

# London's Student Lifestyle Magazine





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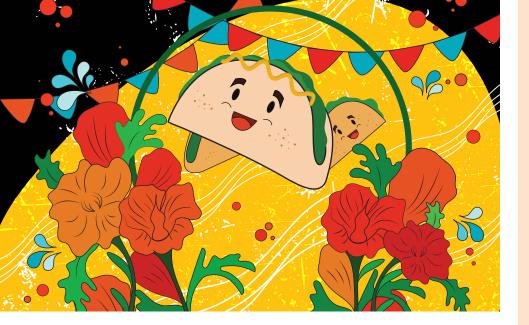
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### Contributors

Editor Hannah Theodore

#### Writers

Johan George, Zoë Alexandra King, Adam Mantha, Kate Otterbein, Dee-Dee Samuels, Svitlana Stryhun

#### Marketing Manager Deena Griffin

Advertising

Diana Watson, Zoë Alexandra King

Designer

Megan Easveld

Illustrators Briana Brissett, Gary Hopkins, Sahar MahmoudiMotlagh

# NAVIGATOR

#### Interested in contributing? Contact Hannah Theodore, Editor:

Tel.: 519.452.4109 x. 6323 Email: h\_theodore@fanshawec.ca



The Navigator is a joint effort between students of Fanshawe College and Western University. Editorial opinions or comments expressed in this magazine reflect the views of the writer and are not those of the Fanshawe Student Union or the Western University Students' Council. The Navigator is printed by The Navigator is printed by Aylmer Express Graphics Group, 390 Talbot Street East, Aylmer, ON NSH 135 and published semi-annually by the Fanshawe Student Union at 1001 Fanshawe College Blvd., Room SC2001, London, Ontario, NSY 5R6 and distributed through the Fanshawe College and Western University community. Advertising inquiries should be made to Diana Watson, FSU Sponsorship & Advertising Coordinator. Tel.: 519.452.4109 x. 6321. Email: d\_watson2@fanshawec.ca. General inquiries should be made to Hannah Theodore, Interrobang Editor. Tel.: 519.452.4109 x. 6323. Email: h\_theodore@fanshawec.ca.

### FROM THE EDITOR

#### Dear readers,

Welcome to the Fall 2022 Edition of London's only student lifestyle magazine, Navigator. In our last two issues, we tried our best to depict the best of the Forest City, but often, COVID-19 put a damper on our efforts to share with you the many stories of London's famed events, concerts, and landmarks. This time, we're holding nothing back.

The autumn months are known mostly for change; changing leaves, colder weather, and for students, new beginnings. For some of you, this will be your first taste of post-secondary life, and for others, it might be your first taste of it in-person. Either way, an exciting new adventure awaits you.

In this issue, we've provided you with a guide to all things fall in the Forest City. Explore local orchards, seasonal farmer's markets, haunted houses, and food festivals. What's more, we're helping you get the most out of your college or university experience with advice on co-op placements, dorm room recipes, and which local institution has the best on-campus gym.

No matter what you're looking for, Navigator is your compass to a successful and fulfilling start to the school year. Our cover prominently depicts Blackfriars Bridge, which represents both the geographical connection between Fanshawe College and Western University, and the metaphorical connection between post-secondary students and the City of London.

Just because the days are getting colder, doesn't mean the fun has to end. There are opportunities right at your fingertips, and we are thrilled to be your guide to all of them.

On behalf of all of us here at Fanshawe College and Western University — thank you for reading.

— Hannah Theodore



# Healthy food spots to keep you energized

ZOË ALEXANDRA KING

A s tempting as it can be to fill our meals throughout the day with various fast food options, there are healthier restaurants providing nutrient-filled meals to help nourish our bodies. Below is a list of nine healthy food spots in London that are definitely worth checking out!

#### Açaí Concept

#### 116 Dundas St.

Açaí Concept specializes in creating smoothie bowls and juices with flavours from South America. They also carry Brazilian brands in their mini-market. Açaí Concept is located just a few doors down from Fanshawe College's downtown campus and is one of the best pick-me-ups out there when you're in the middle of a school day. Not to mention their large variety of toppings for their smoothie bowls. The pricing for juices varies between \$4.75 to \$5.75, and the bowls vary for the different sizes that they have to offer.

#### **Copper Branch**

660 Richmond St.

Copper Branch is located along Richmond St. and boasts a variety of healthy food options. They are open every single day from 11 a.m. to 8 p.m. Their menu consists of power bowls, all-day breakfast, power smoothies, sandwiches, burgers, organic coffees, and much more! The Keto Bowl is extremely nutritious and their tempeh is delicious. If you're looking for a power smoothie to make your body feel nutrient-filled, the Gandhi smoothie is exactly what you need. The prices vary depending on the different options.

#### Plant Matter Cafe and Plant Matter Kitchen

717 Richmond St. and 162 Wortley Rd. Plant Matter Cafe is located along Richmond St. and it also has a sister restaurant, Plant Matter Kitchen, that is located in the lovely Wortley Village. The cafe offers good quality organic vegan eats, treats, and coffee. They have also recently announced that they will be serving wine, beer, and cocktails on their beverage menu. Our favourites from the cafe are the health shots that they have to offer, especially the Ruckus, Antioxidant and Anti-Inflammatory health shots. Plant Matter Kitchen offers nutritious meals such as their signature salads, PMK bowls, burgers, sandwiches, wraps, and more.

#### **Rebel Remedy**

242 Dundas St.

Rebel Remedy is located on Dundas St. and offers kombucha and bottled tonics as well as smoothies, sandwiches, salads, and much more. They also have a bakery and pantry section in their grocery store, where delicious goods can be purchased. Rebel Remedy is considered to be an eco-friendly health store and has a glass bottle return program for their customers. Make sure to try one of their seasonal flavoured kombucha options.

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Remembering to be mindful of what we are putting into our bodies on a daily basis is extremely important, especially as a student.

### The Green Window 201 Queens Ave.

The Green Window is located along Queens Ave. and features delicious bowls, salads, treats, drinks, and more. Try their coconut cranberry bites that consist of gluten-free oats, walnuts, shredded coconut and more delicious ingredients. We also love their refreshing "flow water" that has cucumber-mint and lemon-ginger infused in the water. Their bowls are filled with nutritious ingredients and will certainly be a substantial healthy meal to indulge in.

#### The Salad Bowl

#### 130 King St.

The Salad Bowl is located along King St. inside the beautiful Covent Garden Market. This food spot is a definite must if you are visiting the market or simply in the downtown region. They offer amazing wraps, soups, salads, detoxifying teas, and much more. Our favourite from The Salad Bowl is The Green Goddess wrap as well as The Vegan Sun-dried Tomato Salad with Crispy Tofu.

#### The Chopped Leaf 1041 Wellington Rd. Unit 2

The Chopped Leaf is located along Wellington and offers a wide range of healthy food options for their customers. Their menu includes salads, bowls, wraps, sandwiches, quesadillas and more! Our favourite option from The Chopped Leaf is the pesto quesadillas and we can definitely vouch for them. If you're ever in the mood for a healthy quesadilla, make sure to check out The Chopped Leaf.

#### **Reset Social Cafe**

502 Talbot St.

Reset Social Cafe is located along Talbot St. and is the perfect place for students to have a meal whilst studying in the downtown region. Reset offers delicious all-day breakfast, a variety of refreshing drinks, smoothies, juices, salads, bowls, and more. A must-have from Reset is their Elderflower Iced Matcha Latte. With seating areas designed for people to get work done whilst nourishing their body with a nutritious meal, Reset is definitely worth checking out as a student, especially if you live downtown.

#### **Booster Juice**

#### 1001 Fanshawe College Blvd. and 1151 Richmond St.

Booster Juice has a few locations in London, and we can happily say that there is a branch at Fanshawe's main campus, and in the University Community Centre at Western. Booster Juice offers a variety of smoothies, juices, specialty shots, and healthy eats. Our favourite smoothie at Booster Juice is The Original which consists of bananas, strawberries, orange, and probiotic yogurt. If you're on campus at Fanshawe or Western and are looking for a healthy alternative, Booster Juice is the place you need to be.

These nine healthy food spots are all worth checking out if you live in London. Remembering to be mindful of what we are putting into our bodies on a daily basis is extremely important, especially as a student. Eating healthy has many effects on your body, both mentally and physically. Think about your food options when it's time to eat and also remember that there are always healthier alternatives that you can choose from.



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# Colds, flu and COVID, oh my!

DEE-DEE SAMUELS

Fall is synonymous with cold and flu season, and with COVID-19 symptoms directly comparing with influenza symptoms, it's understandable that both teachers and students may feel a little uneasy about heading back to normal and back to school this September.

Dr. Wael Haddara, Chief of Critical Care at London Health Science Centre (LHSC), commented on some factors we should keep in mind about the upcoming months ahead.

