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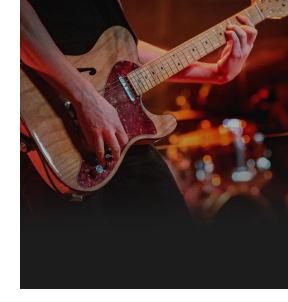
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## FROM THE EDITOR

Welcome to the Spring/Summer 2022 edition of the Navigator: London's one and only student lifestyle magazine. Summer in London is a celebration of arts, music, food and togetherness, and our hope is that even if COVID-19 protocols put a damper on London's usual summer programming, this magazine can still be your go-to guide to fun in the sun.

Summer is about more than just festivals and concerts; it's a time to work and play in the Forest City. That's why we've filled the pages of this magazine with guides to summer employment, lists of hidden outdoor gems, and rankings of our favourite spots to eat and drink (whether you're dining in or taking out).

This magazine is made possible by the thoughtful contributions by student writers at Fanshawe College and Western University. These students have first-hand experience of what it means to live and study in the Forest City, and their expertise cannot be understated. Students have also contributed artwork and photography to this dynamic edition of the Navigator.

This time of year is synonymous with rebirth, and with that in mind, we are thrilled to re-introduce you to London, a thriving summer destination that is just waiting for you to explore it.

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

— Hannah Theodore





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## TOP 10 BEST DOG-FRIENDLY TRAILS AND PARKS

KATE OTTERBEIN

Throughout the warmer months, many people like to get out with their dogs to get some exercise. It's a fun activity that both dogs and humans enjoy. But with so many trails and parks in London, it can be hard to know which ones are dog-friendly and where you can go for a walk. Here are some of the best dog-friendly trails and parks in London (in no particular order).

### Fanshawe Conservation Area — Tamarack Trail

Tamarack Trail at the Fanshawe Conservation Area is a great little jaunt to do with your pet. It is a 1.3km trail for hikers only (no bikes) and dogs are allowed if they are leashed and cleaned up after. The trail is marked out for easy following and goes through a wooded area. There is a parking fee for this area.

#### **Meadowlily Trail**

Meadowlily Trail surrounds the Pottersburg Off Leash Dog Park. This makes it the perfect spot to go for a walk with your dog and then take a trip to the dog park afterwards for a little extra exercise for your pup. While on the trail, owners are asked to keep all dogs on a leash with a maximum of six feet leeway.

#### South Branch Park Hiking Trail

South Branch Park is a quiet, nature-filled trail that makes a great spot to take dogs. It has one main path, but for those with an adventurous side, there are other smaller paths to venture on.

#### **Adelaide Hiking Trail**

The Adelaide Hiking trail is very close by to the South Branch Park trail and offers a paved path to use. It also has smaller trails leading closer to the water, allowing a quieter area to take your best bud.

#### **Springbank Park**

Springbank Park is the largest in London, so of course it had to make this list. It is a 300 acre stretch along the Thames River, where Storybook Gardens sits. There are plenty of trails to hike, adding up to over 30km of potential paths. It is another very common place for Londoners to bring

their dogs because of its size. Like other trails and parks in London, it is asked that you clean up after your dog and keep them on leash.

Now what about those who would rather go out on a leisurely walk that isn't so secluded in nature? London has some options for those as well.

#### **Gibbons Park**

If you're just looking for a leisurely stroll, Gibbons Park is the perfect place. It is a gorgeous park with plenty of trees, that runs alongside the Thames River. However, with water come ducks and geese. Be wary that these animals could be nearby if your dog is not a fan.

#### Victoria Park

Another option for a leisurely walk in the park is Victoria Park.
Located right downtown, there are pathways spreading throughout the park, where dogs frequent with their owners. If your dog isn't a fan of the nearby water and ducks, this could be an alternative.

#### Greenway Off Leash Park

Maybe you're feeling a bit sluggish and don't feel up to a walk, but your dog still needs to get out and burn some energy off. The Greenway Off Leash Park is a place your dog can roam with supervision and other dogs to play with. London has many off leash dog parks that your pet can go and make some new friends at.

#### **Medway Valley Heritage Forest**

This is another trail that runs along the water. This is a common place for people to bring their dogs for a run. It has both paved and natural trails, allowing you to choose the path that most suits you. This is a much-loved area that many enjoy for its beauty.

