



SEPTEMBER 2024
ISSUE NO 9
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SUN SERPENT, OUR SUN 2023 ASTRONOMY PHOTOGRAPHER OF
THE YEAR WINNER - EDUARDO SCHABERGER POUPEAU

FOSSA

NO. 9



O-DAY

IN THE MARTIN LUTHER COURTYARD, 12:00PM-5:00PM, SEPTEMBER 8TH

Come kickstart the year at FOSSA O-Day!

O-Day is an amazing way to meet executives from Faculty of Science clubs and get a chance to see what clubs you want to join this year! Come meet the FOSSA execs, play games, eat food and take super cute film photos in your new free FOSSA merch!

O-day is a great way to familiarize yourself with the wide variety of science-based clubs you can be a part of at Laurier, or take a day to meet the FOSSA fam before you get busy with class! In 2023, students met executives from clubs such as FOSSA, HSSA, Laurier Innovation Society, Pre-Dental Society, Pre-Medical Society and so many more, while playing games such as archery, cornhole toss, sticky soccer etc..!



CLUBS FAIR

VARIOUS OUTDOOR CAMPUS LOCATIONS, 11AM-3PM, SEPTEMBER 6TH

Stop by the FOSSA booth at this year's Clubs Fair!

The Get Involved Fair is a great way to discover what FOSSA and its 27 clubs have to offer. You can talk to our club executives who can provide you with information about FOSSA, as well as answer any questions you may have!

This is a great opportunity to connect with your peers and get involved with a Faculty of Science club that is perfect for you!

PATHWAYS OF RESILIENCE

TRUTH AND RECONCILIATION DAY

Emily Granville, the President of the Indigenous Students Association (ISA), and Arrianna Carello, Vice-President, share their perspectives on what it means to walk in the shoes of Indigenous students at Laurier. Their journeys have been shaped both by numerous accomplishments, while also shaped by challenges and resilience, offering the importance of perspective.

Emily, an Odawa-Cree from Wiikwemkoong Unceded Territory on Manitoulin Island, Ontario, is a fourth-year music student. Her journey began in high school, starting when she first picked up the trumpet. Starting in music performance for trumpet, Emily discovered a new passion for piano, which led her to Laurier. Reflecting on her path, she shared **“I knew I was gonna be okay,”** in response to being welcomed with support from the Indigenous Student’s Centre (ISC) upon applying to Laurier. Emily approaches classical music with an open mindset, **“I’ve come to terms with the idea that I don’t have to fit into a box.** I can take what I want from classical music and let myself thrive within it.” For Emily, music is more than a personal passion; it’s a form of harm reduction and a way to promote a healthy, holistic life, connecting back to their roots on Manitoulin Island.

Arrianna, an Ojibwe/Anishnaabe from Henvey Inlet First Nation, second-year psychology student, whose life shaped by her hometown, Timmins. She cherishes the beauty of her childhood outdoors, surrounded by family and friends.



However, her connection to her roots was not always clear as her family was stripped of their community and status cards. Despite this, Arrianna has recently reconnected with her community by learning about her identity through elders and visiting her hometown. Arrianna mentions mental health has always been a passion and something she has felt connected to. **“I strive to support and help people in the way I would have wanted to be supported.”** Witnessing mental health struggles in Timmins fueled her commitment to psychology, driving her to make a meaningful difference in the field.

Both Emily and Arrianna are part of the Indigenous Students Association (ISA), who they both say has changed their times at Laurier for the better. The ISA serves as a safe place for Indigenous students to get support, express themselves and learn more about Indigenous culture.



However, Laurier still struggles to completely understand Indigenous issues. “There weren’t as many people educated about Indigenous issues as I had hoped,” Emily reflects on her experience moving to Laurier. The culture shock they encountered highlighted a significant gap in awareness. Arrianna echoes this, noting, “It’s really discouraging in 2024 to see how unaware people still are.”

“It all relates back to ignorance on the part of non-Indigenous students,” Arrianna says, discussing the stereotypes that many hold. “The whole stereotype of the traditional “Indian” is still being perpetuated a lot, and it’s almost invalidating as people have this idea of what Indigenous people are supposed to look like, yet we’re right here, and it’s like why can’t we be good enough, aren’t we allowed to change and evolve.” Arrianna talks about how the harmful words that are used around campus and the inconsideration that can be had surrounding important days like Truth and Reconciliation. She emphasizes that **small changes can make a significant difference in creating a more inclusive environment for students.**



Emily adds to this by addressing the way Indigenous people are often perceived in academia. “We are seen in academics as futuristic, while Indigenous people are not - they’re seen as this primitive group of people and in the past, even though we’re sitting at the next desk over.” They highlight that Indigenous culture, including music, is very much part of the present because Indigenous people are here right now.

