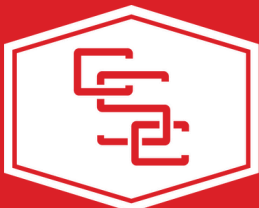




# Panther Press

FOR THE STUDENTS. BY THE STUDENTS.



CANADORE  
STUDENTS'  
COUNCIL

Volume 1 – Spring 2025



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## Note from the Creator's Desk



**Sruti Panicker**, VP of Student Life for CSC  
Mental Health and Addictions Worker Program (2024-26)  
Healthcare Administration (2023-2024)

My vision with this magazine is to provide a space for students where they have their creative freedom and there is no limit to ideas. Panther Press can take the shape and form of what the students want it to be. Going forward I would like to make a club where we can all work together to publishing more issues of this magazine! Every student gets a voice and as VP Student Life I want to create that space and that is what this magazine is for me.

I loved every moment of working on this Magazine but it cannot be a blurb, without me being me, so here we go. Did I have 4 million overwhelming moments while putting this together? I definitely did! Did I still do it because I didn't want to disappoint my mother who is thousands of miles away? Yes, I did! So, if I can do it, anyone can!! Special honour to Coffee and Overthinking!

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# REFLECTION ON BEING A RESEARCH ASSISTANT

As a second-year student in the Occupational Therapy Assistant and Physiotherapy Assistant program at Canadore College, my journey has been significantly enriched by my role as a part-time research assistant in the college's research center. Specifically, my involvement in the Neck Strengthening Project has deepened my understanding of research methodologies and equipped me with essential professional skills that are vital for my future career in healthcare.

This project allowed me to engage directly with exercises aimed at enhancing neck strength - an area critical for rehabilitation. Collaborating with faculty members and fellow students fostered a team-oriented environment, highlighting the importance of diverse perspectives in research. I was particularly excited to contribute to a video demonstrating these exercises, which received high recognition from our supervisors. This experience underscored the value of clear communication and creativity in effectively conveying research findings.

Teamwork has played a crucial role in our progress, as we regularly engage in brainstorming sessions where we share ideas, address challenges, and celebrate our successes.



In research, unforeseen challenges often arise, whether related to participant engagement or methodological adjustments. For example, when we faced difficulties in recruiting participants, our team came together to revise our outreach strategies. This collaborative effort not only increased our participant pool but also reinforced my belief in the power of teamwork in overcoming obstacles. Meanwhile, these challenges taught me the importance of flexibility and innovation in overcoming obstacles—skills essential in both research and clinical practice.

In conclusion, my role as a research assistant in the Neck Strengthening Project has significantly shaped my professional skillset and academic perspective. I have grown as a student and future healthcare professional. This experience has deepened my understanding of the importance of research in enhancing rehabilitation practices and inspired me to advocate for evidence-based approaches throughout my career. As I continue my studies and prepare for my future, I am eager to apply what I have learned to make a meaningful impact in the lives of those I serve.



**MEILIN HU**

**Occupational Therapy Assistant  
and Physiotherapy Assistant  
Student**

# A Life Well-Lived: David Jones' Journey Through Joy, Hardship, and Resilience



David Jones has lived a life filled with adventure, resilience, and a deep sense of community. Born in 1958 in Toronto, he now calls North Bay home and is a proud VIP (Very Important Panther) with The Village. His journey is one of joy, heartbreak, and perseverance, making his story truly inspiring.



## **Finding Community and Happiness at The Village**

David has been a part of The Village for over a year and speaks highly of the experience. He believes that staying active and engaged with people is the key to a long and healthy life. The Village provides just that—a vibrant and welcoming space where he feels happy and connected.

## **A Career That Took Him Across Canada**

David's career was nothing short of exciting. He traveled across Canada opening branches for a chain restaurant, living what he describes as a dream job. His boss had a philosophy: "Treat yourself, you are away from home." This meant ensuring employees had good meals and little luxuries while on the road. It was a level of care and appreciation that David believes is rare in today's work environment. This supportive culture made employees feel valued and motivated to work harder.

