Volume 57. Issue 1
2024-25

Lakehead Univeristy



# THE ARGUS

Your trusted student newspaper. Since 1966.



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The Forgetting Curve

USA Presidential Elections

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# THE ARGUS
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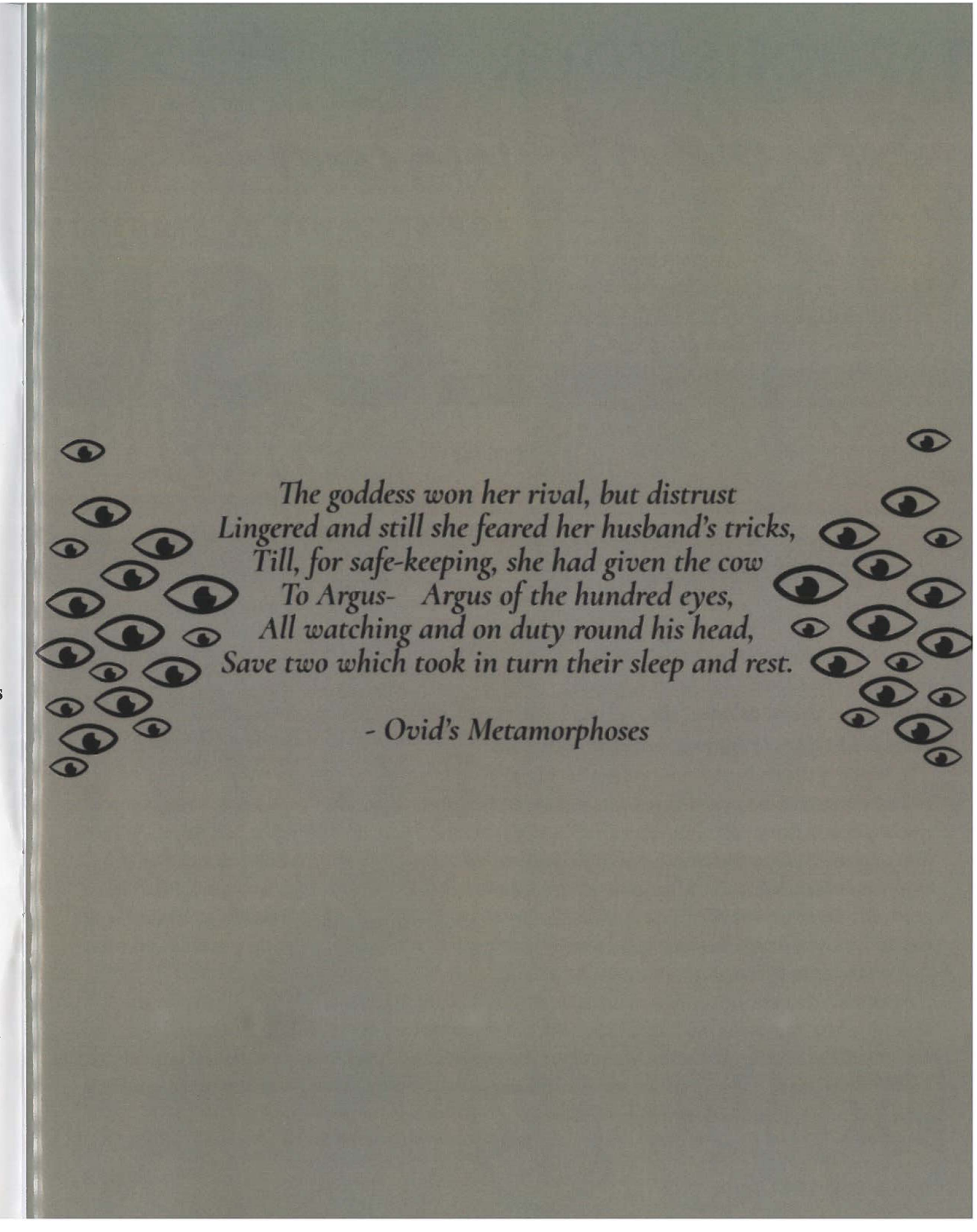
# THE EYES OF LAKEHEAD

Chelsea Warren ← (writer in TBAY!)

I stumbled into a small book shop in Niagara Falls during my first winter. Wiping the melted snow from my eyelashes, my vision gradually adjusted to the dimness of the room. The warm embrace of bookshelves filled with novels of all genres, mixed with the faint and familiar scent of hot cocoa. I felt the bitterness of the cold evaporate with each waterlogged footstep I took toward the mythology section. A single sun ray beamed on the cover of Ovid's Metamorphoses, causing its plastic wrapping to glisten. Immediately it caught my eye. An old lady hovering over an ancient looking typewriter adjusted her glasses to get a better look at me. I made my way toward the register with Ovid's masterpiece tucked carefully under my arm.

Instantly, I was transformed into a world of gods, nymphs and a myriad of mythological creatures. Most importantly, I was introduced to Argus. Argus of The Hundred Eyes or Αργος Πανοπτης was slain by Hermes for keeping Zeus' lover captive. When Hera (Zeus' wife) found out about Argus' death, she took his eyes and placed them on her sacred bird, the peacock. I was fascinated by the beautiful interpretation of Creation that Ovid spun with his poetry. Little did I know, in a few months I would work at an organization called: The Argus. Coincidence? I think not.

We are the eyes of Lakehead. Our team reports on events and issues throughout campus. We voice student opinions and work with LUSU (Lakehead University Student Union) to improve campus life for all. Similar to Argus' story, we see all. Our news team tries their best to be involved in every experience we write on and we look forward to creating new stories and connections. Our members live both on and off campus at both the Orillia and Thunder Bay campuses. We at The Argus are beyond excited to where this journey will take us.