"We had two years of masking, so there is little by the way of respiratory seasonable viruses," said Haddara. "And so whatever immunity people may have had in the past is gone completely."

Haddara added that there is a risk we could see a "double whammy" this coming fall and winter, of regular respiratory diseases, as well as COVID-19. So let's go over some of the similarities between something like the flu and COVID-19.

#### Influenza and COVID-19 symptoms:

- Sore throat
- Runny nose
- Sneezing
- New or worsening cough
- Shortness of breath or difficulty breathing
- Temperature equal to or more than 38°C
- · Feeling feverish
- Chills
- Fatigue or weakness
- Muscle or body aches
- New loss of smell or taste
- Headache
- Abdominal pain, diarrhea and vomiting

Perhaps it's a good idea to remind ourselves that prevention is better than cure, and that knowledge is one of our greatest tools in tackling the challenges we are bound to face when returning to normal life after the pandemic. Haddara seemed cautiously optimistic.

"We have vaccines and may very well have Omicron specific vaccines by the fall. Omicron is associated with more infections, but also associated with less severity," Haddara said. "Where we're not in a better place is that we continue to see variants [of COVID] evolving, and there are no guarantees that they will be mild variants, or less severe variants, so that's a concern." Haddara added the reminder that the one thing COVID us has taught us is that we should prepare for the unexpected.

"COVID has always surprised us, so it's important that we have ample agility built into these plans and be prepared to respond to evolving changes whether they are for the better or for worse."



It's not all or nothing. Doing something, whatever it is, is better than nothing.

How can we prepare ourselves for the upcoming season of colds, flu and COVID? Haddara suggested understanding your own risks as a good place to start.

"Students have some innate risks, and they have risks they have some control over. The average number of contacts for a student is three or four times the number of contacts for a typical adult. As the weather gets colder, students will push indoors unrelentingly; so not just classrooms, hallways, cafeterias, gyms.... Some of these risks are unavoidable." Taking both an offensive and defensive approach to remaining virus free is best. If this is a battle, then we must take up the challenge and become warriors.

To help you handle this fall's cold, flu and COVID season, we've compiled a list of things you can do to keep us all healthy, safe and savvy.

#### **Health tips:**

- Wear a mask
- Wash hands regularly
- Social distance where possible: crowded buses, cafeterias, study areas
- Stay hydrated
- Eat healthy and regularly
- Stay home when you feel ill

If guidelines change and you are unsure of what protocols are in place, check with your local public health authority for advice, including where and how to get tested if advised.

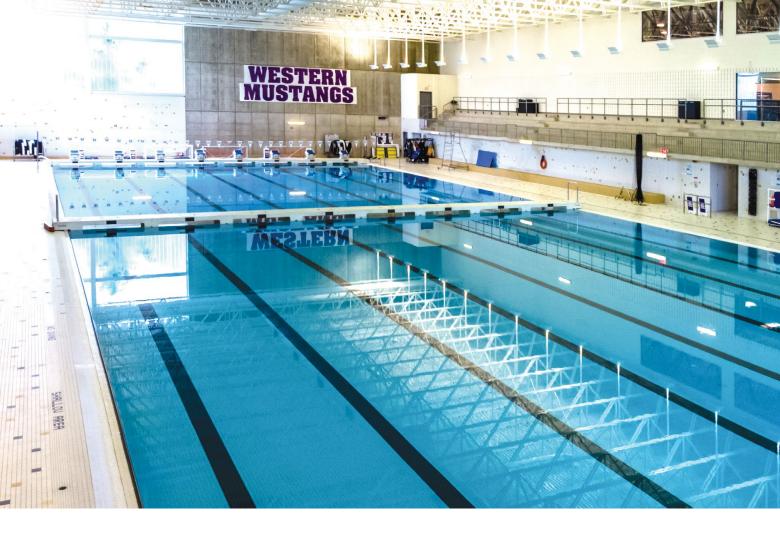
According to Haddara, practicing healthy habits is important but he also emphasized one very important point.

"It's not all or nothing. Doing something, whatever it is, is better than nothing."

The good news is we are, as a community, moving forward and facing the unknown together. We must continue to take our personal hygiene and preventative actions seriously, not just for ourselves, but for everyone around us.

PHOTO: DEE-DEE SAMUELS





## Fanshawe vs. Western: Fitness facilities

ADAM MANTHA

Physical fitness within a person's capabilities is important to maintaining a healthy lifestyle. Postsecondary students enrolled at Fanshawe College or Western University have a head start in staying physically fit with free or discounted access to their respective institution's fitness facilities.

#### **General facilities**

Both facilities include what you might expect: fitness machines, free weights, and top-notch clean facilities. The biggest difference in terms of general offerings between Western's gym and Fanshawe's is the quantity of machines and free weights.

Western's gym has many fitness machines from a number of manufacturers including Apex, Flex, Free Motion, Gravitron, Hammer Strength, Life Fitness, Polaris, Universal, and Woodway. It also over has over 9000 lbs. of free weights. Fanshawe College also has fitness machines and free weights, but the sheer amount of equipment at Western means there is greater access to more machines available for a larger number of people.

In this respect, if a person prefers a busier atmosphere when exercising, Western may be more to their liking. On the other hand, if a person prefers an atmosphere that is a bit more solitary, then Fanshawe's gym might be a better choice.

#### Programming

Both campuses offer group fitness programs. Western has an extensive listing of 21 different programs that cover cardio, muscular conditioning, and mindfulness.

Fanshawe also has program offerings scheduled for the Fall 2022 term.

"We will be offering 14 group fitness classes," Fitness and Wellness Program Directory at Fanshawe College, Tabitha Liston said. "These classes are total body conditioning, glutes, guts, and guns, spin, and yoga with more to be added."

While Western has more programs slated at the time of writing, memberships to Western's fitness facilities are open to the public, so their classes might fill up quicker and be busier than those offered by Fanshawe. Once again, the choice between which campus to workout at depends on the atmosphere a person desires.

#### **Exclusive features**

Both campuses have exclusive features, as well: Fanshawe College's climbing wall, and Western's pool. Fanshawe's climbing wall is available to all who have access to Fanshawe's other fitness facilities. There is no additional cost to use the wall, but you must book your climbing session in advance.





PHOTOS: WESTERN MUSTANGS (LEFT), ADAM MANTHA (RIGHT)

Western's pool is located on their campus, so they can offer both recreational swims and aquatic fitness programs close to their other facilities. There is an additional charge for aquatic programs, but at a reduced cost to their fitness membership holders.

Fanshawe fitness membership holders have access to the Carling Heights pool, but, at the time of writing, their website cited COVID as the reason they have turned students away.

#### Membership cost

At Fanshawe College, every full-time student pays for access to Fanshawe's fitness centre in their ancillary tuition fees, and part-time students can gain access to its fitness centre for \$48 plus tax for a four-month membership (the minimum membership duration). Membership is restricted to Fanshawe students and staff.



Ultimately, convenience and affordability are going to be the differentiating factor between which facilities are preferable.

At Western, almost every full-time and part-time student has access to its fitness centre as part of their ancillary tuition fees. Because Western fitness memberships are available to the public, there are a few options for Fanshawe students who would like to workout at Western, from day passes to yearly memberships of varying costs. Chad Van Dyk, Director of Recreation and Active Wellbeing at Western noted the prices of memberships will be changing "in the sense of being more 'whole numbers' and also more thoughtful, but generally speaking they won't change significantly."

#### **Convenience and affordability**

Ultimately, convenience and affordability are going to be the differentiating factors between which facilities are preferable.

If you spend a lot of time at, or live close to Western, then that campus is likely a much more convenient location. The same can be said for those near Fanshawe.

Because the cost of each location is cheaper for students enrolled at each respective institution, it is financially advantageous for Western and Fanshawe students to use the facilities offered by their home campus.



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## The benefits of a co-op placement

KATE OTTERBEIN

A s students enter or continue their post-secondary education, careers often come up in thought. For each specific program, there can be multiple career paths where you might not know what to go into. This is where co-op placements can come in handy.

A co-op placement is a job that contributes to your education. You go in and work in the field you're studying and in return, you get credits towards your education, and in some cases, you get paid. At Fanshawe College, co-ops are a paid experience, which allows students to pay off bills and debt quicker.

"Out of a study from the C.D. Howe Institute in Toronto in 2020, listed a number of benefits for postgraduate experiences after co-op," said Darlene O'Neill, the Director of Employment and Student Entrepreneurial Services at Fanshawe College. "About 56 per cent of students who take co-ops are more likely to get their first job post-graduation in the area they studied. Fifty-six per cent is really high actually. And about three years after graduation, they're more likely to still be employed."

Co-op placements allow students to have experience in the field, giving them the set of skills needed in the workforce. This can be a great benefit for employers because there is less that needs to be taught during the training phase. The classroom teaches the hard skills for the job, but those soft skills that can't necessarily be taught, O'Neill said, are learned through experience.