## **Advocacy for the Seniors' Queer Community**

David has always been deeply involved in the LGBTQ+ community. As a member of New Horizons, a seniors' queer group, he has witnessed firsthand how many older individuals retreat back into the closet due to societal pressures. While funding was initially allocated to support LGBTQ+ seniors, in a matter of months the funding was lost. Despite this setback, David and two friends refused to let their community disappear. They took it upon themselves to keep the initiative alive, even partnering with The United Church of Canada to host events. Their message was clear: "We are here."

### **The Golden Era and the AIDS Epidemic**

David describes the 1980s as the best time of his life. Living in downtown Toronto, he was surrounded by an incredible group of friends, and life was filled with disco, parties, and nightclubs. But then the AIDS epidemic hit, devastating the queer community, particularly gay men. He recalls the heartbreak of partners being barred from hospital visits and the widespread stigma that resulted in businesses being boycotted simply for having gay employees.

In response, David and his friends formed a group called “Mary Tyler Moore Productions.” They organized fundraisers and hosted events, including keeping a bar open until 4 a.m. on Christmas to ensure that no one had to be alone during such a difficult time. The event was a success, drawing not just members of the queer community but also lonely straight people who found comfort in the gathering. It was a true testament to the power of chosen family.

### **A Turning Point for LGBTQ+ Rights**

One of the most significant moments in David’s life was witnessing the LGBTQ+ community’s response to police raids on bathhouses. The authorities would arrest gay men and publicly release their names, often ruining lives in the process. Many were married or not yet open about their sexuality, leading to tragic consequences, including suicide.

Despite lacking social media or the internet, the queer community mobilized overnight. Thousands of people took to the streets, marching to police stations in protest. The sheer scale of the demonstration took everyone by surprise and ultimately led to a shift in the relationship between law enforcement and the LGBTQ+ community.

### **The Aftermath of the AIDS Crisis**

Beyond the immediate devastation, the AIDS epidemic left lasting scars. Many men believed they were going to die, only to be saved by medical advancements in the 1990s. However, survival came with its own set of challenges. The AIDS Committee of Toronto stepped in to help these men rebuild their lives, acknowledging that reintegration into society required more than just medical treatment—it required community support and guidance.

### **A Legacy of Strength and Compassion**

David Jones’ story is a powerful reminder of the strength of the human spirit. Through personal loss, advocacy, and unwavering resilience, he has dedicated his life to building and uplifting his community. His journey is one of love, perseverance, and hope, proving that even in the darkest times, the power of unity and chosen family can shine through.

## **Words of Wisdom for the Next Generation**

If David could offer his younger self any advice, he says with a chuckle, “Stay in school. Finish Teacher’s College and get a job with a pension.” But for today’s younger generation, his advice is more serious: “Stay healthy. Don’t smoke. There is nothing without health, so eat well and exercise.”



# My Story

Born and raised in North Bay, my connection to the town has become stronger through my work with nature through the Living Sustainability Centre. I am passionate about sustainability and this role has enabled me to work closely with the forest, waters, and our community.

We are fortunate to study on one of the most beautiful campuses in the country and understanding and documenting biodiversity is essential to keep it that way. Through the Campus Biodiversity Network, powered by iNaturalist, we have celebrated the biodiversity found at College Drive and have helped to create a biodiversity profile for our forest, observing 995 unique species – 350 of which I observed myself. You can contribute too – join the group [here](#).

We also completed a project monitoring species at risk at Commerce Court. We developed and surveyed artificial nesting sites to track vulnerable species. While no Blandings Turtles were spotted, we captured several other species on the cameras and collected valuable data.

Invasive species are one of the biggest threats to Ontario's ecosystems and as part of our 10-year forest management plan, I helped to lead efforts to locate and extract invasive species like Mustard, Phragmites, Japanese Knotweed, and even Goldfish. I am happy to report I found the goldfish a new home at local daycares!

