

Dadu Shin

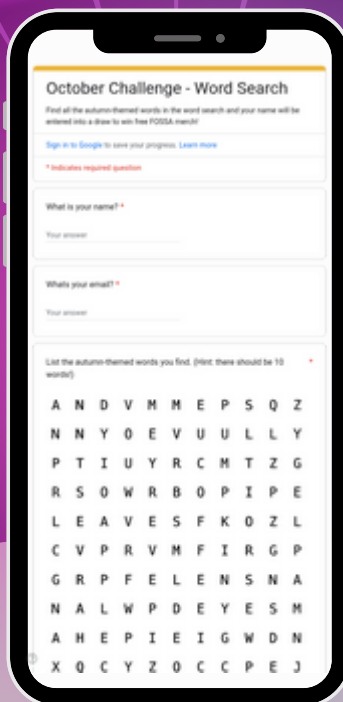
FOSSA

NO. 16



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Sanyog Surana

IT'S TIME FOR THE OCTOBER CHALLENGE



October Challenge - Word Search

Find all the autumn-themed words in the word search and your name will be entered into a draw to win free FOSSA merch!

[Sign in to Google](#) to save your progress. [Learn more](#)

* Indicates required question

What is your name? *

Your answer

What's your email? *

Your answer

List the autumn-themed words you find. (Hint: there should be 10 words!)

A	N	D	V	M	H	E	P	S	Q	Z
N	N	Y	O	E	V	U	L	L	Y	
P	T	I	U	Y	R	C	M	T	Z	G
R	S	O	W	R	B	O	P	I	P	E
L	E	A	V	E	S	F	K	O	Z	L
C	V	P	R	V	M	F	I	R	G	P
G	R	P	F	E	L	E	N	S	N	A
N	A	L	W	P	D	E	Y	E	S	M
A	H	E	P	I	E	I	G	W	D	N
X	Q	C	Y	Z	O	C	C	P	E	J

https://docs.google.com/forms/d/e/1FAIpQLSfoiMhaX1ODxAHNI_pQ-wfHukWC4uGzHdtNVkrnguZXe7T6vw/viewform

