

OUR BROCK newsletter

Connecting You To Your University And Community

Brock Gets Swabbed

Katie Daniel

On Oct. 31 the Community Health Sciences (CHSC) student council held Brock's "Get Swabbed" event in Pond Inlet. The event is an annual university challenge associated with OneMatch, a stem cell and bone marrow database that recruits potential donors.

Get Swabbed was created in 2009 by a McMaster University student and today has universities participating across Canada.

Last year, 15 Canadian universities participated and 5,700 students registered, making it a success and pushing more universities to participate this year.

"This was the first time Brock participated in the event," said Eliza Beckett, President of CHSC student council.

283 Brock students, staff and community members participated by getting a buccal swab, which is scraping the inside of the cheek with a cotton swab. In doing so, participants were registered in the OneMatch database to potentially be a match for someone in need of a stem cell transplant.

Stem cell transplants can help many different diseases or disorders, including Leukemia, Lymphoma and Myeloma cancers, bone marrow deficiency diseases such as thalassemia and sickle cell disease, Aplastic Anemia, immune system disorders and metabolic disorders.

"After explaining the cause, more people seemed to be interested," said Beckett. "However, we need to make the Brock community more aware of the benefits of registering for the OneMatch Stem Cell Registry. Education is the best way to gain awareness and understanding for this event."

The Dean of Applied Health Sciences, Neil McCartney, Professor Evangelia Tsiani and Canadian Blood Services Coordinator, Lilet Raffinan helped along with 30 other volunteers to make the event a success.

"I think this was very successful for Brock's first Get Swabbed Challenge," said Beckett. "We are grateful to all the people who registered and hopefully with more awareness this year, we can recruit more potential donors in the future.

"Two of our dedicated volunteers, Shawannah Staples and Julia Kolio, are planning to make next year's Get Swabbed Challenge even more successful."



*Photo by Samantha Craggs,
Brock News*

one  match
stem cell and marrow network

Brock

Worthwhile club recruiting more members

Katie Daniel

Students looking to improve their speaking and leadership skills to land that job interview should consider joining Brock Toastmasters.

The Toastmasters organization is one of the leading communication and leadership developers in the world. With 116 participating countries, there are roughly 13,000 clubs with 270,000 members.

At the meetings, members participate in a “learn-by-doing” workshop to better their speaking and leadership skills without the added pressure that comes from public speaking. There is not an instructor at the meetings; members evaluate each other’s presentations instead. This type of atmosphere makes the program successful.

Participants also give talks on assigned topics, conduct meetings and develop skills related to timekeeping, grammar and parliamentary procedure.

Communication skills are developed by working with the Competent Communication manual, which is a series of 10 self-paced speaking assignments that are designed to instill a solid public speaking foundation. Leadership skills are developed by working with the Competent Leadership manual and members take on different roles during meetings. These skills are gained because members are given the responsibilities and the mentoring to follow them through.

Toastmaster members will benefit from an increase in self-confidence, becoming a better speaker and leader and learning to communicate more effectively.

The Brock Toastmasters club currently has seven members and four coaches. The coaches are Dan Hess, Carolyn Hoxie, Lois Liu, who are all Brock alumni, and Dr. Judene Smith, a local dentist.

“We are all members of MTO Toastmasters and strongly believe in the benefits of the program,” says coach, Dan Hess. “[We] wanted to help bring it to the school.

“I have been a Toastmaster for about two years now and have held the position of Vice President of Education and am the current President of MTO Toastmasters.”

The Brock club is fairly new as it only began in August 2011 when Kenneth Truong, club president, approached Hess looking to start it up. It needs 20 members to become an official Toastmasters club.

Brock Toastmasters is not only looking for more student members but staff and outside professionals are encouraged to join.

Prospective members can attend as a guest or join for a fee of \$100. Meetings are held in GLN 212 every Wednesday from 12 p.m. to 1 p.m. For more information, email brocktoastmasters@hotmail.com.



Top (left to right): Sabrina Zheng, Kenneth Truong, Dan Hess

Bottom (left to right): Dr. Judene Smith, Samantha Micsinszki

Photo Submitted by Dan Hess

Club Profile: BrockSOS

Josh Grant-Young

SOS! Students in distress about workloads, exams and their education fret no longer – Brock SOS is here to help.

Brock's Chapter of Students Offering Support is part of a national network of student volunteers working together to raise funds to improve education and life in developing nations while raising marks of students here in Canada.