#### **Weldon Park**

Weldon Park is a popular dog spot because it has lots of greenery and grass, but it also has an area where dogs can be off leash. This is a great area if you want to bring the family too. There are various sports areas like baseball diamonds, tennis courts, and basketball courts. This park has something for everyone.

London has so many great areas you can take your dog so they can burn some energy off. There truly is something for everyone in the city, so everybody can find the place that best suits them and their pup!

## OUTDOOR SPACES YOU'VE NEVER BEEN

**AMY SIMON** 

L ondon is known as the Forest City for a reason. Before roadways and residential buildings, this area used to be home to a vast sea of forests, valleys, wetlands, and more. While our urban city continues to grow, there are still a variety of green locations left to visit, some more well known than others. With natural beauty waiting, it's time to find the best this city has to offer!

#### **Kilally Meadows**

A multiplex of habitats. From woods to meadows, to swamps, Kilally Meadows is a naturalist's dream. Rich in diverse wildlife, look for Belted Kingfishers by the water, Midland Painted Turtles basking in the sunshine down by the river, and beaver dams farther downstream along the Meander Creek. Complete with 10.3km of managed trails, this network of paths is located between Adelaide Street and Highbury Avenue.

#### **Sifton Bog**

Not as well known and located in the city's west end, the 41.6-hectare Sifton Bog is home to a boreal swamp and Carolinian forest. With 2.8km of trails, and a newly refurbished 370m long boardwalk, the Sifton Bog has been a site of "fascination and controversy" since its "discovery" by local naturalists in the 1870s. Archaeological remnants found that the bog was once used by Indigenous peoples for food, materials, medicine, and hunting grounds. Later, in the 20th century, Black Spruce trees were sold for the Christmas season. Just off Oxford Street West, past Hyde Park Road is where this acid peat bog resides.

#### **Lower Dingman**

While still within city limits, Lower Dingman covers 20 hectares of publicly-owned lands in southwest London. Complete with 1.6km of flat, managed trails, the sections are said to offer "picturesque views" of Dingman Creek. Back in 2005, the City of London and the Upper Thames River

Conservation Authority (UTRCA) removed the Alsop's Dam to improve water quality and fish habitat. Supporting a variety of warm water fish species, including minnows, sunfish, and bass, the trail is also home to Red-spotted Newts and Bald Eagles. Don't let the name fool you, a ride down Deadman's Road, east of West-del Bourne, is where you'll find the access point for the trail.



Many species of wildlife, especially birds, call this valley home, including Mallard ducks and Belted Kingfishers.

#### **Longwoods Road Conservation Area**

Just 30 minutes west of London, in the Mount Brydges area, are 63 hectares (155 acres) of Carolinian forests, wetlands, and Caradoc sand plains all combining to make the Longwoods Road Conservation Area, 10km of available hiking and cross-country ski trails, bridges and boardwalks are also available on the grounds. Mixing educational opportunities within the beautiful surroundings is the Ska-Nahdoht Village and Museum. The longhouse village represents Haudenosaunee life 1,000 years ago. Complete with artifact and conservation displays, there is also a spot for bird and wildlife watching in and amongst three group camping areas. With pavilion and picnic spots available, it's one of the many great places around London to get lost in nature.

#### **Medway Valley Heritage Forest**

More on the educational side of things is this forest terrain near the Museum of Ontario Archeology. For anyone looking for a solid workout, this path is rolling with several steep climbs in 10.9km of trails that overlook Medway Creek. Many species of wildlife, especially birds, call this valley home, including Mallard ducks and Belted Kingfishers. More than 43 species of fish have also been discovered within the creek. For easy access, start at University Hospital, by Western University, head to towards the end of Windermere Road.

#### **Westminster Ponds/Pond Mills**

About 60 per cent of all plant species known to Middlesex County can be found here. It holds five large kettle ponds, including a beaver pond surrounded by a mix of lowland and upland habitats. The kettle ponds were created 13,000 years ago when large portions of ice were left behind by retreating glaciers. These ponds now hold a diversity of habitats with over 200 recorded species of birds, including Great Horned Owls. European farmers first settled in this area along Commissioners Road in 1810. However, various archaeological digs discovered artifacts from First Nations campsites dating back 4,500 years ago. With 11km of managed trails, and 200 hectares of land, these ponds mark the largest Environmentally Significant Area (ESA) in London, Commissioners Road East, near Victoria Hospital, is where you'll find the access point to the trails.