# WHO IS YOUR *Student union*

By Ava de Melo

Lakehead University Student Union, or LUSU is a non-profit organization that supports and represents Lakehead students. LUSU strives to provide students with various resources, financial benefits, opportunities for involvement, and an inclusive school community. Moreover, LUSU resembles the structure of a government that advocates for student's education rights through a democratic lens. Every Lakehead student is a part of the student union and is entitled to their voice and a chance to impact the union's operations. I had the opportunity to interview Orillia's vice president, Brandon Rhéal Amyot, who is in charge of Orillia's student life.




**What are LUSU's Objectives in Supporting Students?**

"In terms of the student union, we are here to provide cost-saving services and utilize the collective purchasing power that we have as a student body to support each other, such as through the health and dental plan, bus pass, the food resource center in Thunder Bay, and more. We are also committed to academic advocacy. Education is a right, and we are here to ensure that students are treated fairly. Moreover, we are here to help with academic appeals and other academic decisions outside of marks. Finally, we strive to throw many fun events to ensure we are building a community on campus because students are so much more than their marks and what they learn in the classroom."

"In terms of my priorities and some of the priorities of the student union executives, we are committed to improving student life through the revitalization of the student union and our campuses. Particularly in Orillia, we support the expansion of the Orillia campus and attempt to deliver more when it comes to our services and the lives of our students, which means addressing food insecurity, transit accessibility, housing support, financial support, and more!"



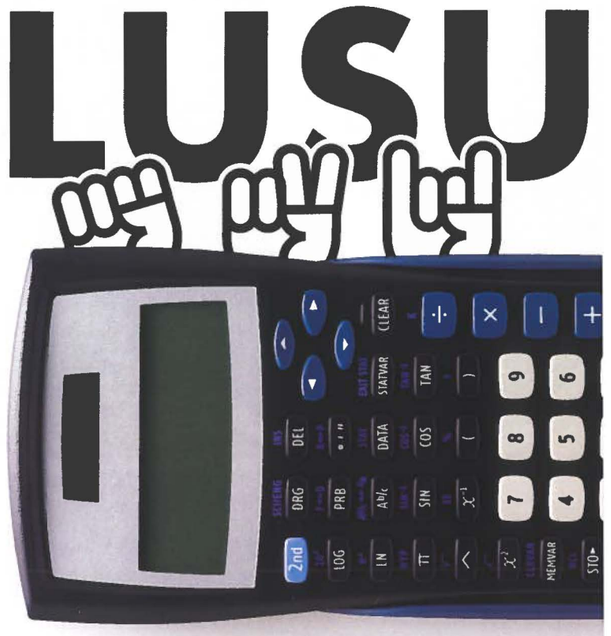
***What Questions Can Students Come to LUSU With?***

*"If you have any questions about the U-pass or the local transit, I am on the Orillia transit committee, so I am very connected with local transit issues. Furthermore, you can also come to me for academic appeals, food insecurity, clubs, events, and social-political issues. I am in my last year at Lakehead. I have been here for seven years and have been in my role at the student union for four, so I am always happy to help connect you to the right services or supports. You can contact us by coming by the office, through a phone call, email, or Instagram DM. We are here Monday to Friday from 8:30 to 4:30. If we cannot answer your question, we can connect with someone who can. Moreover, many of us are students, so we understand what it is like to be one. Ultimately, we are always trying to improve as a union."*