SOS's Exam-AID initiative turns studying into a humanitarian effort by using student volunteer run groups to hold review sessions prior to a midterm or final exam for a \$20 donation. All money raised through SOS Exam-AIDs is donated directly to sustainable educational projects in developing nations. SOS volunteers also help build projects on annual volunteer trips coordinated by each chapter. Since 2004, the organization has established chapters at 21 universities across Canada, with 2,000 volunteers tutoring more than 20,000 students. Founded as a Canadian inter-university initiative SOS has expanded south of the border, creating chapters in American universities.

Students Offering Support's humanitarian arm drives students to not simply change their studying habits but the world as well through trips to Latin America. Student volunteers spend two weeks interacting with communities and positively affecting change through various sustainable projects funded by Exam-AID profits.



Students interested in touching up their studying skills or impacting our world are urged to visit the Brock SOS chapter site at <http://brocksos.com/> for further information on studying sessions and annual trips abroad.

**"No act of kindness,
however small,
is ever wasted"**
- Aesop.

Random Act Of KXndness Day®

Friday November 4, 2011



Get involved!!!
Random Act Of KXndness Day®



For more information:
facebook.com/rakdayniagara
@RAKDayNiagara #rakday or visit the
Brock's Student Life & Community
Experience department in
Decew Residence, R209

The Farmers' Market will now operate indoors in Market Hall every Monday from 11 a.m. to 1:30 p.m.

We have a host of new vendors as well as your summertime favourites, including Niagara Smoked Meats, Inn the Pines, Shriner's Creek Kettle Corn, Blossom Bakery and Warner's Farm. From vegetables – to fruits – to meats, sweets and treats! Come out, stock up, and support our local farmers and producers.

For further information contact Julianna Wintemute at jwintemute@brocku.ca.

Show respect this Remembrance Day

Josh Grant-Young

November 11 marks a solemn day for reflection and reverence for those who have sacrificed their lives in the pursuit of peace. At Brock University, Remembrance Day represents a communal effort to examine and pay respect to heroes who served and continue to.

A ceremony organized by the Faith and Life Centre will take place on Remembrance Day in the Ian Beddis Gym at 11 a.m. The ceremony will include a tribute by Aboriginal drummers, scripture readings from the Muslim, Jewish and Christian faiths, speakers and a symbolic laying of wreaths. Brock University President Dr. Jack Lightstone, Brock University Students' Union President Daud Grewal and Ecumenical Chaplin Dr. David Galston will speak at the event. Members of the Legion and the Welland-Lincoln Regiment will also attend and participate in the wreath laying.

The ceremony is focused on "honoring our fallen Canadian heroes" says Community & Ancillary Services Event Coordinator Christa Clinchy, but also "remembering the greatest causality of war – peace." While the ceremony is a tradition at Brock, the format is not traditional. With a number of faiths and cultures interwoven into

a unique celebration of bravery and sacrifice the event is meant to be "as inclusive as possible".

The high price of war remains in the minds of the Niagara community. As many call to mind family members who served in wars decades ago and soldiers still in Afghanistan during this month, locals also remember the valiant service of Warrant Officer Dennis Brown in Afghanistan, who will be honored among others by representatives of the Welland-Lincoln regiment in which he served. Brown, 38, was a 21 year reservist and St. Catharines resident.



Members of the community, students and staff are invited to the ceremony and to pay respect to those who gave everything for freedom and peace.

Recreation Services

Nov. 2 is the last day to sign up for the **Fall/Winter intramurals**. Register as an individual or as a team at the Walker Complex Welcome Desk for: women's, men's or co-ed basketball, co-ed indoor soccer, men's floorball, mixed curling (off-campus), co-ed 4's volleyball on Tuesday mornings, co-ed ultimate frisbee, co-ed European handball and squash.

Upcoming courses:

Nov. 5-6 Emergency First Aid/CPR B

Nov. 8, 15: 6-10 p.m. Practical Athletic Therapy (for people involved with sports teams)

Nov. 12 Standard First Aid/CPR C Recert

Register at Welcome Desk.

Residence Spotlight

Friday, Nov. 4

Blood Drive 10:30 a.m. to 3:30 p.m.

Ian D. Beddis Gymnasium

Clinic on-campus – early sign-ups are full, but walk -ins are welcome! Save a life today.

Random Act of Kindness Day All Day.

Happening all over campus

– take a few minutes to “pay it forward.”

Saturday, Nov. 5: 9 a.m. to 5 p.m.

Trip to Toronto Busses leave the Tower at 9 am, and depart Toronto at 5pm. Tickets will be sold for \$5 on Thursday, November 3rd in the Dining Hall.

Friday, Nov. 11

30 Hour Famine – sign up in the Dining Hall at main meal times within the next two weeks.

Looking for a great way to spend your Reading Week in February? Go on an **Alternative Reading Break** trip. Visit www.brocku.ca/residence/residence_life/alternativespring-break for details and applications.