Collaboration has both rewarding and a key to our success. I had the opportunity to collaborate with other departments at the college along with community organizations like Clean Green Beautiful and Trees for Nipissing, where we helped to plant trees at the Miskwaadesi Amphitheater. We also worked with the Phrag Fighters; a group dedicated to removing invasive Phragmites from wetlands. These partnerships have helped to reinforce the power of collective action to do good for people and the planet.

To students looking to make a difference: remember, even small actions can have a big impact. Whether it's planting a tree, sorting your waste properly, or learning about local biodiversity, every effort adds up. Start where you are, use what you have, and take one small step each day.



Photo courtesy of Deeksha Poral Lakshminarayana

# POWWOW, DRUMS AND WORKSHOPS!



## Written with the help of Gerry McComb

The Annual Canadore College Powwow, a tradition since 1987, is organized with active student involvement and provides an opportunity for students of Canadore College and Nipissing University to experience the drumming, singing and dancing of this cultural gathering.

Recognized as one of the first powwows of the year in Ontario, this event takes place before the spring season when most powwows begin. It brings together organizations, craftspeople, dancers, singers, and community members, offering students a chance to connect, socialize, and explore the resources and services available to them. This year marks the 35th Annual Powwow.

## Organizing the Powwow

Hosting a powwow is a significant undertaking. A lot of work goes into ensuring that we have the appropriate individuals and groups to facilitate the event and that everything is ready for the day. Key individuals include the Master of Ceremonies, Arena Director, Head Elder, Head Dancers, and Host Drum groups, among others. Their experience and knowledge are essential to ensuring the smooth running of the event.

## The Significance of The Drums

The drum is the heartbeat of the powwow. It is the beat that the dancers and attendees move to, and the sound amplifies the energy of the singers who are singing. While the singers are singing and the dancers are dancing, they are in prayer and often pray for their families and communities. There are many types of songs and dances that take place. Intertribal songs are songs that everyone can enter the circle and dance to. Other songs are more serious, such as honour songs, which are special prayer songs requested by individuals or families who need prayers or to honour someone.

## About the First Peoples' Centre

The First Peoples' Centre (FPC) offers students support in mental health, administration, culture, and computer access.

It hosts craft workshops, beading drop-ins, powwow practices, and smudging opportunities. An elder-in-residence provides weekly guidance, and students are always welcome to drop in.

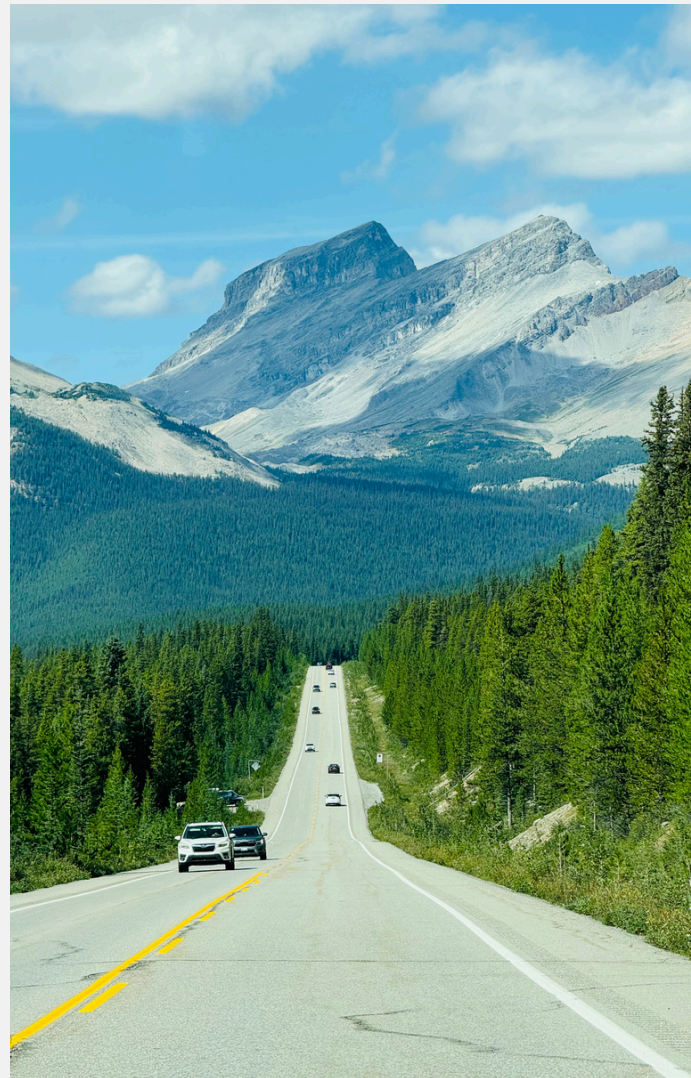
The FPC also organizes events for Indigenous Days of Importance, including the Welcome Powwow, Annual Powwow, Moosehide Campaign Day, Orange Shirt Day, and the Missing and Murdered Indigenous Women Day of Remembrance.