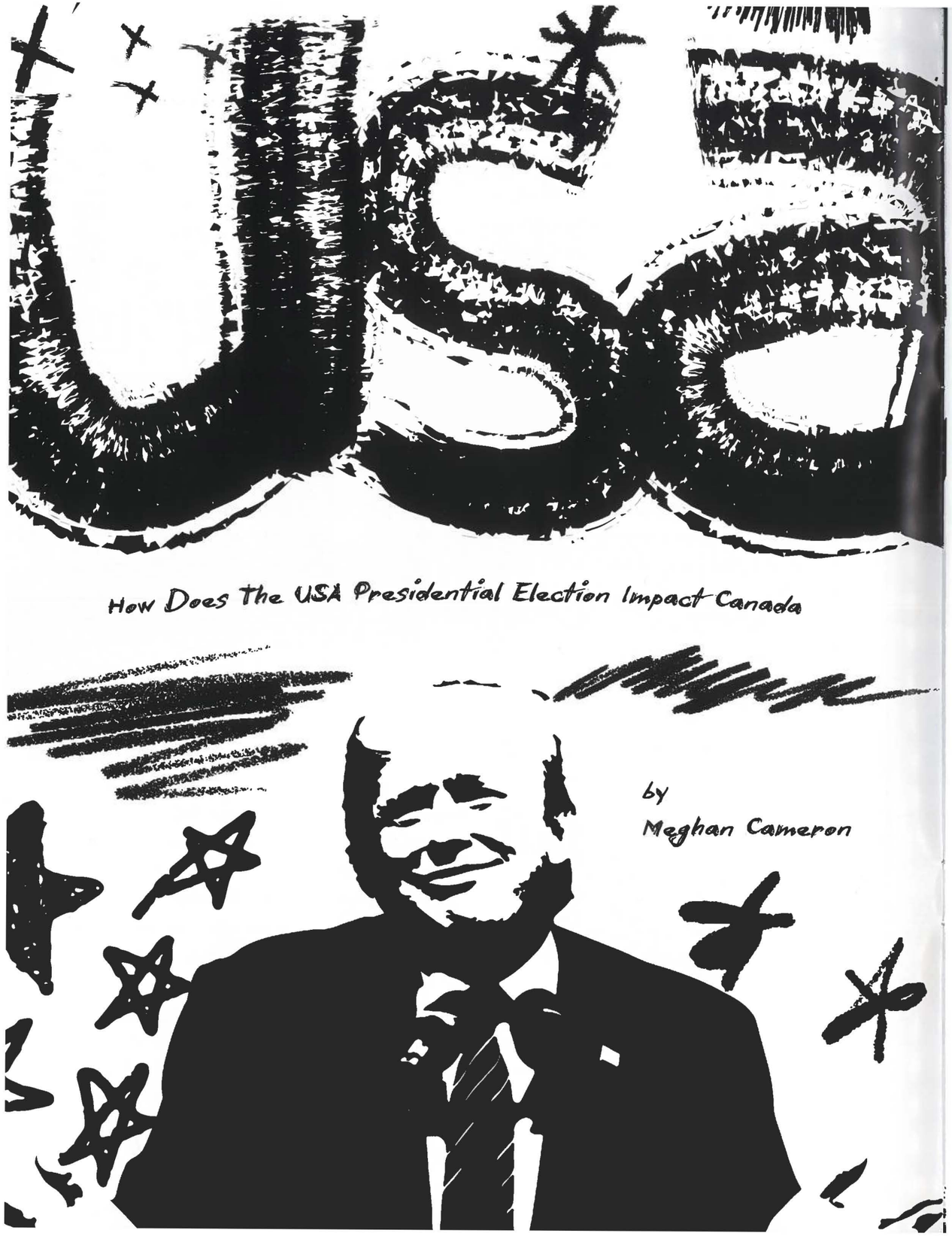

LUSU

FOR STUDENTS BY STUDENTS




***How can Students be a part of LUSU?***

*"You are already a part of LUSU as a student at Lakehead University. However, in terms of taking your involvement beyond a member, we have three vacant seats for the LUSU border director position that are regulated through a by-election. Moreover, there is a member at large role, for which we will be distributing an application for this fall. Furthermore, you can volunteer, or start a club. Ultimately, we want to support and nurture what students are passionate about."*




Now that Donald Trump has been elected as United States president again, several areas of U.S.-Canada relations could be impacted, particularly given his previous policies and political approach. The following are some potential areas of influence:

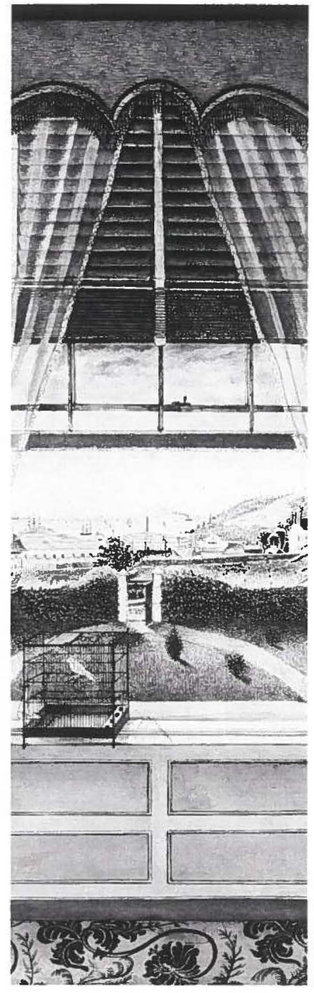
**Trade Relations and Economic Policy**

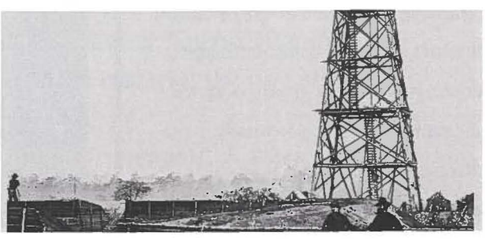
USMCA Agreement

Under Trump, the U.S.Mexico-Canada Agreement (USMCA) replaced NAFTA, with new terms that benefited the U.S. in certain areas but posed challenges for Canada, especially in the dairy and pharmaceutical sectors. When Trump returns to office, he might push for further renegotiations or impose new tariffs to prioritize American industries, potentially affecting Canadian exporters.

Protectionism

The Trump Administration's "America First" stance encouraged tariffs and other protectionist measures to boost U.S. manufacturing. His previous tariffs on Canadian steel and aluminium created tension, and he could implement similar policies, which could hurt Canadian industries reliant on U.S. trade.





# ENERGY & ENVIRONMENTAL POLICY

**Keystone XL Pipeline**

Trump supported the Keystone XL pipeline, intended to carry Canadian crude oil to U.S. markets. Biden later revoked this permit, but Trump could reverse this decision, potentially benefiting Canada's oil sector. However, environmental opposition would likely continue, raising questions around sustainable energy investment and Indigenous land rights.

**Environmental Standards**

Donald Trump previously withdrew from the Paris Climate Agreement, emphasizing fossil fuel production over renewable energy. A return to this approach could reduce U.S. climate initiatives, complicating collaborative efforts on cross border pollution, clean energy, and emissions reduction.

# DEFENCE & SECURITY COOPERATION

NATO and Defence Spending

The newly reelected President's critical stance on NATO spending requirements strained relationships with allied nations, including Canada. If he were to push for increased financial contributions or threaten to reduce U.S. support, Canada might face pressure to increase its defence spending, impacting its national budget and defence policies.

Border Security

During Trump's previous term, border security was a priority, and he implemented strict immigration policies. This focus could affect Canada-U.S. border policies, including collaboration on issues like asylum seeking and the U.S.-Canada Safe Third Country Agreement. Tighter restrictions could complicate cross border movement for both countries' citizens and businesses.