FOLLOW THIS 3 EASY STEPS & WIN THE CHALLENGE

1

CLICK THE LINK
ON THE PHONE

2

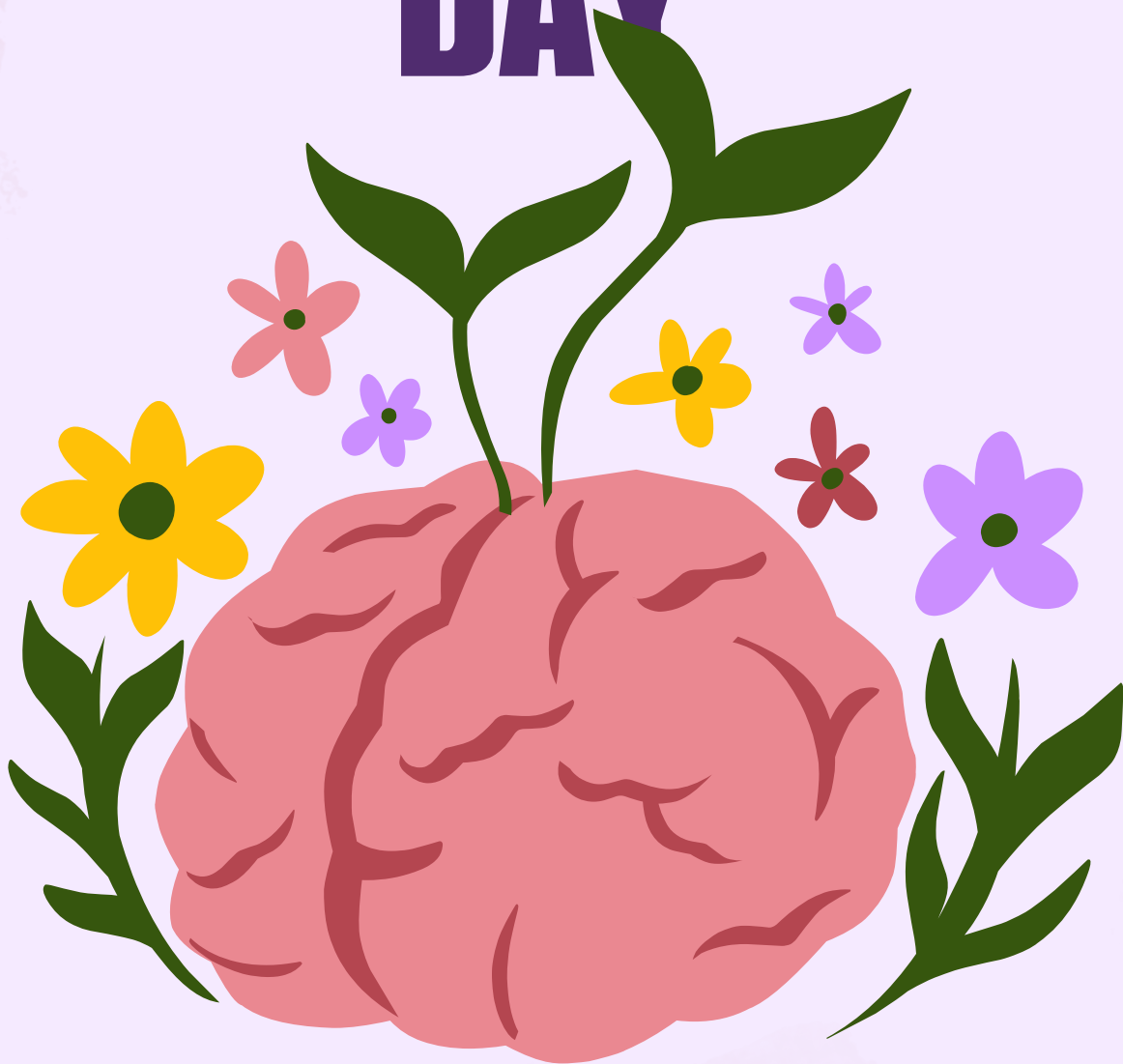
FIND 8+
WORDS

3

YOUR NAME GETS
ENTERED INTO THE DRAW
FOR FREE FOSSA MERCH

October 10, 2025

WORLD MENTAL HEALTH DAY



Your Mind, Your Journey

Let's Walk It Together

UPCOMING *Events*



Science Atrium

Journal Night

Take a break from midterms to relax and decorate your own journal! Supplies will be provided, but feel free to bring your own journal!

Oct
07
7-9 pm



Science Atrium

Sweet Sales

Stop by to purchase some delicious Sweet Lou's and Crumbl cookies! Check @wlu_fossa on Instagram closer to the event for prices.

Oct
22
10am - 4 pm



Science Atrium

Pumpkin Paint Night

Join us for a frightfully fun evening of painting, decorating, and all things pumpkin. Show off your Halloween spirit by creating your own masterpiece!

Oct
28
7-9:30 pm

RESEARCH SPOTLIGHT

JEMIMA BAKAMBU

4TH YEAR | HEALTH SCIENCES



Summary of Research:

Jemima is working with Dr. McLeman and the Regional Council for the Environment in Chaudière-Appalaches (CRECA) on Guette ta Glace, a project that raises awareness about climate change by looking at its impact on skating rinks. This project collects data from Francophone municipalities and shares insights with the communities involved.

Favourite Part of Doing Research at Laurier:

Jemima's favourite part about doing research at Laurier is engaging with communities and seeing the real world-impact of her work.

Laurier Psychology Association

October 2025



WHAT DO WE DO?

The purpose of the Laurier Psychology Society is to promote Psychology as an academic discipline on campus, as well as to raise awareness about mental health on campus and throughout the community. We achieve these goals by planning and hosting events/fundraisers/talks. For example, we host an event called "Meet the Profs" every semester to allow students and professors to connect and network outside of the classroom.

Another event, entitled "Mind on Mental Health", entails the Society inviting mental health professionals from the community to come and discuss their careers and experiences with mental health. We also take an active role in promoting student success by facilitating exam de-stressors as well as study-strategy workshops.



OUR TEAM

The Society is made up of an executive team (i.e., President, Vice-President, and a handful of executives) who are responsible for planning and facilitating the events. Anyone interested in an executive role should pay attention to their emails around the springtime, as every position is available. General Members are those who partake in our events.





BREAST CANCER AWARENESS



EDII

FOSSA



While breast cancer is the most common cancer among women, it does not affect all communities equally. Social barriers, such as financial challenges, limited access to healthcare, cultural stigma, or lack of awareness, can create differences in when and how people are able to receive a diagnosis and treatment. For many, these barriers lead to delays in detection or prevent them from accessing the full range of resources and support available.

Awareness efforts remind us that early detection saves lives. Regular self-exams, mammograms, and medical check-ups are key tools in catching breast cancer early. But these steps are not equally accessible for everyone. Some communities face challenges such as fewer healthcare facilities, language barriers, or mistrust of the system. As we observe this month, it is important to acknowledge these realities and encourage more inclusive solutions that ensure all individuals have equitable opportunities for prevention and care.

October is Breast Cancer Awareness Month, a time to increase understanding of a disease that affects millions worldwide and to recognize how equity, diversity, inclusion, and indigeneity shape experiences of care and recovery. One of the most visible ways we show support during this month is by wearing pink. Pink has become a global symbol of solidarity with breast cancer survivors, a way to honour those we have lost, and a reminder of the ongoing fight against this disease. By wearing pink, we bring awareness to the cause while also showing compassion for those currently undergoing treatment, reminding them that they are not alone.



Beyond medical treatment, community support and compassion are central to healing. Survivors and families may carry not only physical but also emotional, financial, and cultural burdens. By fostering inclusive spaces, raising awareness, and supporting advocacy, we can stand with those affected and work toward systems that leave no one behind.

This Breast Cancer Awareness Month, let us reflect on how equity and inclusion must be at the heart of awareness campaigns. Whether by wearing pink, participating in local initiatives, or simply sharing knowledge, each of us can contribute to breaking down barriers and supporting a future where awareness, treatment, and hope are accessible to all. For other resources, please feel free to check out:

<https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month>

<https://cancer.ca/en/ways-to-give/breast-cancer-awareness-month>





Autumn Bucket List

- ☐ *Drink pumpkin spice latte*
.....
- ☐ *Carve a pumpkin*
.....
- ☐ *Go apple picking*
.....
- ☐ *Decorate the front door*
.....
- ☐ *Watch a scary movie*
.....
- ☐ *Attend a local farmer's market*
.....
- ☐ *Bake a homemade pie*
.....
- ☐ *Go to the pumpkin patch*
.....
- ☐ *Get lost in a corn maze*
.....
- ☐ *Take a walk on a scenic trail*
.....