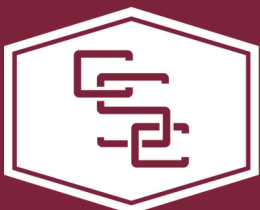




# Panther Press

FOR THE STUDENTS. BY THE STUDENTS.



CANADORE  
STUDENTS'  
COUNCIL

Volume 3 – Fall 2025



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**Sruti Panicker**, President for Canadore Students' Council  
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. Every student gets a voice and as part of CSC 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!



# Walk for Wenjack

*Written with the help of Rebecca Morin*

**On Friday, December 5, Canadore College proudly hosted its very first Walk for Wenjack at the Dome, bringing together students, staff, and faculty in a powerful act of reconciliation, reconciliACTION, remembrance and solidarity.**



More than 30 participants took part in the walk, collectively covering nearly 600 kilometres and raising over \$1,200 in support of the Downie Wenjack Fund. The event honoured the memory of Chanie Wenjack, a young Anishinaabe boy who died in 1966 while attempting to walk home from residential school, and recognized the lasting impacts of the residential school system on Indigenous communities.

As a Legacy School with a Legacy Space, Canadore College is committed to creating ongoing learning opportunities, dialogue, and meaningful action toward truth and reconciliation. Hosting the Walk for Wenjack provided our college community with an opportunity to come together in reflection, to deepen understanding, and to demonstrate our continued commitment to reconciliation.

This initiative reflects the purpose and values of the Downie Wenjack Fund — building awareness, fostering learning, and supporting healing across generations as we move forward together in a spirit of respect, remembrance, and hope

Plans are already underway for our next Walk for Wenjack, tentatively scheduled for October 2026, and we look forward to continuing to grow this important tradition at Canadore.





**ERIKA**

**SAMANTHA**



# *New Skies, New Beginnings:*

## *A semester abroad in North Bay*



Picture Courtesy: Sarabjeet Singh

Samantha was close to finishing her program back home when she came across the exchange opportunity. With graduation and full-time work approaching, she decided to take a break and gain international experience. Going on exchange had always been something she wanted to do, but life had gotten in the way. This moment felt like the right time—almost like her last chance to do it.



### **What was the hardest part at the beginning?**

The biggest challenge was expressing herself fully in English. While she could understand conversations, real-life communication felt different. She worried about grammar, and found that slang didn't always translate. At times, it felt easier to stay quiet than risk being misunderstood.

### **What's one big difference between studying here and studying in Mexico?**

She noticed that education in Mexico feels more controlled, with close supervision and a strong emphasis on avoiding mistakes. In Canada, students are given more freedom to try, fail, and learn from experience. She believes this approach is possible because of greater access to resources, which allows for more trial and error.

### **And something that turned out to be surprisingly similar?**

Transportation. She expected Canada's system to be flawless, but found familiar frustrations—long bus rides and long waits if a bus is missed. It felt like the same problem she experienced back home, just in a different setting.

### **Do you feel like you missed out on parts of the “exchange experience” because of that intensity?**

A bit, yes. Other students have more free time, can go to residence activities, can meet people. For aviation, the schedule is intense. Sometimes you get burned out.

### **Even with the stress, was it worth it?**

“Yes. It made me appreciate things back home too—school supports, transport, people. It also made me grow. I needed to go out and explore, get to know myself again, be independent, be out of my comfort zone.”

### **Have you found community here?**

“We have a Latino friend group, and on weekends we started cooking meals from different countries—Peruvian, Colombian, Mexican. It's been amazing learning about each other. I also loved cultural events like Day of the Dead and being invited to Diwali. That multicultural part has been one of my favourite things.”

Samantha is an exchange student from Cuernavaca studying in the aviation technician program with Canadore College. She came here for the fall semester and is headed back home now.





# A Day In My Life at the Village

"Living and working at The Village has changed my life in ways I never imagined."



## By Sumana Bajimayo

As a Personal Support Worker (PSW) student at Canadore College in Fall 2025, I am in love with supporting and caregiving. I dream of becoming a support worker who serves this community, uplifts others, and supports both my family and myself. One day, I will proudly make Canadore and The Village proud through my work in Canada.

The Village is more than a workplace—it is a state-of-the-art health and wellness facility at Canadore College in North Bay, Ontario. It blends Indigenous, Eastern, and Western practices, creating a multi-generational “living lab” where students gain hands-on experience while serving the community. Every corner of The Village is designed to support learning, healing, and connection.