**Political and Diplomatic Relations**

Bilateral Diplomacy

Trump's direct and transactional style could lead to less predictability in Canada-U.S. relations. Canada's approach is traditionally collaborative, and while Prime Minister Justin Trudeau and Trump maintained a working relationship, Trump's unconventional diplomacy could complicate efforts on cooperative projects or shared policies, especially on issues like international trade, human rights, and climate initiatives.

Public Opinion and Polarization

The influence on Canadian politics and public opinion could grow. His polarizing style could amplify political divisions within Canada, particularly among conservative groups supportive of Trump's policies, potentially affecting Canada's own political landscape and influencing future elections.

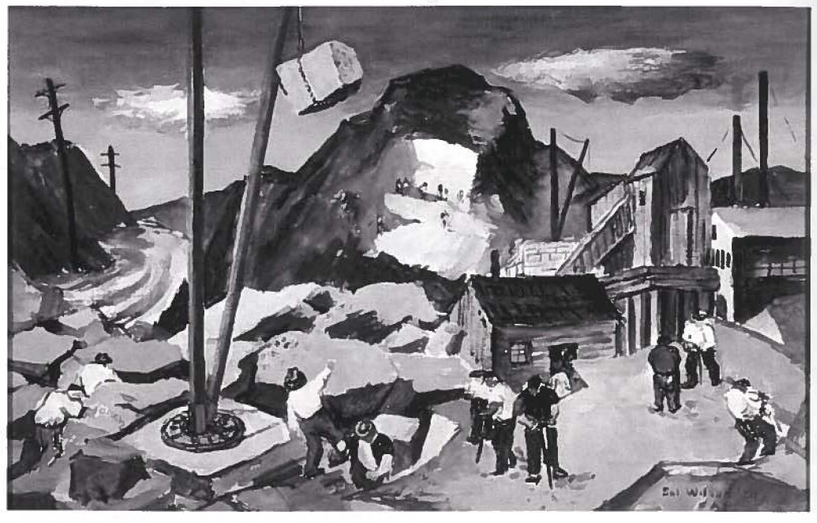


# IMMIGRATION & WORKFORCE MOBILITY

Immigration Policies

His strict stance on immigration affected Canadian employers who relied on skilled foreign workers, as policies limited H1B visa access and led to a decline in international talent in the U.S. Should Trump resume these policies, Canada might benefit from a "brain gain," attracting skilled workers who prefer Canada's immigration policies. However, restrictions on crossborder travel or student exchanges could hinder workforce mobility and joint research initiatives.

Another Trump presidency could bring both challenges and opportunities for Canada, likely leading to greater economic protectionism, potential strains on environmental cooperation, and impacts on immigration and border policies. Canada would need to navigate these shifts carefully, potentially reevaluating its policies to safeguard its economic and political interests while managing a complex relationship with its closest neighbour.



# WHAT'S ON YOU AS A CANADIAN?

The political landscape of the United States often commands global attention, and with its proximity and intertwined economies, Canada is particularly affected by its neighbour's political shifts. Even though Canadians don't vote in U.S. elections, the outcomes of these elections can have significant effects on Canadian policies, economy, and social issues. From changes in trade policy to climate action, shifts in the U.S. often ripple across the border, impacting Canadian interests. After each U.S. federal election, Canadians can maintain political vigilance by staying informed, advocating for responsible policy, and fostering meaningful public discussions.

# THE CURVE

*By Maria Rojas*

Have you ever wondered how your memory works? Or why you can remember all the lyrics to a song but struggle to recall the name of someone you met just days ago?

Let's consider this scenario: you attend a French class today and learn a few conjugations as well as the rules for singulars and plurals. By tomorrow, if you don't practice or review that information, you could lose about 50% to 80% of what you learned. By day 30, your retention might drop to just 2% to 3% of those conjugations. And what's more, when you try to study it months later for your midterm exams, it may feel like you've never learned it at all, and you might need to completely re-learn the information you were supposed to learn days ago.

This phenomenon is known as the forgetting curve, a theory that explains how quickly we lose newly acquired knowledge and illustrates the decline in memory retention over time.

So, how can we combat memory decay? Here are some strategies to reshape the forgetting curve:

1. Immediate Review: Spend 10 minutes reviewing the material the day after you learn it.
2. Weekly Reinforcement: A week later, dedicate 5 minutes to reviewing the same information. By day 30, just 2-4 minutes should be enough to remember.
3. Consistent Practice: Depending on your courses, experts recommend setting aside about half an hour weekly to review new information you have checked during the week.

Additionally, don't underestimate the power of sleep and exercise. Quality sleep allows your brain to consolidate new knowledge into long-term memory, while regular exercise enhances cognitive performance.

THE FORGETTING CURVE




In recent years, Canada has emerged as one of the top destinations for international students due to its world-class education system, cultural diversity, and post-graduation opportunities. However, recent changes in Canada's immigration policies could significantly impact international students, both positively and negatively. These changes aim to streamline immigration processes while also addressing challenges like rising housing costs, labor shortages, and integration.

**Shifting Focus Towards Economic Integration**

One of the most notable changes in Canada's immigration policies is the focus on economic integration. The Canadian government has recognized that international students form a key part of its labor force, particularly in high-demand industries like technology, healthcare, and engineering. To better integrate students into the workforce, policy changes have introduced pathways that allow students to transition more smoothly from study permits to work permits and permanent residency.

For instance, the Express Entry system, which manages applications for permanent residency, now awards additional points for Canadian education credentials. This change allows international students who complete their education in Canada to have an edge when applying for permanent residency. The introduction of the Post-Graduation Work Permit (PGWP) has also become a critical tool for international students, allowing them to work in Canada for up to three years after graduating, gaining valuable experience that boosts their chances of securing permanent residency.