Another benefit of co-ops is learning if that specific job or field is actually something you enjoy. The everyday experience is different from what you learn at school.

"If they go into a co-op and they realize it's not the program for them, they can visit their career services departments, whether it's in a university or a college, and get some advice around switching programs or advice around different types of applications of what they're learning. You might be doing business marketing, for example, and you're in a marketing company, and you're marketing a program or product that's not really working for you, but you still love marketing. Maybe your co-op consultant or your career advisor can provide you with some opportunities."

Fanshawe students can contact their co-op advisors directly via phone or email, or they can visit them at the Co-operative Education Office located at D1063.

Western students can access their career coaching and support through their faculty or through the Careers and Experience department.

At Western, there have been over 4,700 students who have participated in work experiences, and the number of placements has doubled at the university in the last five years. At Fanshawe, O'Neill estimated about 70 co-op programs, which require students to participate in a work-education experience.

"I would highly recommend co-op. Students who take co-op programs are more likely to be successful in post-grad employment. And with the growth in our international students, it's a really important way for them to gain Canadian work experience because they don't have the networks that our Canadian students have. But also for our Canadian students, it's a great way to expand networks."

O'Neill recommended anyone who is going to take a co-op program be open to relocating. She said there are some really cool experiences around the world and it's an opportunity to get paid and have it applied to your learning.

PHOTO: KATE OTTERBEIN



Mon Valter Finding the perfect internship JOHAN GEORGE

Finding an internship is sometimes the scariest thing about college or university. To start a successful career, you will want to practice the skills that you learned in school and get a job with opportunities for career growth. You might ask yourself: What jobs can I work? How do I prepare myself for a job search? Where do I find jobs? To answer those questions, here are five tips to help you get that internship at a place that you'll love to work, using information from Fanshawe's Career Services Workshops.

#### Give yourself a lot of time

Job searching is a long and arduous process. It's difficult to stumble across a good position immediately. So give yourself around four to five months of time from the moment you start job searching to get a full-time position.

#### 2 Understand what you have to offer and what you are looking for

It's wise to keep track of your previous jobs, certifications, skills, hobbies, and volunteer experiences. Interviewers will ask how you handle certain scenarios on the job and you can prepare by researching the work you would be doing in the position. That way you can use your past experiences to relate to similar experiences you can expect in that position and answer those types of interview questions more effectively. Soft skills and work are important to employers, no matter the industry, especially as an entry level position. Additionally, what would you like from your job? A good pay? Good work culture? It is important to rank what you value most, because it will help you focus your attention on what you value.

### **3** Prepare all your self-marketing materials before you apply for jobs

The best thing you can do for yourself before putting your resume out on the job market is preparing how you're going to market yourself. Depending on the type of work you do, you might want to clean up your socials and update your personal website. Search yourself on Google to see what your employer sees when they research you. Prepare master versions of your resume and cover letter to speed up the process of applying for jobs. Format and style your resume and cover letter the same way so employers will know which application papers are yours. This helps to makes your materials recognizable. Make a list of references and remember to let them know that you are job searching so they know to expect a call.

### Record your job search activities and make a list of connections

A good tool to record your job search is making a job lead sheet. You can add a few columns to the sheet like: Job Applied, Date Applied, Ranked Preference. That way you remember what you applied for and which jobs you prefer. Then you should make a list of connections. Label contacts as either warm contacts or cold contacts. Warm contacts are people you already know and have some rapport with. Cold contacts are people you may have met recently or through research and haven't developed much rapport with yet. 85 per cent of jobs are found through networking so don't skip this step.

#### Start contacting people and applying!

At this point, you can start contacting people and applying to positions. Always remember to apply to a job exactly the way the employer requests on a job posting. It shows an employer that you can listen to instructions and can boost your chances. However, some employers may have specific requirements, like wanting a resume to be formatted in a particular way, or asking that you have specific qualifications. In a lot of cases, you won't have exactly the skills the employer requests so the goal is to demonstrate that you are as close as possible to what they want. Additionally, public job boards like Indeed may provide some opportunities but you should be careful when not applying directly to a company website or in person. Fraudulent jobs can be posted on job boards and many advertisements for jobs are left there even after companies have filled those positions. It can be difficult to rely on job boards and it's good to limit your time with them to about 20 per cent of your actual job search.

If you need a second opinion you can always contact Career Services at Fanshawe or Western and meet with a consultant to help with your job search. They can always help you tweak parts of your resume and refine your job search process. Hopefully these tips can make your search for an internship a little less scary.

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## Saving money: Tips for students

ADAM MANTHA

 $\mathbf{P}^{\mathrm{ost} ext{-secondary students}}$  are typically responsible for their own financial wellbeing, including paying for textbooks and school supplies, renting a place to live, and putting food on their table.

Francisco Muñoz Arguello, Fanshawe Student Union (FSU) Financial Coordinator, said awareness of income and expenditures is paramount to students' financial success. Here are five tips he recommended for increasing that awareness and saving money as a student.

#### Make a budget

A budget is the first step towards financial responsibility and financial wellbeing. A budget will help you know how much money you have coming in and going out for a given period and allow you to plan for your financial future.

A detailed budget that includes long term financial goals is preferred, but your first budget doesn't have to be complicated in detail nor in scope.

The first step to creating a simple budget is to make three lists. The first list should contain a breakdown of all sources of income you expect to receive for the budget period. The second should contain a breakdown of all expenditures you expect to pay for the budget period, including a dollar amount you would like to put away as savings. The third list should contain item categories that you would like to have money for during the budget period.

Try to be realistic in the amounts you allot to optional expenses so that you will have as accurate a financial picture as possible. All items on each list should be specific in name and exact in dollar amount.

Keep track of your spending When you make your first budget, it might not pan out perfectly. Keeping track of the money you spend throughout your budgetary period is a necessary part of your financial well-being because it allows you to revisit your budget and adjust as necessary based on your spending trends.

If you find it hard to spend within your budget, it is a good idea to look at bank statements and identify extraneous spending. If there are items where you consistently spend more than you allot, then you can either budget a higher allowance for these items or try to curb spending where appropriate.

#### **Be frugal**

There are many ways students can lower their costs. Examples include minimizing fast food and restaurant purchases, purchasing groceries when and where students receive a discount, and shopping at second-hand stores for clothing and housewares.

Minimize the amount of money you spend on fast food and restaurants because these food options add up and they add up quickly.

A purchase from a beverage vending machine or coffee from Tim Horton's or Starbucks is deceivingly expensive. These purchases can seem less impactful than they are because the amount spent in each instance is relatively small.

Consider investing in an easy-to-clean packable thermos and small snack containers to make bringing items from home more convenient.

Food delivery services like Uber Eats, DoorDash, or SkipTheDishes, although more transparently expensive, can wreak havoc on your finances. Instead of fastfood delivery or dining, consider getting grocery store items you might not normally buy because of their upfront cost.

If you need a convenient meal, money spent on prepared items at the grocery store or even at more expensive locations such as Sunripe, Remark, or the Convent Garden Market, is almost always going to be cheaper than fast-food delivery.

Consider including snacks, drinks, and meals-to-go in your grocery budget rather than allotting large amounts of money for non-grocerv store items.

For clothes and housewares, there is a lot of money to be saved if you buy second hand and 'new to you' items. Use free services like Kijiji or Facebook Marketplace if you need to make purchases for your home. Also, take time to check some of the

many thrift stores in London, including Goodwill, Value Village, and the Salvation Army Store. Your money will go a lot farther if you buy your housewares and clothing from these stores.

#### Avoid payday loans

4 Businesses like Cash Money and others that offer cash advances should never be used.

The Cash Money website lists in their fine print the following example for Ontario residents who take their payday loan: "the maximum allowable cost of bor-



ILLUSTRATION: SAHAR MAHMOUDIMOTLAGH

rowing per \$100 borrowed in Ontario is \$15. We charge \$15 per \$100 borrowed. On a \$500 loan for 14 days, the cost of borrowing is \$75, with a total repayment amount of \$575 and an APR of 391.07 per cent."

Muñoz Arguello advised students to consider a bank loan or student line-ofcredit if they need more money. Banks have an average annual percentage rate (APR) of approximately 15 per cent on a person's principal balance compared to Cash Money's 26 times higher APR.

If you do get a bank loan or line of credit, do not just make minimum

payments because paying only the minimum means, "it will take about 20 something years to pay it off," according to Muñoz Arguello.

**Supplement your income** Eligible students can take advantage of services such as The Sharing Shop.

"Domestic and international students can access the Sharing Shop for a \$50 gift card three times per semester. Ukrainian and Russian students can access it once per semester for \$300," Muñoz Arguello said. Visit fsu.ca/the-sharing-shop to access the Intake Form and find out if you are eligible for support.

There are also funding opportunities offered by Fanshawe's Financial Aid office including needs-based scholarships, awards, and bursaries that can help bolster the income of a student in financial need. International students need to be aware of eligibility requirements for assistance which require the applicant to be a domestic rather than international student.