This is just a taste of what our Forest City has to offer. Hopefully you'll keep this list in mind when thinking about hiking a scenic trail or taking a woodland adventure. Nature's calling here in London, and it's time to stretch out our legs and get ready to explore.





etting outside for physical activity G is an important part of life as a student. It's very easy to get caught up in your room all day working on assignments, binging Netflix or playing video games. When you come to a new city, especially a big city like London, it can be hard to find things to do and places to have fun outside. That's why the Navigator is here to help. With the added assistance of London Tourism, we've listed some locations to play soccer, have a catch or whatever sport activities you like along with some free/ affordable things to do in London.

#### **Outdoor sports locations**

Starting off, where can one go to find some big patches of green to play any game you want with friends? Jeremy Hick, Sport Tourism Assistant with London Tourism shared an important location to know especially for Western students.

"I think the main kind of pipeline for students is Thames Valley Parkway. It's a really accessible avenue for students to either walk, run, bike, rollerblade, skateboard, scooter, all those kinds of things. It spans, I think, 30km or so across the city."

Hick said that one of the locations branching off of the parkway is Springbank Park in the west end. It is the biggest park in London with tons of trails and is home to Storybook Gardens, which we will get to later. Further north, there's Gibbons Park, which has a lot of green space, great to bring the dog, toss a frisbee or play unorganized sports. Gibbons also has tennis courts and an outdoor heated swimming pool. Even further north, there's

North London Athletic Fields which has a cricket pitch, a couple of baseball diamonds, soccer fields, beach volleyball courts and more green space for other activities like Spikeball or a game of catch. Hick also mentioned a couple areas where basketball courts can be found just off the path. All these places are free, although a few require booking through the city.



There are a lot of recreational leagues that students can get involved in.

Around Fanshawe, there's Stronach Arena and City Wide Sports Park. Both these locations have more than enough green space as well as soccer fields and baseball diamonds. Fanshawe's grounds also have multiple fields and green space as well. Keep in mind these can be in use for organized sports from time to time.

#### Fun affordable activities

Now for fun sport-related activities to take part in. Hick has definitely learned a thing or two from working with London Tourism. The aforementioned Storybook Gardens was the first example he gave.

"I think it's like three or four dollars to get in there. But there's also two free skating rinks that the city offers at Covent Garden Market and Victoria Park," said Hick. "Another winter activity that often gets overlooked and I think a lot of people in the city and people who've lived here even forget is Circle R Ranch. They offer great groomed trails for cross country skiing. Obviously, Boler Mountain is another one. It doesn't exactly fall into the category of cheap, but it's a good winter activity for Londoners for sure. It's a lot more reasonable if you own your own equipment. Tubing is cheap though."

But what about the summer months? Hick also brought up something fun to do at Boler when the weather warms up.

"They have a really cool high ropes course. I think it takes about three or four hours to go through. It's a lot of fun. I think it's like 40 or 50 bucks, so not exactly on the cheap side, but it's a great experience."

Other fun spring and summer activities that Hick mentioned included disc golf courses that can be found at Saint Julien Park and Nicholas Wilson Park and soccer golf (golf but done by kicking soccer balls) at East Park.

Hick also said that there are a lot of recreational leagues that students can get involved in. Forest City Sports and Social Club offers adult leagues, and so do both Western and Fanshawe with their own intramural leagues.

Lastly, if this is something you're interested in, Labatt Park is the oldest operating baseball grounds in the world and you can find it right here in London. If you're into baseball or like to see a slice of history, tours are very cheap.





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## FINANCIAL DETOX

KAREN MARTINEZ

The term "detox" can be used in many aspects of our lives, including our personal finances.

Detoxing is a process or period of time in which one abstains from or rids the body and/or mind of toxic or unhealthy substances. By detoxing your finances, you are willing to learn how to spend your money wisely, create balance, and forge a better life.

When it comes to a detox diet, there are some steps we must take in order for the process to be successful. The same formula applies to a financial detox. Here, I will frame the steps that will help you with your detox process.