**Impact on Post-Graduation Opportunities**

For international students, the prospect of permanent residency after graduation has long been one of Canada's main draws. The immigration policy changes now create an even clearer path for students to transition into the Canadian workforce. As Canada deals with an aging population and labor shortages, the country needs more young, skilled workers to support its economic growth. International students, who are already familiar with Canadian society and its work culture, are ideal candidates.




Moreover, provinces like Ontario, British Columbia, and Quebec have introduced specific immigration programs under the Provincial Nominee Program (PNP) that target international students. These programs allow provinces to select skilled students and graduates to fill labor gaps in specific industries, further enhancing opportunities for international students to stay and work in Canada.

**Challenges Facing International Students**

Despite the positive aspects of these immigration policy changes, international students continue to face significant challenges, particularly when it comes to housing and cost of living. The influx of students has contributed to rising housing prices in urban centers like Toronto and Vancouver. Recent policy changes aim to address housing concerns by placing some restrictions on foreign buyers of real estate, but these measures do little to directly alleviate the immediate housing pressures faced by students.

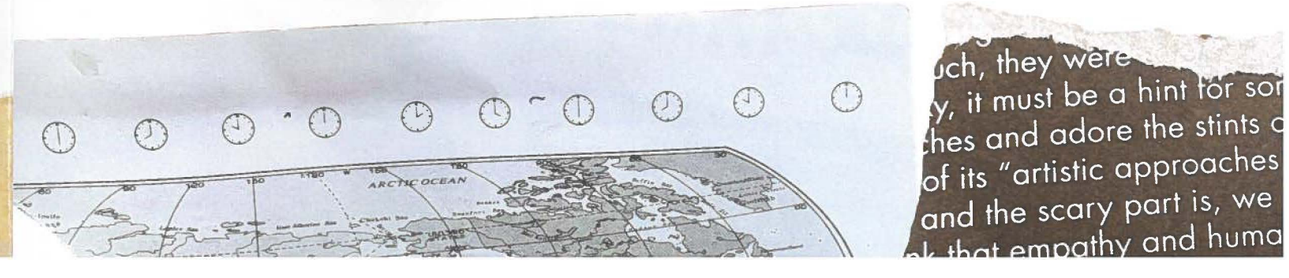
Additionally, while Canada has introduced more pathways for international students to secure work and residency, the process remains competitive. Students are often required to meet high language proficiency levels and gather Canadian work experience, which can be difficult in industries that may not offer many entry-level opportunities.



Moreover, as of the end of August 2024, more than 70,000 international student graduates in Canada are at risk of deportation due to expiring work permits and new immigration policies. Many students who came to Canada with hopes of securing permanent residency now face uncertainty and financial burdens. These students are in a critical situation, as new provincial policies calling for a 25% reduction in permanent residency nominations have left them in limbo, with many facing deportation.

Protests have erupted across Canada, most notably in Prince Edward Island, where a group of students had set up encampments outside the legislative assembly, protesting for over three months. Advocacy groups like the International Sikh Student Organization have urged the government to extend work permits and provide clearer, more accessible pathways to permanent residency.

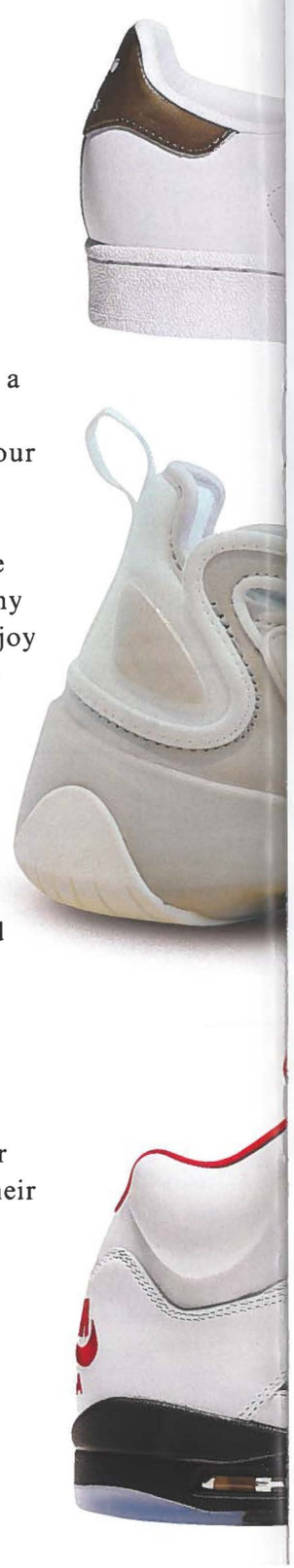
The international students, that The Honourable Marc Miller, Minister of Immigration, Refugees and Citizenship, has referred to as "talented, bright and deserving," argue that they have contributed to the economy and deserve fair treatment but are now burdened with both heavy student loans and broken dreams. International students and their supporters have implored the Canadian government to address the systemic issues and barriers that have led to the exploitation, and the subsequent loss of a significant portion of skilled workers as well as the trust from future international students.



# Step Up!

# Dive into Exciting Volunteer Opportunities in Your Community!

By Maria Rojas



**Around the globe**, volunteering has emerged as a powerful way to make a meaningful impact in your community. It's not just about giving back; it's an opportunity to connect with passionate individuals who share your values and interests.

Through volunteering, you can gain hands-on experiences that enhance your resume and open doors to valuable professional connections. Many volunteers are motivated by the thrill of discovering new passions, the joy of having fun, and the desire to learn about pressing local issues. More importantly, you'll be part of inspiring initiatives that transform and uplift the place you call home.