On Mondays and Thursdays, from 1:30 PM to 4:30 PM, I step in as a part-time student employee—a continuation of my full-time role from the summer. I welcome residents at the front desk, listen to their stories, and share my own. I often join them in exercise programs, knitting groups, and walking groups, connecting through laughter, conversation, and shared moments. These experiences help me practice my English, build confidence, and deepen my understanding of the people around me.

I also contribute to The Village Newsletter. Writing for the newsletter allows me to capture the heart of the community, bridge generations, and highlight the meaningful work happening at The Village.

I am thrilled that Village programs have now expanded to Commerce Court, and I hope to see The Village grow even more, reaching new heights in service, care, and community impact.

I am profoundly grateful to my mentors, Micheline Demers and Erin Mitchell, whose guidance has helped me grow professionally and personally. I am also thankful to the residents and members of The Village who have become my chosen family.

"The Village is more than a workplace—it is a home filled with compassion, connection, and community." Every day, The Village inspires me. Here, I have found purpose, belonging, and family—lessons and memories I will carry forever.

**"Every interaction matters to me—it's an opportunity to make residents feel seen, valued, and loved."**



# THE SLEEP STRUGGLE: HOW STUDY AND WORK DISRUPT STUDENT REST

## THE COST OF SLEEPLESS SUCCESS

There is some positive news. Having better sleep can be achieved. There are three strategies that Canadore students can try:

**Giving yourself time to relax helps your marketing turnout.**

**1. Schedule smarter, not tighter:** Use Google Calendar or another free service to plan your week and arrange your sleep as if it's an important meeting.

**2. Create a sleep buffer:** Employ Google Calendar for nothing, as it lets you schedule all activities in a clear view.

**3. Nap tactically:** Taking a 20-minute nap at some point between your classes or shifts will recharge your energy without affecting your nights' sleep.

Because students feel pressured by many demands, sleep sometimes seems like a privilege. As per the 2023 Canadian Campus Wellbeing Survey, more than half of the students report they have poor sleep, and many say it leads to a dip in their school grades. The need to study and work often results in me being unable to sleep well at night.

### WHEN TIME IS TIGHT, SLEEP SUFFERS

Marketing makes us understand the decisions customers take when strong benefits are on offer. Young people regularly decide to sacrifice sleep in order to get higher grades or earn more money. Yet are we truly considering the actual cost of doing this. If we don't sleep well, it influences our performance in school as well as how we interact, take decisions, and handle pressure. Lacking rest on a regular basis reduces these essential skills for business.

### A WELL-RESTED MIND HELPS MARKETERS STAY STRONG.

In our future roles as business people, we're expected to make the best use of resources we have. Lack of sleep should be seen as using up one's resources. If we care about it, it will help us reach our goals, keep friendships, and protect our knowledge. Taking breaks is not the same as being lazy; it is a good strategy.

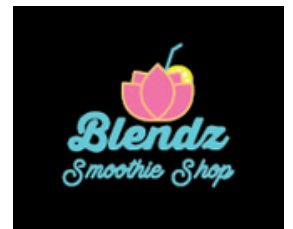
After that, why not pay more attention to my education? Taking time to sleep is not something that should be looked down upon. This action is a strong sign of who you are.



# PANTHERS

STUDENT

# PERKS







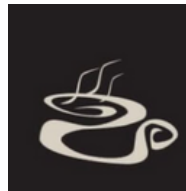
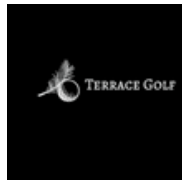
GROUNDNED



REVOLVE



RW&CO



The Aesthetics Lounge  
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THE ANNEX  
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CHEAPSKATES



willful.  
YOGA Jeans  
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BEING A CANADORE  
STUDENT HAS ITS  
**PERKS**

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# AZERBAIJAN, YOUR NEXT TRAVEL DESTINATION?

In this interview, Dr. Michael Johns talks about his journey to Azerbaijan and the cultural, historical, and political perspectives that shaped his experience.

## **What made you choose Azerbaijan as your travel destination?**

Dr. Johns and his wife alternate choosing their vacation each year, and this time it was his turn. They had actually planned to visit Azerbaijan back in 2020, but COVID cancelled that trip. He used to be a political science professor specializing in post-Soviet states, so the region has always interested him. When political instability made Georgia less appealing this time, Azerbaijan felt like the right choice—just five years later than planned.