**Set a timeline**If this is your first time trying a financial detox, I suggest you start with one week. If a week proves to be a good start,

week. If a week proves to be a good start, keep the same time frame until you want to increase it to a month or even a year.

Plan for your savings

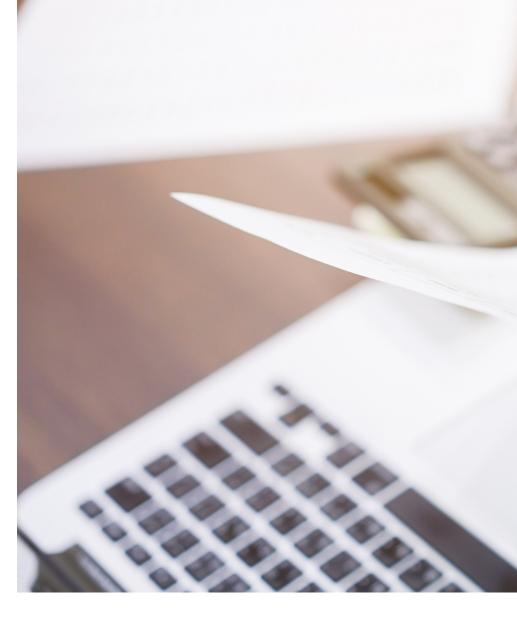
Since you are cutting your expenses, having a plan for those savings is the next step of the financial detox.

Budget for "X" expense
You don't have to cut all your
expenses all at once. If you choose to have
a detox week but every Friday you hang
out with your friends at a bar after work,
plan that Friday to hang out at a coffee
shop instead of a bar. That way, you are
still enjoying your time with your friends

Walk or carpool

while reducing your expenses.

Going to work, college or just visiting friends usually implies the use of transportation. Whether you use public transportation or your own car, a good way to save money is by walking to your destination or by planning to carpool. This change will not only help your pockets, but also your health because you are doing more exercise. It can also help the environment by putting one less car on the road.



### Find cheaper, alternative social activities

No one said you must go back to isolating yourself. The purpose of this process is to find other activities you might enjoy that don't cost that much and, in some cases, you don't have to spend any money at all. Here are a few suggestions:

- Visit the local library and borrow a book
- · DIY something from Pinterest
- Have a spa day at home
- · Have friends over and cook together
- · Host a video game or movie night

A financial detox is an interesting way to view your spending habits. It might help you identify areas where you may be wasting money and other areas that might require your focus.

If you are interested but don't have an idea on where to start or how to do it, let me give you examples of the detox weeks I started with:

#### Week 1

#### Detox for food spending

This week, I avoided ordering food or eating out. Instead, I put together a meal plan for the week and I went to the grocery store to buy all the ingredients I needed. I ended up spending less and eating healthier that week.

#### • Week 2

#### Detox for entertainment spending

Back in my country, I used to have sushi with my friends every Saturday. Sushi is a very expensive meal, so to reduce my expenses, I decided to invite my friends over and cook for them. We still had fun while enjoying the dishes that I was cooking for them, and my expenses decreased almost in half.



PHOTO: CHAINARONG PRASERTTHAI

#### Week 3

#### Detox for clothing

Just like detox for entertainment might require more than a week, detox for clothing can't be accomplished in one week either. However, here are some tips for you to save money. The first step to spending less in this area is to admit that, no, you don't need that new pair of shoes or a new dress. Instead, clean out your closet and try to put together new combinations of outfits to use the clothes you already have in your wardrobe. Invite some friends over and have a fashion show at home. Their opinions will also give you many new ideas on how to make new combinations.

#### · Week 4

#### Detox for savings and debt

Saving money is very important, and I will never change my perspective on that matter; however, getting rid of debt is also important. If you have been saving money from your detox weeks, use that money to pay debt instead of increasing your savings. Being able to live with almost no debt is as good as knowing that you have a chunk of money in your savings account.

With this experiment, you will be able to create an opportunity to change your mind set regarding your current habits. Sometimes, we are afraid to change something in our lives because we feel that we won't be able to control the process, but starting with small steps (one week every month) will lead us to the goal we want to achieve.

Do not underestimate the massive power that lies in little choices/actions done consistently over time. And remember, get creative, have fun, and most importantly, improve your financial habits forever.