# THROUGH OUR LENSE

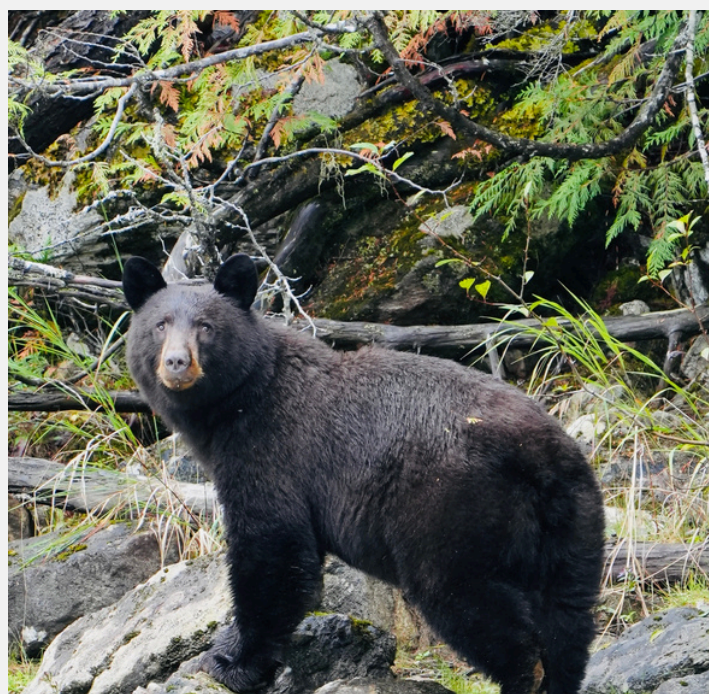
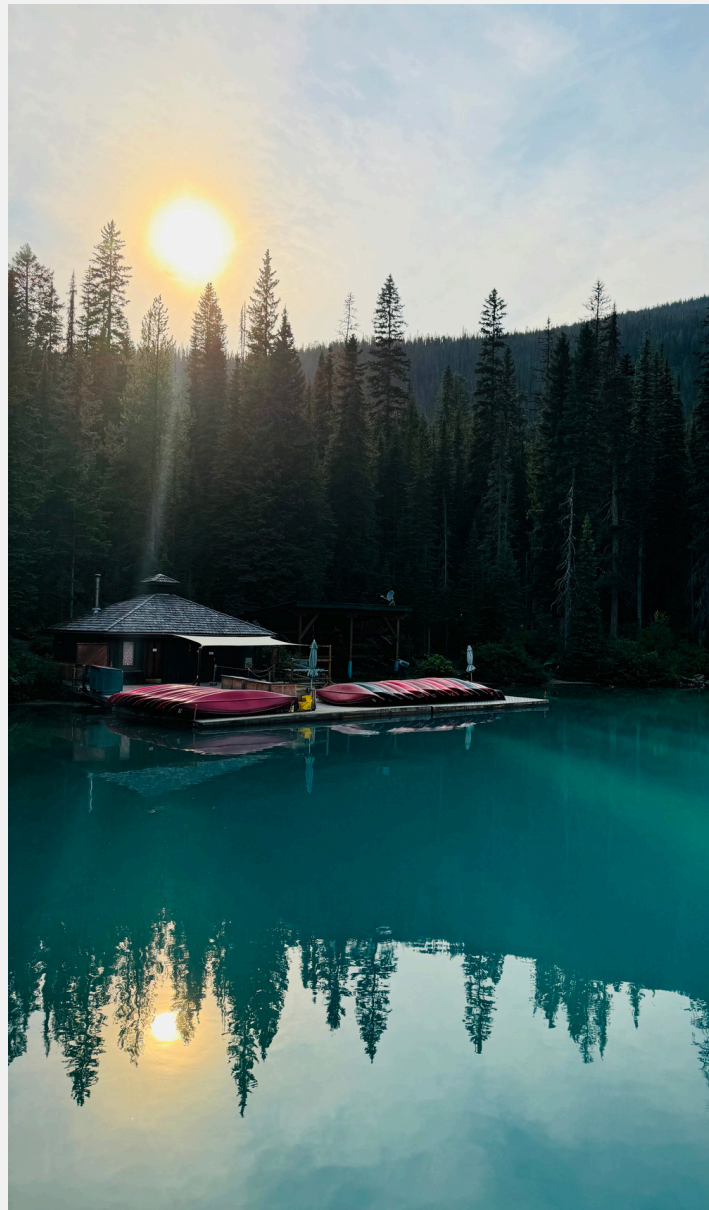
## A JOURNEY ACROSS CANADA