**First stop: The Lakehead University Student Union (LUSU)**
LUSU is open to students looking to become part of its dynamic community by volunteering with various campaigns and events throughout the year. Participants can engage in various workshops and activities, enhancing their university experience while also making meaningful contributions.

**Second stop: Urban Abbey**
Urban Abbey, a Canadian charity invites individuals eager to gain experience in a commercial kitchen through its Daily Meals program or at its Coffee & Bakeshop, The Habit. Volunteers can also contribute their time at Abbey's Place, a women's shelter, among other important initiatives. The organization welcomes everyone interested in making a difference to join its dedicated crew of volunteers who assist weekly in serving the community.

**Third stop: The Thunder Bay Multicultural Association (TBMA)**
TBMA offers a variety of volunteer opportunities, from English Language Conversation Circles to the Folklore Festival. They are particularly seeking individuals who speak different languages to assist with various programs.

**Fourth stop: United Way**
United Way provides a range of projects for those looking to volunteer in Thunder Bay. Opportunities include helping with events, participating in fundraising campaigns, and assisting with office tasks, among others. To discover all available volunteer roles, simply create an account on Volunteer Hub.

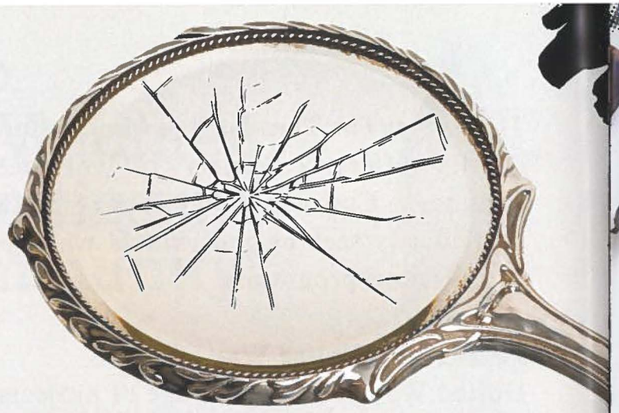
Whether you're a student, a professional, or simply someone looking to give back, there's a place for you to make a difference. Embracing volunteer opportunities not only enriches your own life but also fosters a more connected community.



**LINKS!**



During your first year at university, you may feel as if you are malleable. You may perceive university as an omnipotent force that can reconstruct every part of yourself that you have stabilized. It is common to feel like you are roaming through the hallways vacantly, an anomaly among the worthy, or anchored to what you used to know so fluently. This sensation is called imposter syndrome. The word that is at its core self-doubt. However, although the what-ifs may seem perturbing right now, change is a conniver.



# FAMILIAR IN A different Way

(orillia staff writer!)

By Ava de Melo

As a first-year, I have realized that university demands a completely different version of me, which is universally inevitable yet ironically unforeseen. In high school, you may have developed a structure that contributed to your linear ebb and flow. Moreover, you may have been more of an extrovert or more translucent because the familiar environment enabled that part of you. Finally, you may have felt more credible, like you knew yourself; you knew what you could achieve, who you liked to spend time with, and what you were comfortable with.

I believe that to know is efficient but also to be stagnant.

I do not believe that you are meant to know all the time, which can be anxiety-inducing; however, it eradicates the interdependence that limits the opportunities to soak up life.

To navigate the perturbing thoughts, you must let go; to live your life, you must let go because there is no equilibrium in comparison. I mean that the duration of a year is uncoordinated, and life's puppeteers of your machinery are arbitrary. You cannot control that university is completely different from high school, and you are not meant to.

You may feel foreign to yourself because you are, but that does not mean the void of emotions must be administered by doubt. Acknowledge that it is new and invent something out of that. Make some alterations in what you desire, wallow in your emotions, become pliant, or become impossible to define. You have the liberty to claim ownership of who you want to be, and if that is incompatible with last year, that is okay.

Your high school self is a penumbra; they are partially among you. However, maybe they are just not meant to exist at this time of your life. Time brings knowledge, and you will know familiarity again in a different way.

# 5 Cafes IN T-BAY

BY MARIA ROJAS

If you're a true coffee enthusiast or simply love exploring great cafes, you've probably visited popular spots like St. Paul Roastery or The Habit. However, a few hidden gems in the area are definitely worth your time.

1.