### **LOCAL SUMMER JOBS**

AISHA JAVAID

It's finally here! You're almost graduating or finishing a semester in school, and now it's time to plan for the summer. Most importantly, it's time to find summer employment in the city. Fanshawe's Co-operative Education Consultant, Stephanie Hernandez said that certain industries within hospitality, recreation and retail will have multiple openings.

"We are seeing employment across a variety of sectors pick up leading to the summer," said Hernandez. "Many tourism, hospitality, and retail positions have been advertised. As we emerge from some of the stricter pandemic measure in Ontario, we are seeing a significant rise in openings in areas like day and overnight camps, garden centres, municipal parks, and recreation, as well as specifically in the restaurants and hospitality sectors. Based on what we are seeing in the labour market currently, there are more positions than students and graduates currently filling those roles."

Likewise, Youth Opportunities Unlimited's Employment team leader, Tyler Paget said that "job opportunities that we often see become available [during the summer] are things like summer camps, provided they are running. But other things like restaurants, hotels, and even some manufacturing jobs are often hiring for the summer."

Paget also encouraged students to apply to non-profit organizations through a program called Canada Summer Jobs.

"Sometimes the nonprofits get overlooked, like us for example, we are often hiring through the Canada Summer Jobs program. So, there are a lot of opportunities, a lot of interviews that happen through that program, where folks can come and work with organizations like us, or others in the city doing all kinds of different things. Some of them are just assistant things like the things that we do, or it could be working in it or working in account, all types of different opportunities are available through that program," he explained.

Working during your summer vacation doesn't have to suck! Hernandez described various opportunities that may require travel and the experience of exploring a new city and even a new country.

"Jobs are located all across the region, depending on the industry you are looking for," said Paget. "Remote opportunities tend to increase in the summer as specific regions open themselves up for tourism in the nice weather. Areas like Grand Bend, Algonquin, Tobermory, and the Bruce Peninsula tend to attract youth from across Ontario to seasonal positions in tourism and hospitality. Many students and graduates also look

for opportunities further abroad including nationally and internationally depending on their ability to relocate."

When searching for employment opportunities, we tend to question our skills, age, citizenship status, and more. Organizations like Youth Opportunities Unlimited (Y.O.U.) cater to multiple services, training, and events to individuals between the ages of 15 and 30, who are either current students, graduates, or simply unemployed. Y.O.U. also helps service international participants.

"We serve all individuals all year-round," said Paget. "We even have a specific program from high school students called 'Youth Job Connection.' For international students, we will able to serve them with things like resume workshops, and helping them to prepare for jobs. But for the most part, our intensive employment programs with trainings and job developments are for individuals who are eligible to work in Ontario as either a citizen, permanent resident or with refugee status."

Paget further explained the importance of connecting with career consultants at Y.O.U. to learn about the summer programs available within the job market.

Like Paget, Hernandez said, "students should always try to take advantage of any professional development that is offered and available to them."

PHOTO: AISHA JAVAID



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Areas like Grand Bend, Algonquin, Tobermory, and the Bruce Peninsula tend to attract youth from across Ontario to seasonal positions...





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## 519PURSUIT: PROVIDING SUPPORT AND CONFIDENCE TO HOMELESS COMMUNITIES

ANA LUSTOSA

Working at night in London as a security guard opened Alisson DeBlaire's eyes to the gaps in supportive service for homeless citizens. In 2017, during a cold winter evening, she decided to distribute chicken noodle soup to a group of people. It was the seed of 519Pursuit, a non-profit organization with a focus on helping people who face poverty and homelessness, affectionately called "friends" by the organizers.

"I realized the difference and the positive outcome that came from that and wanted to introduce it to other people as kind of an easy bridge to support those facing homelessness by just offering friendship, by being community members that are caring," 519Pursuit co-founder DeBlaire described.

Nowadays, volunteers, partnerships, and members of the community provide different services and packages according to the community's needs. Through the London Food Bank and RBC Place downtown, for instance, they make hot meals every Monday to Friday. DeBlaire said that since March of 2021 they have been able to give over 45,000 meals.