It's Movember. Watch for ways, whether you're male or female, to get involved in this great fundraising event for men's health.



TRICK or EAT

Brock students volunteers toured a variety of streets in surrounding neighbourhoods, collecting nearly 14 large Barrels of non perishable food donations! Thank you to all who helped out!

OUR BROCK

participation passport

Attention Brock Students:

If you are looking to become more involved in your community, Participation Passport is just for you. Passport offers many great opportunities to be active and contribute to your new community. For those of you who have already participated, thank you!

If you have FIVE or more swipes after taking part in Passport events you are eligible to pick up one of our prizes this week. Prizes can be picked up at the SLIC office located in MCA204. This week's prizes were graciously donated by Brock Athletics.

Thank you again,

The Student Life & Community Experience Team

Disclaimer: In order to ensure that all Participation Passport members have equal opportunity to benefit from the weekly prizes, individuals are only eligible to win a prize every other week.

<http://www.brocku.ca/passport>

Make sure you pick up *The Brock Press* every Tuesday for the best on-campus news coverage and all your up-to-date specialty news, sports, opinion and entertainment needs



Brock

Upcoming Events

Film Viewing:

Nov. 2: 7 p.m.

Empire Theatre, Pen Centre
BUFS presents: The Trip starring Steve Coogan and Rob Brydon. They play themselves, sort of, in this comedy about two friends touring the finest restaurants England has to offer for a newspaper story. Tickets can be purchased for \$10 from the BUFS Box Office Table in the theatre lobby after 6 p.m. (cash or cheque only)

Nov. 9: 7 p.m.

Empire Theatre, Pen Centre
BUFS presents: Senna. The acclaimed documentary about Brazilian Formula One racer Ayrton Senna tells the story of his career, his life, and his untimely death through brilliantly edited archival footage.

Blood Drive

Friday, Nov. 4: 10:30 a.m. - 3:30 p.m.

Ian Beddis Gymnasium
In 2010 Brock University donated 310 Units of Blood, so far in 2011 collectively we have donated 163 units of blood. Let's come together to donate together. Any students or staff interested in participating in this year's blood donor clinic can sign up on line at www.blood.ca, by calling 1-888-TODONATE, or in person in SLIC located MCA 204.

Fall Preview Day

Sunday, Nov. 6: 12:30 p.m. - 4 p.m. (volunteers will need to arrive for 10 a.m.)

TH 261

Fall Preview Day provides an opportunity for prospective students and parents to come and visit the campus for the afternoon and experience our Brock culture. Students are encouraged to visit the gymnasium where Faculty and current students from every program are available to answer questions and share their own personal experiences. Students are invited to volunteer for the day to generate enthusiasm across campus and direct guests to various stations throughout the day. If you are interested in volunteering, please contact Recruitment and Liaison Services.

Health Fair

Monday, Nov. 7: 10 a.m. - 3 p.m.

Ian Beddis Gymnasium
Student Health Services is hosting its annual Health Fair which is open to ALL students. This event gives you the chance to check out what's new and important regarding your health. It is an educational event with approximately 100 interactive displays presented by students, organizations from within Brock, as well as, the St. Catharines community. It is designed to provide health information, and encourage a healthy lifestyle.

Career and Grad Expo

Tuesday, Nov. 8: 10 a.m. - 2 p.m.

Ian Beddis Gymnasium
Career Services gives students from all program years the opportunity to make informed decisions

about their futures by holding the seventh annual Career & Post-Graduate Expo. Over 120 employers, post-graduate institutions and non-profit organizations attend this trade show style event eager to recruit and network with Brock's upcoming and recent graduates. It's a one stop shop for students to learn about full and part-time employment, post-graduate education, international opportunities, professional development and volunteer positions. With over 1000 students expected to attend, this is an event not to be missed.

SDC Workshop

Monday, Nov. 14: 11 a.m. - 12:30 p.m.

Learning Commons
"Exam Review"
Extra help studying for those stressful exams

Exchange Fair

Wednesday, Nov. 16: 10 a.m. - 2 p.m.

Guernsey Market
Learn about your study abroad opportunities by attending the annual Exchange Fair. Brock has numerous exchange partners! This FREE event provides students the opportunity to meet current exchange students, and students who have recently returned from exchange.

THANKS TO OUR PARTICIPATION PASSPORT SPONSORS: Department of Residence, Academic Integrity, Brock Press, Recreation Services, Brock Card, BUSU, Brock Athletics, Faculty of Business, Centre for the Arts, Brock University Film Society (BUFS)