was that extra mile of effort in order to provide a wonderful local Farmers Market, right on our very doorstep.

Students, faculty and staff at Western have convenient access to this terrific shopping experience every Tuesday from 9:00 a.m.–2:00 p.m., during Ontario's outdoor growing season from June until November (weather permitting). It is located in the area in front of the McIntosh Gallery along Kent Drive, and is accessible to all.

'Fresh, Convenient, Local' are the buzz words around campus regarding this eco-friendly option for purchasing directly from local producers. Items like locally grown flowers, fruits and vegetables, honey, jams and baked goods are all available. They are exceptional because they come with a few special "additives" that are never found in wares from many miles away, or even the other side of the world.



TUESDAYS
9 AM—2 PM

OUTSIDE
MCINTOSH
GALLERY

They are:

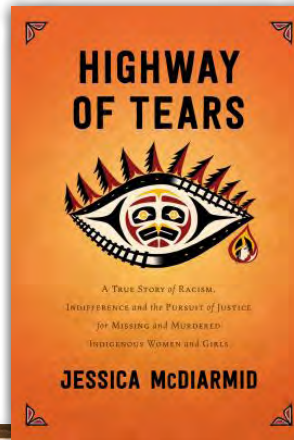
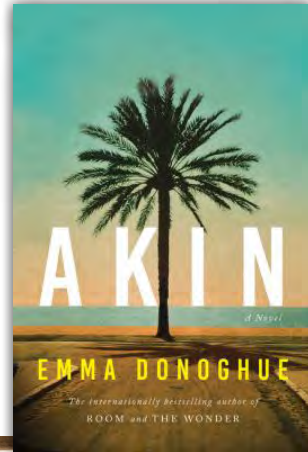
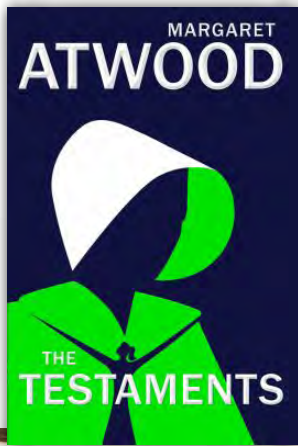
1. Confidence of the producers in their excellent products.
2. Their assurance that what they are providing for you will exceed your expectations.
3. Free smiles!

What's not to like? And besides that, you will never have a negative reaction to that kind of additive!

If the banter you hear around campus is any indication, the vendors and the happy customers who have been enjoying this environmentally-friendly shopping option, both relish their positive market experience.

IN-HAS Book Shelf

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



THE TESTAMENTS

By Margaret Atwood

In this brilliant sequel to *The Handmaid's Tale*, acclaimed author Margaret Atwood answers the questions that have tantalized readers for decades.

When the van door slammed on Offred's future at the end of *The Handmaid's Tale*, readers had no way of telling what lay ahead.

With *The Testaments*, the wait is over.

Margaret Atwood's sequel picks up the story fifteen years after Offred stepped into the unknown, with the explosive testaments of three female narrators from Gilead.

HIGHWAY OF TEARS

By Jessica McDiarmid

A penetrating and deeply moving account of the missing and murdered Indigenous women and girls of Highway 16, and a searing indictment of the society that failed them.

For decades, Indigenous women and girls have gone missing or been found murdered along an isolated stretch of highway in northwestern British Columbia. The highway is known as the Highway of Tears, and it has come to symbolize a national crisis.

Journalist Jessica McDiarmid meticulously investigates the devastating effect these tragedies have had on the families of the victims and their communities, and how systemic racism and indifference has created a climate where Indigenous women and girls are over-policed, yet under-protected.

AKIN

By Emma Donoghue

In her first contemporary novel since *Room*, bestselling author Emma Donoghue returns with her next masterpiece, a brilliant tale of love, loss, and family.

A retired New York professor's life is thrown into chaos when he takes his great-nephew, whom he has just met, to the French Riviera, in hopes of uncovering his own mother's wartime secrets.

Written with all the tenderness and psychological intensity that made *Room* a huge bestseller, *Akin* is a funny, heart-wrenching tale of an old man and a boy who unpick their painful story and start to write a new one together.

ON FIRE, THE BURNING CASE FOR A GREEN NEW DEAL

By Naomi Klein

A must-read book. Naomi Klein pairs a decade of her powerful writing on our acute environmental decline with new material on the staggeringly high stakes of what we choose to do next; and inspiringly offers here a politically viable, just, sustainable path forward.

Delving into topics ranging from the clash between ecological time and our culture of 'perpetual now', to the soaring history of humans' ability to change rapidly in the face of grave threat, to rising white supremacy and fortified borders as a form of 'climate barbarism', this is a rousing call to action for a planet on the brink.

Getting good sleep is more under your control than you might think. Following healthy sleep habits can make all the difference!

It's important to practice good sleep hygiene as healthy sleep is important for both your physical and mental health. When you sleep well, your productivity and quality of life improves. Everyone can benefit from practicing good sleep habits.

The National Sleep Foundation recommends that young adults (aged 18–25), as well as adults (aged 26–64), get 7–9 hours of sleep a night.

It is recommended that you only lie down in your bed with the intent to sleep when you are tired. You should not go to bed when you aren't tired in an attempt to fall asleep. Sleep specialists recommend that you get out of bed after 15 minutes if you try to go to sleep but can't, and return to bed only when you are sleepy. You want your mind to associate your bed with sleep!

They also recommend that you get up at the same time every day regardless of how much sleep you got the previous night to ensure routine.

Most researchers agree that people need at least six hours of sleep a night and anything less is considered too little.

Exercising regularly makes it easier to initiate and deepen sleep, but try not to exercise within three hours of when you intend to go to sleep as exercising causes your body to stay alert. Avoiding light and noise is recommended as light resets your circadian rhythms which interferes with sleep, and unpredictable noises, even if they don't fully wake you, can prevent you from entering a deep sleep.

Try to keep your room cool and use blankets as excessively warm or cold sleep environments can disrupt sleep. 60–68 degrees Fahrenheit or 15.5–20 degrees Celsius is recommended. Make sure to eat regular meals and avoid or limit caffeine, as even caffeine consumption during the daytime can disrupt nighttime sleep.

Avoid alcohol, smoking and cannabis. Although alcohol helps some people fall asleep, it actually suppresses REM sleep and causes more night time and early morning awakenings. Nicotine is a stimulant and therefore can interfere with sleep, and cannabis use has been found to exacerbate insomnia and decrease sleep-related self-efficacy. Sedatives and melatonin can also increase dependence on a substance to sleep and can harm your long-term ability to fall asleep without the medication. Melatonin can also lead to circadian rhythm shifts that interfere with sleeping.

Once we lay down, we often begin to think and reflect, but try your best not to problem-solve or worry in bed. Worrying about life events, or even the effects of not getting enough sleep, can keep you awake and perpetuate insomnia. Making a list before you go to bed of the things you need to attend to the next day can help.

It might also be helpful to turn your alarm clock around. Clock watching leads to frustration and worry which interferes with sleep. Try to only look at your clock immediately before going to bed and immediately after getting up for the day.

Lastly, avoid naps as they confuse your circadian rhythms. If you absolutely have to nap, nap earlier in the day and for less than one hour.

Happy sleeping!

SLEEP HYGIENE

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