Besides meals, there is also the "Donation Day & Care Packages," considered the heartbeat of the project. It is adapted throughout seasons and based on specific demands. In the summer and spring, for example, the package includes items such as sunscreen, sanitary wipes, running shoes, blankets, and deodorant. There are specific packs for men, women, snacks, with hygiene and medical items. This initiative is a great one for students to get involved in, by donating new or gently used items and creating packages based on the organization's current needs.

Students can also get involved through volunteer work. As a non-profit organization, volunteers are essential. Currently, 519Pursuit has a team of 60 rotating volunteers. Week to week, around 25 individuals work to support the efforts of the organization.



PHOTO: COURTESY OF 519PURSUIT VOLUNTEERS

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We just want them to know that we're showing up day to day. And as we do that, we see a positive response.

"When they can offer their support, they're there, but otherwise, they are actively participating in supporting us whether that's our needed donations, or spreading the word online or, you know, asking their networks to support," DeBlaire explained.

Student Breanne Cannon is one example. She had been volunteering for 519Pursuit since May 2020 and for about six months, she helped out Monday through Friday. But when she went back to school and pursued different employment, she needed to adapt her routine. Today, she still helps out two to three times a week.

"I work with people right when they get out of incarceration, they often enter homelessness," said Cannon. "And so, it really helped me to understand how to connect with them. And the fact that I've leaned on 519 multiple times for clothing support, food support, I'm able to tell my clients: 'Hey, hang out in the downtown area, there's a team there,' and there's just trust in the community."

DeBlaire added that consistency in this line of work matters, stating that she wanted to make sure 519Pursuit represented a familiar place for those experiencing poverty in the community.

"We want to give, we don't want to have to take, or we don't want to have people let us know [their] whole story, relive everything that's going on," she said. "We just want them to know that we're showing up day to day. And as we do that, we see a positive response. We see trust being built, we see conversations getting longer, and being more...supportive to where they are today and where they want to be tomorrow."

Sometimes the relationship between the organization and the people it services is so close that volunteers even know what clothes, for example, fit better for each specific person. For Cannon, seeing the cycle of a donation from the community, to volunteering on donation days and finally, having that donation get to a "friend," is one of the best feelings of the job.

"That person coming back and hearing things like, you know, 'that day you guys showed up with shoes made a difference.' It's not that you're looking for that, but then when you hear that full cycle and you get to remember what it looks like that community members just drop off some old clothes from sometimes a friend that passed away or whatever it was and knowing that it went that far and full circle for me," said Cannon.

#### How to donate

To help with "Donation Day & Care Package," visit 519pursuit.ca/donate-care-packages, choose a package and create a list of items that will be sent to the organization. The complete list of items as well as other information on how to get involved are available on 519pursuit.ca.



#### Find us in the Student Centre!

Fanshawe Student Union, Room SC1000 519.452.4109 www.fsu.ca





Visit www.fsu.ca/services for more information!

## **HEALTHY EATING ON A BUDGET**

KATE OTTERBEIN

Properly nourishing your body is very important for your overall health and energy on a day-to-day basis. But sometimes it can be a challenge, especially for college students. College students are often on a budget, as all of their extra money is going towards school and living expenses. The go-to meals listed when thinking about cheap meals at college are often ramen, Kraft Dinner, grilled cheese, and soup.

It's often said that healthy eating is more expensive than eating unhealthier options, but Ron Young, a kinesiologist and Business Development Director at Medpoint Health Care in London said otherwise.

"Let's face it," said Young. "Gas prices, prices of food, they're all rising. But, you can still successfully eat well on a limited budget."

According to Young, there's fresh produce and frozen vegetables that are available at a decent price. Nutritionally, it's not much different than buying fresh.

"There have been studies done and nutritionally, [frozen produce] has the exact same, or pretty close to the same nutritional value as the fresh stuff. So that's a great alternative. I was at the grocery store and bought a big bag of frozen broccoli and cauliflower for like, two bucks."

The misconception that healthy eating is more expensive often comes from what doesn't get eaten.

"I think a lot of people fall into food waste and that's what can be most costly. You stick a stalk of celery in the bottom of the crisper and you forget about it. So that's about four dollars. If you ate it, it's worth all four bucks, right? Food waste adds up."

Young's advice to combat food waste is to have a plan in place. Plan your meals for each day of the week and only buy what is needed. If you're buying something and you're not sure when you'll get to it, Young suggested that's when frozen products come in handy because they won't go bad in the freezer. Meal planning also makes things easier when you're busy and on the go. Having a meal ready to go will prevent you from wanting to go and spend money on takeout.