**Windy Shores Cafe**

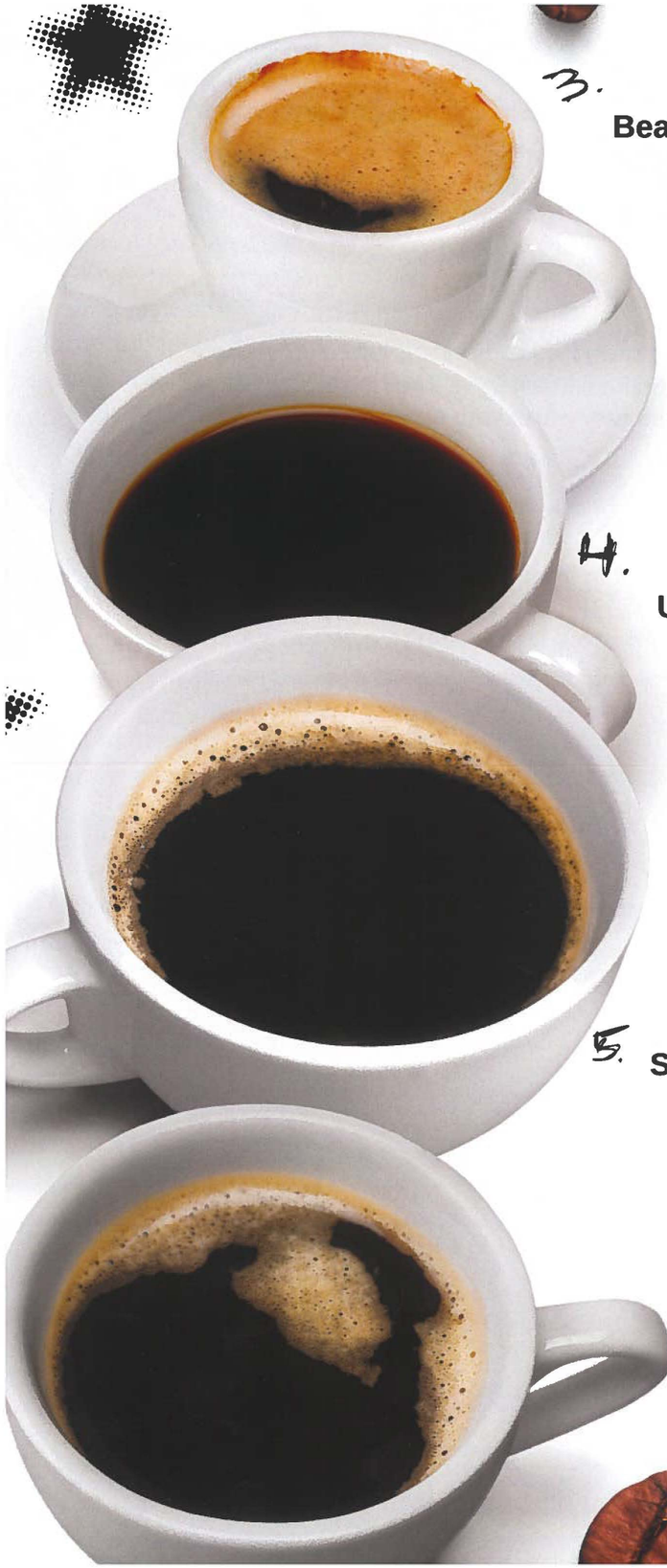
A charming little hideaway located right in front of the waterfront plaza, tucked inside Kuhl Interior–yes, a lighting store. This unique cafe not only serves up great coffee but also offers a nice view of the lake, making it a perfect spot to relax and enjoy your favorite brew.

2.

**Cafe Ora**

Situated at 30 Cumberland St., is a fancy destination that combines great food with a modern atmosphere. With its modern design, ample natural light, and spacious layout, it's an ideal place for both dining and working. The menu features a variety of delicious dishes alongside nicely prepared coffee, ensuring a satisfying experience every time you visit.





3.

### Bean Fiend Cafe

A cozy, classic cafe with a lovely outdoor patio–still open, perfect for enjoying a sunny day. It is located at 194 Algoma St., and it has been known not only for delightful coffee but also for its mouth-watering food; this cafe is a local favorite for good reason.

4.

### Uncommon Baked Goods

For those with a sweet tooth, Uncommon Baked Goods is a must-visit. Located at Goods and Co Market, this spot beautifully combines rich, flavorful all kinds of coffee beverages with exquisite pastries, making it the ideal destination for a delightful treat.

5.

### Sweet Nata Bakery

Lastly, don't miss Sweet Nata Bakery at 210 Bay St., where you can indulge in authentic Portuguese sweets. This charming bakery is the perfect place to satisfy your sweet cravings while sipping a perfectly brewed cup of coffee.

# CLUB HIGHLIGHTS

**Vietnamese Student Association**

The Vietnamese Student Association at Lakehead University serves as a vibrant hub for students to celebrate and share the rich culture, traditions, and experiences of Vietnam. Founded by Hung Lam, their aim is to foster a sense of community and belonging. The club organizes a variety of events that showcase Vietnamese heritage, from traditional festivals to cultural workshops. VSA not only provides a space for Vietnamese students to connect with one another but also invites those from diverse backgrounds to learn and engage with the culture. With a warm and welcoming atmosphere, they are a key player in the university's multicultural landscape. Whether you're interested in exploring new cuisines, participating in cultural celebrations, or simply making new friends, the VSA offers a unique opportunity to experience the richness of Vietnamese culture right on campus. I had the pleasure of sitting down with Hung Lam, President of VSA to ask some questions regarding his club.

**What challenges do you foresee, and how can the club address them?**

"As a newly emerging club, I think getting new members, retaining current members and popularizing our brand are the most prevalent challenges. Our club is called Vietnamese Student Association but our membership is not at all restricted to Vietnamese, as of the current state, I believe about 30% of the club's members are from other countries. And that is the message that I've been working with my club to convey. Regarding the mission of popularizing ourselves, I understand that Vietnamese culture is a niche content, not everyone would be interested and care much about it as it is, so one of our largest challenges has been how to introduce it to a larger international community while still making it interesting."

**How will you measure the success of the club's initiatives this semester?**
"To me, the easiest measure of success for us will be the attendance of our two main events: the Mid-Autumn Festival in October and the Lunar New Year Celebration in January. To follow up with last year's successes is to match or surpass the number of attendees while retaining the same level of positive feedback. And we further hope to grow the name of VSA to more than just a niche club but a commonly mentioned name when it comes to Lakehead's student clubs."

**What opportunities are there for members to take on leadership roles?**
"We hold annual elections where all of our registered members are eligible to run for any and all of our leadership positions in the club. On top of that, with every event, we will always let our members volunteer to take on the leading role of a specific task group."

**How can the club improve communication and involvement among members?**
"So far, we've relied on LU email and Instagram for the majority of our mass communication, and for more casual chats and talks, we have several smaller group chats for our members to freely communicate. To further improve this system is to ensure that all of our members are aware of the availability of these channels and that they can contact our BOD as well through any of our posted emails or social media accounts."