# Helpful housing tips for students

SVITLANA STRYHUN

S tudent life is almost never easy. Tuition fees and especially rising rent prices sometimes push students to work multiple jobs just to get by. It's always better to think beforehand about your living space, based on your character and habits. Students are all very different and what works for your friends might not always work out for you.

#### Know your neighbour(hood)

Nobody knows you better than you do. If you can't stand loud neighbours and prefer silence to everyday parties, don't forget to inform the student union or mention it in your personal information when searching. There are certain neighbourhoods that have a reputation for partying, and others that are more residential and generally quieter. It's highly important to mention your preferences before you move in, because once you get started with school, moving out to another place can be difficult and an unnecessary waste of energy and time. The same goes for choosing roommates — it's always best to make sure you're all on the same page in terms of partying and noise preferences.

Save on rent, find a roommate Where do you search for roommates? There are plenty of groups on Facebook that will open you to a world of never-ending offers. When talking to strangers, try to get the information you need about their sleeping schedule and other important details about guests or parties on the weekends. After you think you've found a perfect match, check them out at a personal meeting as well. At the very least, you'll be signing a one-year lease somewhere, so if you don't want to spend months hating coming back to your living space, then make sure you take the time to seek out a roommate who matches your energy.

**Location, location, location** Try to choose a house or an apartment building that is close to your college or university. An apartment in the far south end of the city, for example, might make for a long and difficult commute to Fanshawe or Western. Even if the rent there is less expensive than the apartments downtown, you'll likely regret your decision every morning. Especially with more classes being offered in-person this fall,



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There are certain neighbourhoods that have a reputation for partying, and others that are more residential and generally quieter.

you'll want to make sure your travel time is as simple as possible. Choose your area wisely, because it's not all about money; your personal comfort counts as well.

**Start looking early** By now, you've probably already got this year's housing situation sorted out. But for next year, you want to start the search for an apartment preferably three to four months before getting back to school. With students coming to London from home after summer break, it can be tricky to find a decent place for little money. Not all homeowners or leasing agencies are honest, and some make their prices higher on purpose before the start of the school year. Be aware that the less time you have, the higher the rent may be, or the further you'll have to go to get to school. PHOTO: SVITLANA STRYHUN

Be wary Always verify the agent or landlord and carefully read through your lease. Craigslist and Facebook Marketplace can be great resources for finding rentals, but they are also breeding grounds for scams. There are always dishonest people around who want to trick you and make you pay more money for the accommodations they can't provide. Always check the living space, the neighbourhood area, and the functionality of appliances. It's also a good idea to do this with friends from London, or anyone who has experience renting in this city. People who know the area can help you avoid making mistakes that will lead to discomfort.

At the end of the day, the most important tip for student housing is to know your budget and live within it. Don't forget to budget how much you spend and earn so you never miss out on making a rental payment. Never skip paying rent, because if you do it regularly, you might end up with a bad a reference, which can make it harder to find a place to rent in the future. Good luck and happy house hunting!



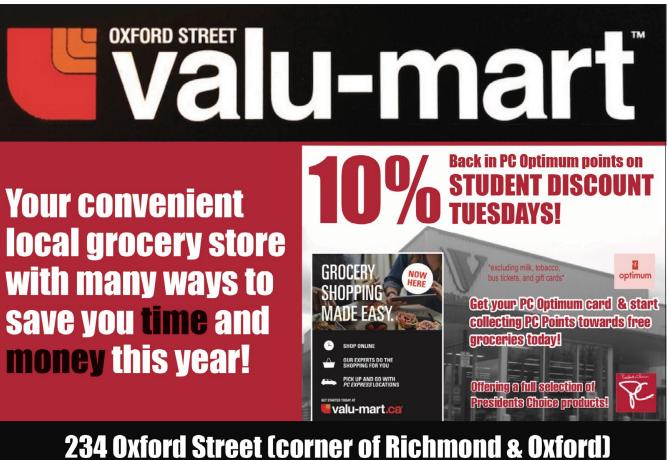


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# Spine-tingling fun: Halloween events to check out this fall

HANNAH THEODORE



PHOTO: HANNAH THEODORE

L ondon, Ont. is the place to be this season if you love all things Halloween. From cemetery tours to haunted theatres to horror movie marathons, this city has all you need to have a spooky good time this year. Here are our top picks for Halloween-themed events in London.

#### **Fright Market**

#### 900 King St.

#### Oct. 22, 2022

A London staple, this creepy market is back and bigger than ever. This year, Fright Market will be hosting a kid's costume contest, cosplayers contest, photo ops, face painting, and plenty of Halloween-themed vendors to get you in the spirit of the season. A one day event, held from 9:30 a.m. to 4 p.m. and hosted at the Market at the Western Fair District, this market is fun for the whole family or anyone who loves celebrating the scariest time of year.

### Grand Ghosts at the Grand Theatre 471 Richmond St.

#### Oct. 8 – Nov. 5, 2022

Playwright Trina Davies has dramatized the story of theatre mogul Ambrose Small with a new play coming to the Grand this season, *Grand Ghosts*. Witness the ghostly true story on stage and if you're feeling daring, get your tickets for a Wednesday and stick around after the show for a guided discussion in the real-life Grand Theatre. Just beware of Ambrose's ghost hiding in the wings.

#### Horror at the Hyland

240 Wharncliffe Rd. S.

2022 dates to be announced Who doesn't love a horror movie marathon during the month of October (or as we like to call it, the month of Halloween)? Now imagine if that movie marathon was hosted in an historic 1930s cinema on 35mm film. Throughout the month of October, Hyland Cinema will be showing a series of iconic horror movies, both old and new. While the official selections for this year have yet to be announced, previous showings included movies like *Get Out*, *Carrie*, and *Friday the 13th*.

#### Eldon House and Woodland Cemetery tours 481 Ridout St. N.

#### 481 RIdout St. N.

2022 dates to be announced Eldon House, built in 1834 and originally owned by the famed Harris family, is wellknown for being haunted. Eldon House hosts tours year-round, but during the month of October, you can also explore the nearby Woodland Cemetery where you can see the Harris family plots and crypts, and learn more about their lives and deaths. Be on the lookout for the ghost of Wenman Wynniatt roaming the halls of Eldon House.

#### Fanshawe Pioneer Village 1424 Clarke Rd.

2022 dates to be announced Fanshawe Pioneer Village in Byron is famous for their horrifying Halloween events. Each year, the grounds, which stands as a representation of life in Middlesex County from 1820-1920, gets a spine-chilling makeover, blending history and horror to petrifying perfection; think "haunted house," if the house was a whole town. The 14+ event is not for the faint of heart, and is usually held towards the end of October. The theme of the scares varies, but in 2021, Pioneer Village partnered with ByronScaryHouse to transform their familiar buildings into abandoned haunted attractions. Do not miss out on this chilling experience.

There are only 31 days in October so make the most of the spooky season with these eerie events! Whether you spend your Halloween traversing graveyards or exploring a haunted market, you're sure to find the scares you're looking for right here in the Forest City.

Be on the lookout for the ghost of Wenman Wynniatt roaming the halls of Eldon House.

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#### Find us in the Student Centre!

Fanshawe Student Union Services

Fanshawe Student Union, Room SC1000 519.452.4109 fsu.ca

**#FSUservices** Stay informed @fsu.ca/services The Fanshawe Student Union (FSU) is an organization committed to excellence in service and student support within the diverse student

The FSU is a student body representative, designed to meet the various needs and expectations of students attending Fanshawe College.

[ **f** ◎ ▲ ♂ @FANSHAWESU ] [ FSU.CA ]



community of Fanshawe College.

# Affordable ways to travel out of London without a car

HANNAH THEODORE

E ver since Greyhound announced that it would be halting its service across Canada last May, students and Londoners alike have been desperate for alternative options to get them in and out of the city. Luckily, many options have been cropping up, with the hope of replacing what was once one of the easiest and most affordable ways to get between cities in Ontario without a vehicle.

#### Megabus

Popular in Europe for its cheap and comfortable bus travel, Megabus has been steadily increasing its service across Canada since it launched here in 2009. The Megabus had long been an option for travellers going from Toronto to Montreal, but the yellow double-decker buses had yet to make their way west to London until recently. The new route 2740 bus makes two stops between London and Toronto. The bus sets off from the RV Parking Lot at the Flying J at 3700 Highbury Ave. S and drops you off at Union Station Bus Terminal at the northeast corner of Bay St. and Lakeshore Blvd.

Of course, this option only works if you are able to get a ride to the Flying J (which is not accessible by London transit). However, it makes for one of the speediest options for travelling from London to Toronto, with a ride duration of about two hours and 20 minutes. The bus departs seven times a day, including a 12:45 p.m. pick-up at Western University. At just \$24.99 a ticket, it is also one of the cheapest options we know of for travelling from London to Toronto.