DEEKSHA PORAL LAKSHMINARAYANA

These photos capture the breathtaking journey from North Bay to British Columbia and back. The collection includes a glimpse of the Longitudinal Centre of Canada in Manitoba, the iconic Winnipeg city sign, and the stunning turquoise lakes of Banff, Alberta. In Jasper National Park, we encountered majestic elk roaming freely, while a thrilling river safari in British Columbia brought us face-to-face with a wild bear in its natural habitat. Another unforgettable moment was witnessing a bison calf nursing from its mother in Manitoba, a rare and touching scene showcasing the beauty of wildlife.







# Tips, Tricks and Life Hacks!

*Written with the help of Kim Hamilton*

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## The battle of GPA vs. Bank Balance

IF THE GPA GOES UP  
THE BANK BALANCE  
GOES DOWN, AND IF THE  
BANK BALANCE GOES  
UP GPA GOES DOWN.

### **WHAT TO DO?**



- Track every dollar you spend using either an App or a pen and notebook. This can be a real eye-opening exercise, and can help you realize how much money you could save by cutting back on certain expenses
- Use Apps such as Flipp to find out what is on sale that week and to price match, rather than going to different stores to pick up deals. Note that not all stores will match the prices at another store, but it doesn't cost you anything to ask. Flashfood, TooGoodToGo and Olio Apps can also help you save money. Apps such as PC Optimum, Scene + and others can save you money because you are able to accumulate points just by buying items you need. These points can then be redeemed for certain items, meals or entertainment. Canadore Panthers Perks App can also give you discounted pricing on various things. Even if the business, store or restaurant you are visiting is not on the Panthers Perks App, ask them if they offer college students a discount.
- Shop sales and buy in bulk, if you are able to.
- Prepare your meals at home. If you have a day off, you could do your meal preparation for the week, so you can bring your lunch, rather than buying it on campus.
- Some banks offer students low, or no fee accounts. Shop around to find one that fits your needs.

- 
- Start a savings account. Even if you can only put \$5.00 per month in it right now, it does add up, and once you start working you can add more each month.
  - Apply for any and all bursaries or scholarships you qualify for. This could be free money for you.
  - Utilize the Centre for Career Development resources and apply for a part time position
  - Utilize your student health plan. It can help cover the cost of prescriptions and some other medical fees.
  - Rather than taking an Uber or taxi, use the bus pass that is included in your student fees.
  - Use the Fitness Centres on campus rather than spending money on gym memberships
  - Utilize the on campus medical, dental clinic or counselling services, when available and necessary
  - Take advantage of free entertainment options both within the college and surrounding community



## Life Hacks or Life Tips?

*Upon asking some of our students this is what they had to say:*

“The brain’s frontal lobe (they are responsible for something called executive functions) takes longer or may never fully develop depending on if you have a mental health condition like anxiety, depression, ADHD, etc.”