## **Did your academic background shape how you experienced the trip?**

Definitely. Azerbaijan is fascinating because its economy has been built almost entirely on oil, and now that resource is running out. Watching a country that has never had to redefine itself begin to ask, “What comes next?” is incredibly interesting. Tourism is one of the major paths they’re exploring.

## **What stood out to you while you were there?**

The contrast. They spent time in Baku, a modern city on the Caspian Sea with striking architecture, and in Sheki, a historic Silk Road town in the mountains near Russia. In just a few hours, you can travel from the sea through the desert and into the mountains. It really shows how geographically and culturally diverse the country is.

## **How would you describe Azerbaijan’s cultural atmosphere?**

It’s surprisingly multicultural. Azerbaijan is a Muslim-majority country, but it’s home to Christians, Jews, and even a historic Zoroastrian community—drawn there centuries ago because of naturally occurring fires caused by underground gas. What struck him most was how naturally people coexist; diversity isn’t something that feels forced or politicized.

## **How were you received as visitors?**

People were incredibly warm and welcoming. Many were genuinely excited to see tourists and surprisingly knowledgeable about Canadian politics. It felt like they were making a real effort to connect, which reflects the country’s push toward becoming a more international destination.

## **Would you recommend Azerbaijan to others?**

Absolutely. It’s safe, beautiful, and deeply interesting. If you want to visit a place that offers more than just sightseeing—where you can learn about history, politics, and cultural change—Azerbaijan is well worth the trip.



SINCE 2016, BAKU HAS HOSTED A FORMULA ONE GRAND PRIX, TURNING ITS DOWNTOWN STREETS INTO A RACETRACK. THE EVENT PUTS AZERBAIJAN ON THE GLOBAL STAGE—PLACING IT ALONGSIDE CITIES LIKE MONACO AND MONTREAL—AND HELPS ATTRACT INTERNATIONAL TOURISM BEYOND OIL.







# LEARNING TO LIVE ALONE: WHAT INDEPENDENCE REALLY LOOKS AS A STUDENT

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Manpreet Singh Brar



I thought things would be simple when I started living near Canadore by myself. No roommates taking my food and no one making me clean up—life just felt great and free.

Week two was when I realized that my expectations needed correcting. Dishes were left in the sink, several bills were sitting on the table, and the silence just did not seem so peaceful.

Spending time by oneself as a student helps them find out what they are really like when no one else is near. The main aspect is gaining experience in surviving, taking care of yourself, and handling hard times on your own. What is especially important is that it brings lessons that we do not see in textbooks. Achieving independence without support is not easy; it happens step by step.

To many people, moving out on their own is a big step into adulthood. It is hard to achieve true independence right away. First, you could easily forget to plan for food or let sleep take over, since you are not being reminded each day. Dealing with money, time, and mental health alone is only one aspect of the big change that happens during young adulthood. Leading yourself is something that businesses focus on, and that is what you begin developing when living alone.

You become responsible for all your actions, find order in your days, and encourage yourself when days seem tough.

Regardless of who lives there, the rules and cleaning are your limits and obligations. Having your own schedule, décor, and a midnight ice cream treat if you want is one of the best things about living on campus. On the other hand, you are also responsible for what you do. It is up to you to keep up with your daily activities, make rent payments, and study for classes. Having responsibility for yourself helps you become disciplined, which benefits you when running a business or trying to be an entrepreneur.

See if a digital calendar works better for you to oversee your tasks, grocery needs, and plans with others. Live your life as if it's your personal startup, since you are making your daily decisions by yourself. Dealing with loneliness should never stop you from growing.

A difficult aspect of this is the quiet. Sometimes I notice that my dorm gets a bit quiet and family life feels less lively. Yet, being alone lets you think, reflect, and improve who you are. You get used to spending time by yourself, resolving your own conflicts, and choosing what is truly important for you.



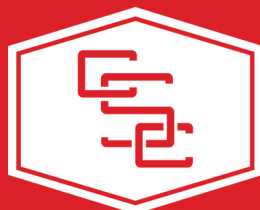


**Want to get involved?**

**Head over to**

**CanadoreStudentsCouncil.ca to  
learn more about upcoming events,  
clubs and more!**

**If you want to contribute to the  
next edition of Panther Press, email  
Sruti.Panicker@canadorecollege.ca**



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