#### **GO Transit**

In 2021, the GO train will finally make its way to London after much anticipation. The new service also connects customers to Stratford and St. Marys using GO Transit services. The pilot project includes one trip leaving from London in the early morning, and one return trip in the evening. The new service extends beyond GO Transit's Kitchener line and also includes stops in St. Marys and Stratford.

The trip is one of the longer options coming to London, with the journey from London to Toronto's Union Station taking approximately four hours. The trains use current VIA Rail lines and stations, which in London, is located downtown at 205 York St. A round-trip ticket from London to Toronto costs \$60.

#### **Great Canadian Coaches**

While both the above options have their pros and cons, only one service plans to operate stops directly from Fanshawe College. Great Canadian Coaches, a family-owned bus business, offers weekly trips to Toronto with various stops along the way, including Square One Mall in Mississauga, by way of the Fanshawe College campus. Students can be picked up outside the Student Centre at Fanshawe, but pick-ups will also be available at Western University and in downtown London.

Great Canadian Coaches Sales Manager Bernie Downey said serving students has always been at the forefront of their business model.

"One of the founders of our company, Larry Hundt...he went to school at the University of Waterloo," said Downey. "He started getting involved and doing bus trips and organizing various student trips. He's kind of come full circle in serving students."

#### FlixBus

This new service is offering affordable bus travel from London to Toronto, with stops at McMaster University in Hamilton. You can catch this bus at Western University or downtown London, with tickets costing about \$20 each. This option might not be most ideal for day trips, as departure times are minimal and return trips only leave Toronto at 11:15 a.m. The good news is that Flix-Bus will drop you off at the Harbourfront in Toronto, instantly giving you access to the beautiful waterfront rather than dropping you off at the city's main bus terminal. The trip takes about two hours and 30 minutes, which is vastly faster than the GO train and typical for other buses. It is the cheapest option presently available for getting from London to Toronto.



## A history of the Western Fair and what's on this year

JOHAN GEORGE

The Western Fair is an annual event held in September at London's Western Fair District. It has always been London's biggest community event. This year's fair is the first in two years, and will run from Sept. 9-18. The 2022 Western Fair is expected to bring all the fun of rides, shopping, animal farms, and the familiar midway, along with bandstand performances from Val1ey with New Friends and Lilyisthatyou, as well as Finger Eleven with I Mother Earth and Full Throttle.

Its history began when the Western Fair Association was founded through combining the East Middlesex Agricultural Society and the London District Horticultural and Agricultural Society. Historically, the association was formed completely by volunteer membership, which elects a board to oversee fiduciary duties. The inaugural Western Fair was held on Sept. 29 and 30 of 1868, featuring primarily livestock shows.

The area was north of what we now know as Victoria Park in downtown London.

Shortly after, the fair was moved to the Old East Neighbourhood Village after gaining legal status through the Provincial Charter and Act of Incorporation to an area called Salter's Grove, now called Queen's Park. A beautiful new Crystal Palace exhibition pavilion was built on the new location by 1887.

By 1898, the Western Fair became a 10-day long event, as it is today, adding industrial and art exhibitions which quickly became mainstay exhibits at the fair. An attendee could partake in agricultural industry competitions related to livestock, crops, fruit, and flowers, as well as competitions in fine arts and household sciences to win prize money, ribbons, and rosettes.

Horse competitions were huge in those days as horses were important for both farming and transportation. Categories for competitions in horse races included light standardbred and thoroughbred, harness and roadster classes, plus carriage and coach ponies and heavy horses.

Equipment displays like the tractor exhibit in 1918 advanced the agricultural business at the time and were run similarly to farm shows today. People from around the world would attend to see and discuss the latest innovations and trends in the industry. The Fair earned a reputation as an event that everyone in London attended as it was the premier place to see things and be seen.

In 1915, the grandstand seating area that oversaw the racing track hosted entertainment spectacles such as horse racing, horse shows, cattle competitions, military displays and bicycle shows was rebuilt out of steel due to a fire that burned the old wooden building down on Christmas Day the previous year. It was built smaller than the old wooden grandstand but still remains in the same place it operates today.

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# The fair has always been a place of fun and adventure for people of all ages...

The middle of the racetrack was often used as a parking lot for attendees once cars became popular.

In 1923, the Manufacturer's building was built and in January of 1927, the main exhibition building, the Crystal Palace, burnt down in a fire and was lost.

To replace the main exhibition building a new building was constructed, named the Confederation Building to commemorate the 50th anniversary of Canadian Confederation, and was made ready for the 1927 Western Fair in September of that year. The new building hosted many agricultural, culinary, and arts competitions as well as store displays and local vendors.

Today the Confederation Building is called The Market at the Western Fair District and hosts amazing local food vendors and artisans.

A year later, the Western Fair Arts Building was constructed as a fine art gallery used for the fair and other times during the year. When it was completed in 1928, it was one of the first art exhibit buildings in existence in Canada. When World War II began many fairground buildings and tents were torn down and rebuilt as military training camps. The Western Fair was cancelled in those years in light of the war effort.

The 2020 Western Fair was the first fair cancelled since the war.

After the war, the Western Fair Association took back control of the fairgrounds and a big fair was planned for 1948. By 1950, the fair regained its momentum and lasted for six days that year.

The fair has always been a place of fun and adventure for people of all ages, so rides and attractions have been built over the years for entertainment. These rides were often operated by independent midway operators.

By the 1960s, the Western Fair began its own midway operation.

Unfortunately, the Manufacturer's building burnt down during this period in 1963, during the annual Poultry Conference and Exhibition. A new building called the Progress Building was constructed in its place in 11 weeks for that year's fair.

In 1966, a connection was built between the Progress Building and the grandstand making it the first connection between large buildings on the fairground and an area dedicated to specialty food concessions. It became known as Patio Cafe. Food concession vendors often run these booths to raise money for their community organizations.

Then in 1976, the Zyklon roller coaster was purchased by the fair and was the most popular ride for years. Now the Crazy Mouse roller coaster resides in its place and it is still one of the most beloved fairground rides to this day.

Ushering in the modern age, the 1989 fair introduced a new concept for their display called, "Livestock 2000" which emphasized agricultural awareness programs, instead of livestock competitions. They now run this every year.

Today the fair is run by dedicated staff who work with the board and volunteer membership every year with many of the component events it has developed over the years. You can find out more about what's happening at this year's Western Fair at westernfair.ca.



# Fall concert schedule

DEE-DEE SAMUELS

PHOTO: FSU PUBLICATIONS DEPARTMENT

S ummer may be over, but that doesn't mean the fun is. You really can't stop the beat here in London, and we suggest everyone who is lucky enough to live in this UNESCO City of Music takes full advantage of its music scene. We put together some top concert picks in our most popular music venues for you, with a little something for everyone and every budget.

#### **BUDWEISER GARDENS**

99 Dundas St.

Chris Stapleton & Elle King

Sept. 10, 2022

Chris Stapleton is a multi-award-winning country singer and songwriter touring with his All-American Road Show.

 Rumours of Fleetwood Mac Oct. 8, 2022

This breathtaking Fleetwood Mac tribute band returns with a brand-new show celebrating all things Fleetwood Mac.

 Bryan Adams — So Happy It Hurts tour Oct. 15, 2022

Academy award-winning Canadian singer songwriter considered to be one of the longest-running and most iconic rock musicians in the world is coming back to Bud Gardens.

#### **RUM RUNNERS**

185 Queens Ave.

 Intervals with Moon Tooth & Mandroid Echostar Sept. 8, 2022

Toronto-based prog rock band, Intervals, make their triumphant return to southwestern Ontario.

 MVLL CRIMES with Casper Marcus, Susans & Polluted Sept. 9, 2022

Join London, Ont.'s post-hardcore band for their record release party, featuring several local acts, including London staple Casper Marcus.

#### LONDON MUSIC HALL

182 Dundas St.

#### • Tim Hicks with Robyn Ottolini Sept. 23, 2022

Tim Hicks is a Canadian country singer and songwriter from St. Catharines, Ont., who has impressively charted 18 top 10 hits on the Canadian country charts.

• The Northern Pikes with Farewell Stanleys Oct. 20, 2022

A Canadian rock band formed in Saskatoon, Northern Pikes was inducted into the Western Music Hall of Fame in 2012.

#### Tenille Townes

#### Nov. 11, 2022

A Canadian country singer from Alberta, Tenille Townes is most famous for a song she penned called "Home Now," written from the perspective of a daughter whose father is posted in the war in Afghanistan.

#### • JJ Wilde with Billy Raffoul

#### Nov. 12, 2022

JJ Wilde is a Canadian rock singer from Kitchener, Ont. Her debut single "The Rush" reached number one on Canadian modern rock, active rock and mainstream rock charts.