“Stand your ground, but also know that you don’t have to fight it alone, I think that’s a really big one, is that we think that - well we know that we’re the change makers,” Emily emphasizes as advice to other Indigenous students. As President of the ISA, Emily is no stranger to the challenges faced by Indigenous students. They speak about the importance of asking for support, especially from the ISA and ISC, where the staff and students understand the unique struggles that Indigenous students may encounter.

Arrianna, offers a similar perspective, acknowledging that reaching out for help can be scary. However, she reassures that it’s worth it. **“And now I literally can’t picture my university experience without the ISA or the ISA** and just the multitude of experiences and opportunities that those have given me.” She shares how the ISA and ISC have been crucial parts of her journey.

Emily and Arrianna embody the essence of resilience—each note in Emily’s music and each step in Arrianna’s journey brings together the strength of their heritage with the beauty of their culture. Their stories remind us that being Indigenous in contemporary spaces is not just about surviving but thriving. As they continue to navigate their paths at Laurier, they carry with them the wisdom of their ancestors and the promise of a future shaped by their resilience. Their journeys show the power of standing tall in the face of adversity, and to the enduring beauty of Indigenous culture that continues to inspire and transform.





CLUB



SPOTLIGHT

PRE-VET SOCIETY

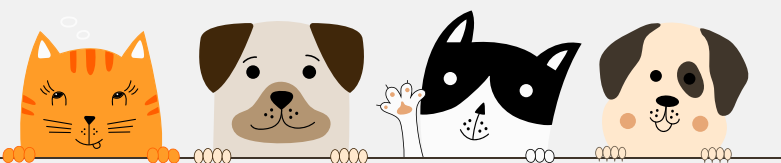
The WLU Pre-Vet Society is a club that offers means of communication between students who share an interest in attending a post-secondary career in veterinary medicine. We want to encourage students to share their personal experiences, as well as opportunities for others to gain hands-on experience in the field of animal care. This club provides a platform for students to work as a team and discuss ways in which we can improve our resumes and prepare for interviews.

The WLU Pre-Vet Society also aims to act as a voice that speaks against animal cruelty. To do this, we will work toward raising money and awareness for programs/charities that rehabilitate and/or rescue animals in need.



@wluprevetsociety

Feel free to visit our Instagram page to learn more about the club and keep up with future events!

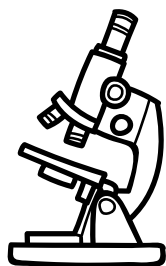


RESEARCH SPOTLIGHT

BRIDGET BROWN

My thesis project, titled "The Effects of Progesterone on Cell Communication and Behaviour Using In Vitro Models of Lung Cancer," was done during the 2023–2024 academic year for the BI 499 course in partnership with Dr. Nirosha Murugan. To access the Murugan lab, some training lab safety courses were required to be completed, such as WHMIS and EDI inclusive research.

The primary focus of this study was to find an understanding of how sex hormones impact the development of lung cancer as much remains unknown about the interactions between the two. Progesterone, a steroid hormone known for its functions in regulating menstruation and pregnancy in females and a precursor to testosterone in males was selected for this project as a study from Xie et al found that progesterone can inhibit the migration and invasion of A549 lung cancer cells. Knowing this, the purpose of this project looked to achieve an understanding of the role that progesterone has on the cellular communication and behaviour of A549 lung cancer to aid in developing improved mechanisms to treat the disease.



The hypothesis was that increasing progesterone exposure would deactivate the progesterone receptor mechanism, reducing cell proliferation.

FOSSA FAVOURITES

WE ASKED OUR EXECS THEIR TOP PICKS FOR...

BEST STUDY SPOTS

1. Library
2. Science Atrium
3. Solarium

BEST COFFEE ON CAMPUS

1. Tim Hortons
2. 1911 Coffee
3. Veritas Café

BEST HANGOUT SPOTS

1. Waterloo Park
2. Alumni Field
3. The Concourse



RUMOUR HAS IT...

2/3 Fossa execs say that...
SPINACH DIP is their go-to
order from WILFs!



65% OF

FOSSA

encourages
becoming an SI
leader or TA

100% OF

FOSSA

EXECS

want you to join
#yourFOSSAfam