Hung is extremely committed to providing the best experiences at his club events. If you are interested in joining, head over to LUSU's club page and look for them! We look forward to seeing you there!








**Nepali Student Association**
Shreya Pradhan is the president and founder of the Nepali Student Association. She is also a long time friend and I was more than happy to interview her about her club goals for the academic year 2024-2025. Nestled within the scenic backdrop of Thunder Bay, Lakehead University is an ideal setting for this association, as it encourages inclusivity and collaboration. The Nepali Student Association not only aims to preserve and promote the rich traditions of Nepal but also serves as a bridge for intercultural dialogue, inviting all students to engage in a shared exploration of cultural diversity. Whether through organizing festive gatherings like Dashain and Tihar, or academic support initiatives, the association embodies the spirit of unity and friendship, making it an integral part of the Lakehead community. Furthermore, Shreya gives us insight into what joining the NSA will look like for new students:





**How do you plan to engage the broader community in club activities?**
"Compared to Lakehead itself, the Thunder Bay community embraces a significant Nepali population. As such, our events welcome individuals of all backgrounds and ages, inviting everyone to partake in our cultural celebrations. We encourage inclusivity and openness to all who wish to engage."

**Are there any collaborations with other clubs or organizations in the works?**
" While we currently operate independently, we remain open to potential collaborations with other cultural clubs. Partnering with diverse groups presents an incredible opportunity to create multicultural events that celebrate our unique culture and promote intercultural exchange."

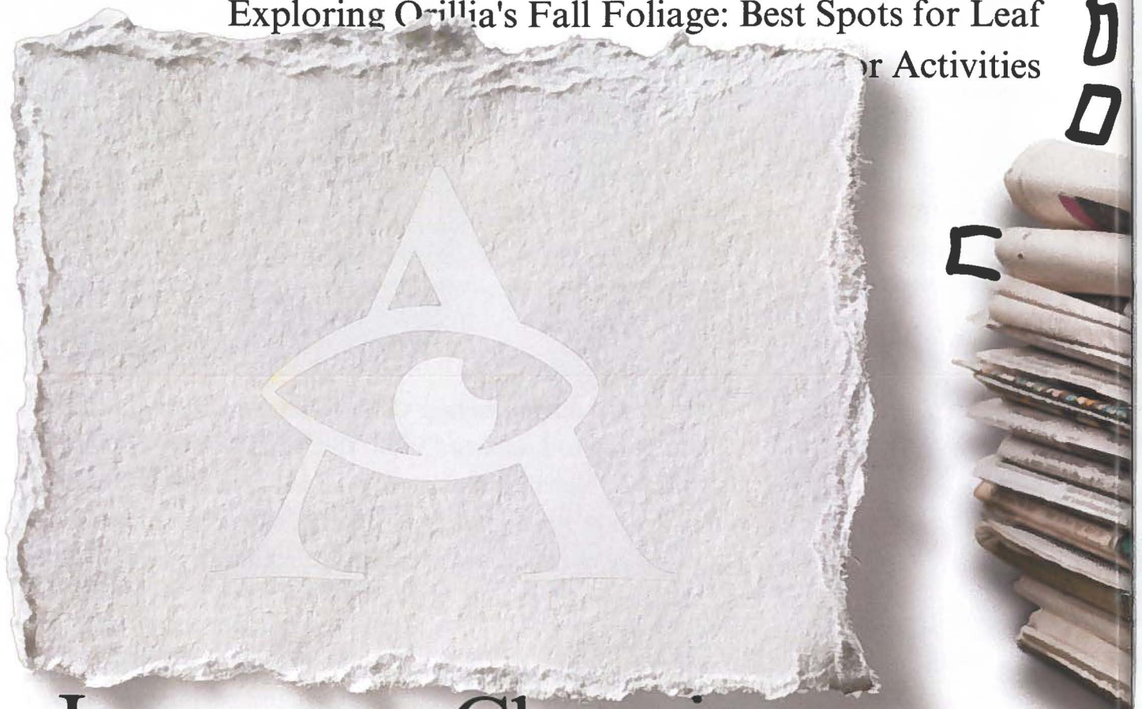
All in all, The Nepali Student Association at Lakehead University serves as a diverse community. It supports members academically, socially, and culturally through events, workshops, and celebrations, fostering a sense of belonging and sharing of heritage within Lakehead University's student population. If you are interested in joining, look for them under LUSU's club website!

# Our Stories.

The Importance of Partaking in Student Life Events at Lakehead University

The Spirit of Canadian Thanksgiving

Exploring Orillia's Fall Foliage: Best Spots for Leaf ...r Activities



## The Leaves are Changing

Hidden Food Gems in Orillia: Discover the City's Best-Kept Culinary Secrets

Ready to Explore? Discover Thunder Bay's Trails!

How To Stay Safe This Halloween

Your November Guide to Campus Events – Thunder Bay Campus

Understanding the Importance of the International Day for the Elimination of Violence Against Women

6 Career Paths for Working with Children Beyond Teaching

Career Services and Financial Aid at Lakehead

Mental Health Check-in With Sara Cocoran

# Our Team

THEARGUS.CA



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Maria Rojas
(Staff Writer)

The Argus is an independent and student-run newspaper that operates out of Lakehead University. Since 1966, we have worked diligently as a branch of the Lakehead University Student Union to voice the news and events on behalf of Lakehead students.
For more than fifty years, The Argus has been doing so much more than writing: we've been employing students and providing a space for them to explore the world of journalism as well as opportunities to explore their communities on a deeper level.