#### **AEOLIAN HALL**

795 Dundas St. E.

#### Amanda Rheaume & Logan Staats

Sept. 9, 2022

Amanda Rheaume is a citizen of the Métis Nation of Ontario and an independent singer/songwriter. She has released five full-length albums and also self-manages her career. Her album *Keep a Fire* was nominated for a JUNO Award and won a Canadian Folk Music Award for Indigenous Songwriter of the Year.

#### Ken Yates

#### Oct. 20, 2022

A Canadian folk singer originally from London, Ont., Ken Yates won the Canadian Folk Music Award for English songwriter of the year at the Canadian Folk Music Awards in 2017.

#### Tim and the Glory Boys

#### Nov. 1, 2022

Two-time JUNO champs and 2021 Canadian Country Music Awards Group of the Year, these Canadian lads have been entertaining live audiences around the world since 2013 with their blend of country jams with a dash of blue-collar humour.

#### Sandra Bouza performs Alanis Morissette Nov. 12, 2022

A Hamilton, Ont. native and 2019 winner of the Toronto Blues Society's Talent Search, Sandra Bouza represented Toronto in the 2020 International Blues Challenge in Memphis, Tennessee making it into the semi-finals with her dynamic representation of the Toronto blues scene.

#### Grace, 2 — The Music of the Tragically Hip Nov. 25, 2022

Canada's greatest and most loved touring tribute band for The Tragically Hip bring their sweet sounds to Aeolian Hall.

#### **WOLF PERFORMANCE HALL**

#### 251 Dundas St.

• Jazz for the People: The Bettys Sept. 7, 2022

A harmony trio who dress in delightfully matching attire and move with sultry elegance, this group's genre spans from the 1920s to the 1980s including swing, cabaret, Motown, and even 80s rock. An evening with The Bettys is always sexy, hilarious and free.

### Angela Park & Scott St. John present Fire and Beauty

#### Sept. 11, 2022

A compilation of classical masterpieces from past to present featuring violin and piano. Angela Park is a JUNO award-winning pianist who has performed on stages all over the world, while Scott St. John is originally from London, Ont. The act is just one part of the Wolf's 20th Anniversary Celebration series.

#### Roland Grant

#### Oct. 11, 2022

Canadian guitar virtuoso, composer, and vocalist renown for a live showmanship style, Roland Grant's sound is described as rock fused prominently with Latin and Spanish guitar while incorporating orchestral elements.

This is just a taste of what's to come this fall. London's music scene is rich with talent and energy across many different genres, and for it to grow it needs the community to get involved. So make the most of this hotbed of musical acts this fall.

PHOTO: HANNAH THEODORE





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# The in-cider scoop on the best local apple picking spots

HANNAH THEODORE

The autumn months are known for a few things: pumpkins, falling leaves, cozy sweaters, and of course, apples. In Ontario, peak apple picking occurs in mid-September, and the London area is home to various orchards that make it easy to enjoy the best the season has to offer. From delicious Honeycrisps to the famous Ontario McIntosh, here are all the best places to find your favourite fall fruits.

#### **Apple Land Station**

329 Richmond St., Thorndale, Ont.

Apple Land Station, located just outside of London in Thorndale, is a local favourite for apple picking and fall fun. Their fall season, which runs from Labour Day weekend until Oct. 31, plays host to apple picking, pumpkin picking, and a train ride tour of the nearly 50 acre farm. Don't forget to try a glass of fresh pressed apple cider while you greet barnyard animals and play on the farm's famous "sand mountain." If all that wasn't enough, Apple Land Station also has its own bakery with freshbaked pies made entirely from scratch.

#### **Millar Berry Farms**

#### 7375 Longwoods Rd., London, Ont.

Don't let the name fool you — this London farm has both a pick-your-own berry season and a pick-your-own apple season. Located in the southwest corner of London, in an area known as Lambeth, this family-owned farm began as a doorto-door strawberry selling operation. Over time, their U-pick system, which encourages pickers to access crops during their seasonal prime, grew into a London staple that still welcomes visitors from across the province. Stop by their fresh market before departing on your own apple-picking adventure.

#### Ingram's Apple Orchard/ Bad Apple Brewing Company

73463 Bluewater Hwy, Zurich, Ont. Located one hour from London, the Ingram family's orchard and brewery is worth the drive. The orchard is open for apple picking in September and October only, with varieties such as McIntosh, Mutsu, and Golden Delicious growing in



ILLUSTRATION: GARY HOPKINS

abundance. Once you've picked to your heart's desire, stop by Bad Apple Brewing's Beer Garden for hard cider, yard games, and live music. All this just 10 minutes from a public beach on beautiful Lake Huron. If you've got the time and a car, take a day trip up to this spot for an amazing fall experience!

#### **Great Lakes Farms**

#### 5111 Union Rd., Port Stanley, Ont.

Autumnal vibes are aplenty at this Port Stanley farm. Roughly a 45-minute drive outside of London, Great Lakes Farms kicks off their apple picking season in August, when their Paula Red, Sunrise, Zestar, and Ginger Gold varieties of apples come into season. Start your visit with a wagon ride before taking a trip through a corn maze. Then, grab either a \$20 or \$30 bag and get picking! Be sure to stop by the bakery and cafe for freshly baked apple pies and delicious hot beverages.

Nothing says fall quite like a bushel of fresh apples, picked fresh from a local orchard. Luckily, London and the surrounding area is home to a number of family-owned farms that can help make your autumn dreams a reality. How about them apples?

# Local farmer's markets to explore

ZOË ALEXANDRA KING

Throughout the year, there are several farmer's markets in London that you can explore. We love exploring and supporting the local vendors that are selling their products at the various markets. Below is a list of some of the farmer's markets that are worth checking out if you are exploring London.

#### **Covent Garden Market** 130 King St.

Covent Garden Market is located in the heart of downtown London and has an expansive variation of products for sale. There are multiple food options at this location, including Italian, Mexican, Thai, and Japanese. There is also local handmade clothing that can be found there, as well as health stores, a flower store featuring beautiful fresh flowers for sale, and much more. Although there are many places at Covent Garden Market that we can recommend, one of our favourites is The Chocolate Factory; specifically, the cookies and cream fudge that they offer. Covent Garden Market is an absolute must see if you are living in London.

### The Market at Western Fair District 900 King St.

The Market at Western Fair District takes place every Saturday between 8 a.m. to 3 p.m. and Sunday between 10 a.m. to 2 p.m. This market has a wide variety of vendors to explore with over 85 vendors occupying two floors. From clothing, to meat, to desserts, to furniture items, if you're looking for something to do on the weekend, visiting the market can certainly be a fun way to interact with some of the London locals.

#### **Masonville Market**

#### 1680 Richmond St.

The Masonville Market is hosted every Friday in the CF Masonville Parking lot closest to the Thaifoon restaurant. They are open between 8 a.m. and 1 p.m. and also welcome pets as long as they are on a leash. At the Masonville Market, you can find various vendors offering fresh fruits and vegetables, raw honey, spices, charcuterie boards, and more. If you happen to be in the Masonville area on a Friday, make sure to check out this local farmer's market.

#### **Unger's Market**

#### 1010 Gainsborough Rd.

Unger's Market is located in Hyde Park and is open Monday to Friday between the hours of 8 a.m. to 7 p.m. They are also open on Saturdays between 8 p.m. and 6 p.m. Unger's Market has lots to explore; they have five main departments with lots of vendors to choose from. These departments include meats, produce, bakery, deli, and gifts. Unger's Market is a family owned business that is worth checking out when in London.

#### **Thomas Brothers Farm Market** 5856 Colonel Talbot Rd.

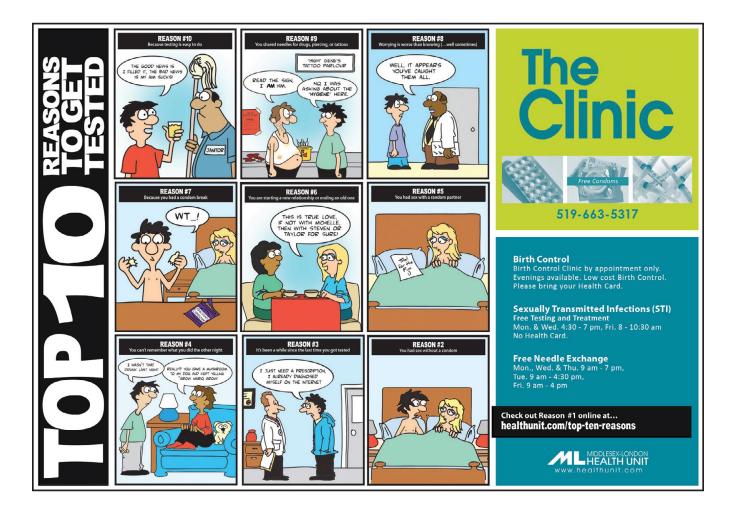
Thomas Brothers Farm Market (Thomas Bros Farm Market) has been in operation since 1958 and is a family-owned farm. With a great history and 325 acres of produce, Thomas Bros Farm Market has lots to offer. During the spring and summer, they offer a U-Pick system that lets you pick your own fresh fruits and vegetables straight from their nearby farm grounds. If you are someone who likes farm to table produce, as well as taking part in the picking part of this process, Thomas Bros Farm Market is the place for you to go.