Theories used to say that frontal lobe develops around the age of 25 but based on this fact it can be proven wrong. So next time someone tells you to act your age tell them, “I can’t help it, I don’t think my frontal lobe has fully developed”.

According to this student someone once gave them a great advice. If you have a list of things you need to finish and you are stressed out, pick just one thing to do that day. It is more than enough if you have done one thing for the day. That means you did something. But guess what the best part of this advice is? How do you choose that one thing? Well it is as simple as waking up or making your bed. If you woke up or made your bed for the day, there you finished one task for the day and that is your accomplishment.



# Clubs, Clubs and more Clubs!

**Read more on our website**

<https://www.canadorecollege.ca/canadore-students-council/clubs>





Nathan Leliveld



Riley Ong



Zach Lebel



Shibin Sivan



Ivjot Singh

# CLUB PRESIDENTS



LOGAN  
**PARKER**



# WOLVERINE MADE A COMEBACK WITH DEADPOOL, WHAT ABOUT OUR LOGAN?



Logan Parker, born on August 21, 2003, in Englehart, Ontario, has spent the last three years at Canadore College, completing the Recreation and Leisure Services program and now the Strength and Sports Conditioning fast-track program. With graduation approaching, he reflects on his final game.

## A Bittersweet Goodbye

Logan describes his last game as "surreal." Though he knew it was coming, the years flew by. His family, friends, and even some coaches who had never seen him play were there, making the moment even more special.

## The Start of a Passion

Logan began playing basketball in middle school, first during recess and later taking it more seriously. Over three years with Canadore, he experienced ups and downs but cherishes every moment.

## Memorable Moments

Two games stand out: his first and last. He recalls the excitement of scoring his first point and the pride of having his friends and former coaches watch his final game.

## The Team Bond

Logan jokes that some teammates weren't people he expected to befriend, but through shared experiences, strong friendships formed. The camaraderie became a key part of his journey.

## Challenges and Advice

His biggest challenge was balancing school, basketball, and work after moving out of his family home. To his teammates, he says, "Enjoy the moment. It goes by fast." For freshmen, he advises, "Step out of your comfort zone. Small steps lead to big opportunities."

## What's Next?

Logan hopes to continue working in his field and coaching, as he did last year with a U-19 club. As for a return to Canadore? "Never say never."

## More Than an Athlete

His final message: "Be more than just a basketball player. Contribute beyond the game." His journey at Canadore may be ending, but his impact will last for years to come.

# YOUNG BOY & GROWN BOY, A TRUE STORY

RILEY ONG

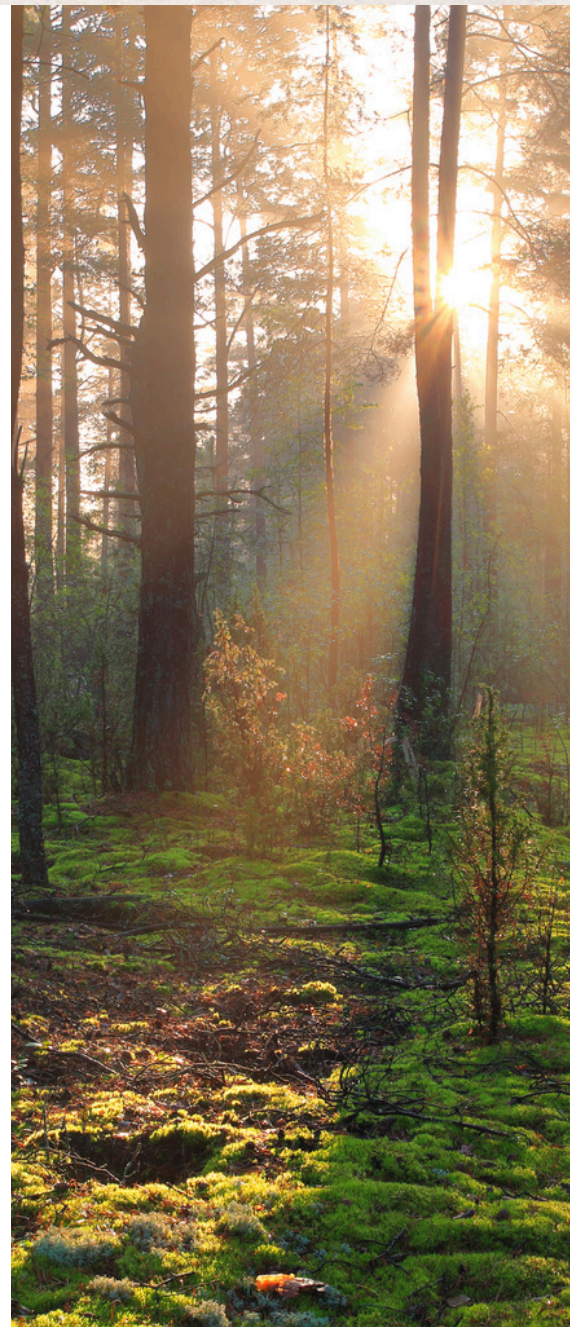
Eyes all puffy, nose stuffy, a grown boy walks over to the windowsill. Arms crossed, chin resting on top, one hand hanging over the edge of the windowsill; he stares blankly at the sky. With the brim of his hat pulled down as far as it's comfortable, his hood overtop acts as a shield from the world around him. The feeling of tear-soaked sleeves tickles his chin hairs.

Lost in a blank stare, the sound of a child's footsteps behind him gets louder with every step. The sound of a young boy's voice echoes the words, "Hey, you okay?" But the grown boy, in his non-verbal state, can only hear the words inside his own head saying, "No, but just leave me."

The young boy, half grown boy's age, half his height; not old enough to understand some of the harsh realities waiting for him in the world - does seem to understand one thing. In grown boy's non-responsive state, the young boy drags a chair across the floor, and climbs up so he can match grown boy's height.

Grown boy's blank stare is broken by the feeling of a small hand now holding his, and another small hand rubbing his back, and young boy saying, "It's okay. I'm here." As grown boy rests his head on the smaller head now on his shoulder, tears fall from his eyes.

A boy so young, in one moment, filled the heart of a boy much older. Grown boy thought to himself, "I'm sorry you understand at such a young age. But I hope you never lose that, and you use it for good." When you truly believe in the power of the universe, it will show you there's light when things look bleak. And most often, you'll see and experience it where you least expect it.



## FADING

JOLENE CARTER

Few things linger as much as you,  
strands of connections drift in the tense air we leave  
between us.

Petals or fabric, Impossible to know what words to use,  
about us, about them,  
about any of it.

The clinging cold of the shadows of what we were chill  
my bones to the marrow.

Never ending, never really fading into a memory.



**EVERYBODY IS A WINNER**



## **OUR STUDENTS**

### **ACCOMPLISH INCREDIBLE**

**THINGS BEYOND THE CLASSROOM.**

**IN OUR NEXT ISSUE, WE'D LOVE TO**

**CELEBRATE THESE ACHIEVEMENTS.**

Have you won an award or participated in an exciting event outside of school? If so, we'd love to hear about it! Share your accomplishments with us, and let's inspire our community.

Please include:

- Details about the event (how you discovered it and what led you to participate).
- Any awards or recognitions you received (if applicable).
- A PNG or JPG image we can use.

Submit your entries via this EmailMe Form:

<https://www.emailmeform.com/builder/form/u0zc6hcx9dn8Qg>

**We look forward to celebrating your achievements!**



# Panther Press

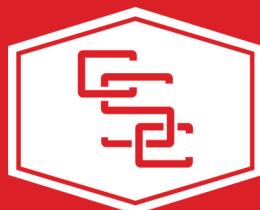
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**Want to get involved?**

**Head over to**

**[CanadoreStudentsCouncil.ca](http://CanadoreStudentsCouncil.ca)**

**to learn more about upcoming  
events, clubs and more!**



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