These five farmer's markets are great to explore all week long but especially on a Saturday, when most of the locals are going to get their produce. All of the markets listed above have their own unique features and visiting them will give you a more authentic feel to the London produce scene and its skilled labourers.

PHOTOS: ZOË ALEXANDRA KING











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### WESTERNGAZETTE.CA

## Delicious restaurants just outside of London

SVITLANA STRYHUN

S ometimes we get stuck in the routine of everyday life and forget about the interesting and beautiful places our province can offer. Regardless of whether you are Canadian or an international student, there's always an urge to travel around.

Before going on a trip there's a lot to prepare for, but one thing you shouldn't worry about is food. The towns around London have a great number of restaurants where you can not only savour delicious food, but also contemplate the atmosphere or the view of a new city.

#### **Stillwaters Plate & Pour**

61 Grand River St. N., Paris, Ont. Stillwaters Plate & Pour will give you the full European experience right here in Ontario. Its menu is designed to make you experience a full range of tasteful flavours. It includes sophisticated dishes full of locally sourced ingredients such as coconut shrimp with maple soy sauce or grilled peach and prosciutto salad, as well as typical Canadian chicken wings or the popular Caesar salad. It also has several vegan and vegetarian options.

Stillwaters is one of the most featured restaurants in this pretty little town. This multi-level restaurant has a gorgeous view of the Grand River and its patio combines the unforgettable experience of a gorgeous sunset with a delicious dinner. Open from 11:30 a.m. to 11:30 p.m., this is a perfect spot from brunch to dinner.

#### Zander's Fire Grill and Brew Lounge

#### 190 King George Rd., Brantford, Ont.

Zander's is a perfect place for celebrations or late nights out, a busy place made to catch the rhythm of youth and help to explore Canadian cuisine.

Evenings are usually crowded at this spot, both during weekends and working days, so it's recommended to make a reservation so as not to miss the opportunity of a delicious dinner. Amongst Brantfordians (or is it Brantfordites?), it is a known fact to make reservations because it is so busy. Zander's offers mostly typical Canadian or American food and the portion sizes are very generous, with quality food that is reasonably priced for what you are getting. The restaurant also offers gluten-free, vegan, and vegetarian options. This place is perfect for dinner or late lunch as it's open from 4 p.m. to 9 p.m. They also offer takeout and delivery options.

#### The Planet Diner

#### 118 Downie St., Stratford, Ont.

Taking a break from the 403, another worthy stop is a restaurant called The Planet Diner in Stratford. Even though it's far from any 400-series highway, it still only takes about 50 minutes to drive there via Highway 7. Be aware that this vegan/vegetarian place is only open from Wednesday to Sunday, so plan your trip beforehand so as not to miss the experience. The restaurant is open from 11 a.m. till 8 p.m. so you have almost all day to come for a visit.

The majority of their menu is derived from plant-based foods, with a few limited meat options intended to allow everyone to eat together no matter their preference. Whether you're gluten-free, a hearty carnivore or a happy little herbivore, The Planet Diner has something for you.

"Our passion is comfort food, and we are so excited to bring tasty plant-based options to Stratford," reads their website.

#### The Royal Turban

#### 443 Norwich Ave., Woodstock, Ont.

If you've lived in London for a while, you'll definitely get to know someone from Woodstock, and chances are, they'll recommend you visit an Indian restaurant called The Royal Turban.

Located in the heart of Woodstock, this spot is influenced by the incredibly beautiful palaces of India, with an ambience that will transcend you to a truly unforgettable royal dining experience. The Royal Turban offers the finest food, service, and atmosphere to cater to their guests. The restaurant came into existence to take their visitors on a delightful journey of rich culinary delights inspired from recipes



PHOTO: SVITLANA STRYHUN

passed on through centuries. The menu includes vegan and vegetarian options that have the same delightful taste but help everyone enjoy their food experience. The main and most important menu item is curry. The restaurant offers a variety of options and everyone can find something to satisfy their desires.

It is best suited for dinner, but is also a good stop for lunch or special occasion meals. Plus, it's just a quick 40-minute drive down the 401 or Highway 2 from London.

#### Mango Salad

#### 95 Thames St. S., Ingersoll, Ont.

Ingersoll is another neighbouring town with a small population, but many visitors. It's also home to the locally famous Mango Salad, a restaurant specializing in authentic Thai food. They are open all day long from 11:30 a.m. to 9 p.m., so you can stop by whenever you feel hungry. Even better, Ingersoll is just a 25-minute drive from London.

Here you can find a vast variety of different food options, including spicy, vegetarian, vegan-friendly and gluten-free options. From mouth-watering rice dishes to their classic Pad Thai, you will fall in love. The restaurant also offers lunch combos so you can try more for a better price.

There are dozens of hidden gems just outside of London waiting to be discovered. Wherever you go, remember that every good day trip should include a delicious meal.

# Easy residence recipes

HANNAH THEODORE

L iving in a dorm is one of many quintessential college or university experiences. Residence is a place to grow as a person, meet new friends, and test your independence. Part of being independent means making your own meals, but for residences that lack a full kitchen, this can sometimes be a struggle. Luckily, there are countless recipes that involve little or no appliances, and it can be surprisingly easy to whip up a nutritious meal or snack without a stovetop or oven. Here are some easy dorm room recipe ideas you can make with either a waffle maker, microwave, or no equipment at all.

#### MICROWAVE

Microwave meals are some of the easiest and quickest options when it comes to dorm room delicacies. While its uses are infinite, we've selected two classic microwave meals that only require a mug and a few simple ingredients.

#### Mac and cheese in a mug

In a mug, combine a 1/2 cup of macaroni and a 1/2 cup of water. Microwave for two to three minutes. Then, add a 1/4 cup of cheese, three tablespoons of milk, and some salt and pepper for good measure. Microwave for another 30 seconds, stir, and enjoy!

\*Replace the milk and cheese with plant-based alternatives for a vegan twist on this classic!

#### Chocolate cake in a mug

Once again, in a mug, stir to combine all your ingredients. These include three tablespoons of flour, two tablespoons of brown sugar, two tablespoons of cocoa powder, a 1/4 teaspoon of baking powder, three tablespoons of milk, one tablespoon of canola oil, one drop of vanilla extract, and a few chocolate chips. Microwave for 45 seconds, allow to cool, and enjoy.

#### **WAFFLE MAKER**

A waffle maker can be an excellent investment for the hungry student. It's compact, safe to use, and capable of cooking way more than just breakfast. Here are two creative ways to make a meal out of the humble waffle maker.

#### Waffle maker grilled cheese

For this recipe, assemble your sandwich with two slices of bread, a couple slices of cheese, and some butter on the insides and outsides of your bread. Press in your waffle maker for a few minutes and you're done! Who needs a panini press?

\**Replace your bread with gluten-free alternatives for a celiac-friendly lunch.* 

#### Waffle maker pizza

For this recipe, you'll need two Pillsbury biscuits, mozzarella cheese, pizza sauce, and some pepperoni. Flatten out one biscuit and assemble with sauce, cheese, and a few slices of pepperoni. Cover with a second flattened biscuit and cook in your waffle maker for four to five minutes. Serve and enjoy with some extra pizza sauce for dipping.

#### **NO-BAKE**

Some recipes require no cooking at all, and that's good news for students living in residence. Here are our ideas for easy no-bake recipes that make for excellent breakfast options for the student on the go.

#### **Overnight** oats

In a jar or Tupperware container, combine 1/3 cup of rolled oats, one tablespoon of chia seeds, a pinch of cinnamon, one tablespoon of maple syrup (or honey), one tablespoon of yogurt, and a 1/3 cup of milk of your choice. Let sit in the fridge for at least five hours or overnight and enjoy!

\*Add different fruit, cocoa powder, or toppings to change up the flavour combinations of your oats.

#### Granola bars

In a small casserole dish or any other shallow container, mix together one cup of rolled oats, a 1/2 cup of creamy peanut butter, 1/4 cup of maple syrup (or honey), and three tablespoons of milled flax seed. Add any other mix-ins of your choosing, firmly press the mixture into your casserole dish or container, and refrigerate for at least one hour.

\*For mix-ins, we recommend dried fruit, chocolate chips, or nuts.

While nothing can replace mom or dad's cooking, these simple residence recipes can be lifesavers for students who need nutritious meals fast. Even if you're working with minimal appliances or none at all, there is always something tasty and homemade that you can create from the comfort of your dorm room.

#### PHOTO: MMEEMIL









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## Your next fall outing: Wildflowers Taco Fest

KATE OTTERBEIN

L ondon's Taco Fest is making an appearance in St. Thomas this September. Want the details? Well... Let's taco 'bout it! The event is called Wildflowers Taco Fest and it's taking place on Sept. 23 at Wildflowers Farm, located at 42338 Fruit Ridge Line, St.

Thomas. From 4 p.m. to 10 p.m. Attendees can bask in the glory of flowers, visit the night market vendors, and eat some delicious tacos. "All of our regular farm vendors that we have at our Friday night markets will be there," said Jane Magri, one of the owners of Wild-

flowers Farm. "With Taco Fest, we've added another dozen vendors." Some of the typical vendors at Wildflowers' night market include businesses selling fresh produce, meals, handmade reusable items, pottery, dog treats, and more.

"What we've experienced is people just really love being out in this free-spirited environment. Walking along the grass surrounded by wildflowers, free-range chickens, and just the whole concept of the bees, flowers, and live music through the air. It's just a really lovely atmosphere in itself. And I think [visitors will] love Taco Fest because of the amazing food, but also the incredible experience through the environment through the different vendors."

For Magri, this event is something she's very excited about. "I grew up in southern California. So tacos and Mexican cuisine were very prevalent in my upbringing, just because we were so close to Mexico. So it just feels great to bring all of that together and combine past and present." Although St. Thomas isn't far from London, Magri said not many people who live in St. Thomas visit Taco Fest. So this was her way to bring such a fun event closer to those who want to participate. It will be the first Taco Fest for the Central Elgin area. The festival originated in London and has been happening annually since 2017.

"Tacos are my favourite dish," said Pablo Tovar, founder of Taco Fest. "That's the way I wanted to promote it, something I love. I want to educate people and promote Latino-American Mexican culture."

Wildflowers Taco Fest will be a little bit smaller than the traditional London one. London's Taco Fest typically has Lucha Libre wrestlers, mariachis, various types of margaritas, and of course, lots of tacos. But St. Thomas will only have tacos, margaritas, and mariachis. Taco Fest has also continued to team up with London Brewing Co. to bring an exclusive beer that will make an appearance in both London and St. Thomas.

"We love to support local vendors and it's the purpose of making people happy for me as the organizer of events," Tovar said. "Seeing people happy, having a drink, having conversations with your friends and eating tacos."

Tovar said that at Taco Fest, they really push and value diversity and equality. Everyone is welcome to come out and enjoy a taco or two and enjoy the atmosphere of Wildflowers Farm.



ILLUSTRATION: SAHAR MAHMOUDIMOTLAGH

### Local resources

Near Fanshawe College
 Near Western University

#### **GROCERY STORES**

- Adrian's No Frills 1925 Dundas St.
- Darryll & Tracy's No Frills 1275 Highbury Ave. N.
- Food Basics 1299 Oxford St. E.
- •• FreshCo Adelaide & Huron 1080 Adelaide St N.
- Grocery Checkout Fresh Market
   1151 Richmond St. (University Community Centre)
- ••John & Vicki's Valu-mart 234 Oxford St. E.
- Loblaws 1740 Richmond St. N.
- •• London Food Co-op 621 Princess Ave.
- Metro Adelaide 1030 Adelaide St. N.
- Metro Cherryhill 301 Oxford St W. (Cherryhill Village Apartments)
- •• Oxford Street Valu-Mart 234 Oxford St.
- Real Canadian Superstore 825 Oxford St. E.
- •• United Supermarket 1062 Adelaide St N.

#### **SEXUAL HEALTH**

#### Middlesex London Health Unit (MLHU) STI Clinic

### healthunit.com/london-sti-clinic

Offering free testing/treatment for STIs, free pregnancy testing based on assessment, emergency contraception, STI counselling and free condoms. Appointments are required.

#### Anova

anovafuture.org Provides shelter, support, counselling and resources for abused women, children and oppressed individuals.

#### London Health Sciences Centre (LHSC) Pregnancy Options Ihsc.on.ca/women-s-health/ pregnancy-options-program/ abortion-clinic

#### SafeSpace London safespacelondon.ca

Volunteer-run support centre for sex workers, allies and women & gender non-conforming individuals in crisis.

#### London Pregnancy & Support Centre lonpfsc.com

Offering support to new, expectant and single parents, as well as post-abortive support.

#### **MENTAL HEALTH**

#### LHSC Adult Mental Health Care Program

#### lhsc.on.ca/mental-healthcare-program-adult/

adult-mental-health-care-program Offering time-limited mental health assessments and treatment, crisis intervention and stabilization.

#### Canadian Mental Health Association (CMHA) — Middlesex

cmhamiddlesex.ca Providing recovery-focused programs and services for people of all ages and their families.

#### CMHA Mental Health and Addictions Crisis Centre cmhamiddlesex.ca/programs-

services/mental-health-andaddictions-crisis-centre

Providing 24/7 walk-in support for individuals experiencing a mental health or addictions crisis who do not require hospital or emergency services.

#### Reach Out

#### 1-866-933-2023 (toll-free)

A 24/7 bilingual information, support and crisis telephone service for those living in London, Middlesex, Oxford and Elgin counties.

- Western University Health & Wellness uwo.ca/health
- Fanshawe College Health Services fanshawec.ca/student-life/campusservices/health-services



#### EMERGENCY DEPARTMENTS

 University Hospital Emergency Department Ihsc.on.ca/patients-visitors/ in-an-emergency
 339 Windermere Rd.

Victoria Hospital & Children's Hospital Emergency Department Ihsc.on.ca/patients-visitors/ in-an-emergency 800 Commissioners Rd. E.

••St. Joseph's Hospital Urgent Care Centre sjhc.london.on.ca/urgent-care 268 Grosvenor St.

South London Urgent Care and Walk-In Clinic southwesthealthline.ca/ displayservice.aspx?id=14578 595 Bradley Ave.

#### MULTICULTURAL CENTRES

 Western International international.uwo.ca
 1151 Richmond St. (Western University)

Fanshawe College International Centre fanshawec.ca/international Room E2025, 1001 Fanshawe College Blvd. (Fanshawe College)

London Multicultural Community Association (LMCA) londonmulticultural.com

Luso Community Services lusocentre.org 2-1193 Oxford St. E.

London Cross Cultural Learner Centre lcclc.org 505 Dundas St.

Where We Are Now Community Centre (W.E.A.N.) weancommunitycentre.com 717 Richmond St.

## NAVIGATOR

Interested in contributing? Contact Hannah Theodore, Editor:

> Tel.: 519.452.4109 x. 6323 Email: h\_theodore@fanshawec.ca

#### INDIGENOUS RESOURCES

Association of Iroquois and Allied Indians (AIAI) aiai.on.ca

Atlohsa Family Healing Services atlohsa.com 109-343 Richmond St.

N'Amerind Friendship Centre namerind.on.ca 260 Colborne St.

Nokee Kwe (Employment Centre) nokeekwe.ca 104-1069 Wellington Rd. S.

Southwestern Ontario Aboriginal Health Access Centre (SOAHAC) soahac.on.ca 425-427 William St.

Healthy Weights Connection healthyweightsconnection.ca

Nimkee NupiGawagan Youth Treatment Centre nimkee.org

- Institute for Indigenous Learning, Fanshawe College fanshawec.ca/fnc
- Indigenous Services, Western University indigenous.uwo.ca
- First Nations Studies, Western University firstnationsstudies.uwo.ca





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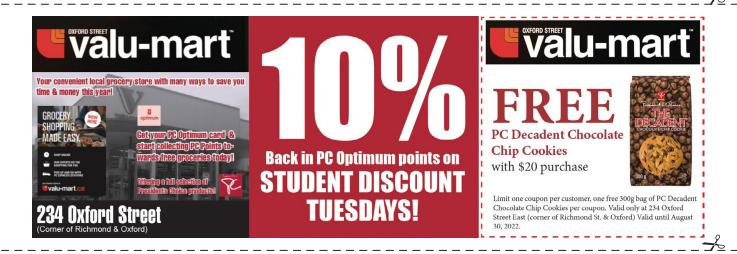


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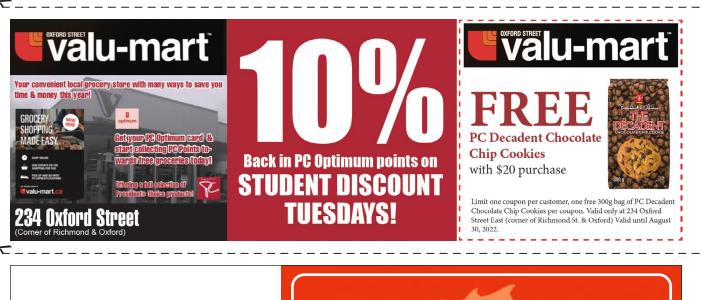
Brantford: 80 Morton Ave. E. Listowel: 1-500 Rocher Rd. London - Adelaide: 317 Adelaide St. Stratford: 598 Lorne Ave. E. London - Pacific: 5-40 Pacific Crt. London - Wonderland:

611 Wonderland Rd. N.



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