PHOTO: FSU PUBLICATIONS DEPARTMENT

66

In the long run, having a plan in place will allow you to save money and will cause positive benefits for your body too.

"I always say your refrigerator should be like the Subway counter. Here are my veggies, here are my peppers. Set yourself up for success. There's nothing wrong with takeout once in a while. But I find if you have a busy schedule, you have to make sure you're preparing and have a plan in place."

Sometimes buying takeout from restaurants can simply be a behavioural habit.

"Why did I go out for takeout? Well, I'm short on time and I have to make a meeting. Make a time in your calendar for just a week or two and get on that cycle. I have to eat at nine. I have to eat my snack at 11. Then you almost start training yourself to be hungry at those times," said Young.

In the long run, having a plan in place will allow you to save money and will cause positive benefits for your body too.

"If we don't fuel our bodies properly and there's a lack of nutrition in our system, then we can suffer from different symptoms. Not getting enough carbohydrates, not getting enough fat. Nutrition is tied to diabetes, cardiovascular disease, all sorts of bad things. Eating properly should come first and foremost for everybody."

So, next time you're have a busy week ahead, take time on the weekend to prep your meals for the week. By only buying the ingredients you need and having meals ready to go, you will save money and time in more ways than one.

## FOREST CITY GALLERY: GROWING ART IN LONDON

IAN INDIANO

L ondon is a great centre for the arts. Apart from the nationally famous art programs at Fanshawe College and Western University, London is also home to several galleries. To mention some privately owned galleries, for example, there is the Jonathon Bancroft-Snell Gallery located on Dundas Street. This gallery displays the largest selection of contemporary Canadian ceramics in Canada. There's also the Michael Gibson Gallery, located at 157 Carling Street, where they have promoted the art of emerging and well-established regional and national artists since 1984.

But apart from the privately-owned galleries, London holds in its heart a special initiative that challenges the market and the establishment, while promoting culture and the arts in the region. We are talking about the Forest City Gallery (FCG), of course. FCG is an artist-run centre founded in 1973 by a nationally recognized group of London artists and musicians. Soon after its inauguration, Forest City Gallery helped the development of the artist-run culture. FCG contributed to the creation

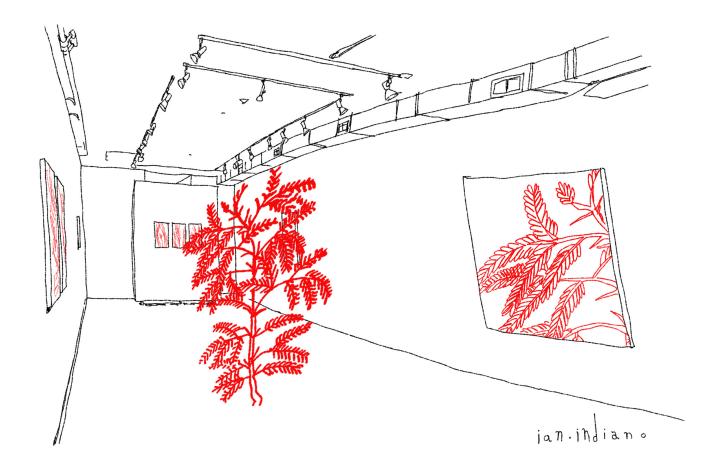
of CARFAC (Canadian Artists' Representation) and ARCCOO (Artist-run Centres and Collectives of Ontario).

The Forest City Gallery not only offers a space, but also commits to paying artists and lecturers in accordance to CARFAC rates, and by doing so, promotes and supports the professionalization of visual arts. In its decades-long history, the Forest City Gallery has become an important venue for introducing contemporary artistic practices in London, by fostering exhibitions and resident artists, promoting dialogue among local and international arts communities, and by representing all kinds of artists with a focus on emerging artists and practices.

Like many institutions, the Forest City Gallery had to adapt during the pandemic. In a world where visiting places in person was not allowed, galleries and museums had to reinvent ways to keep promoting and following their mission. Forest City Gallery hosted many virtual exhibitions and events during the pandemic, bringing people together even during hard times. Another big change FCG has announced

was their new address. After many years located on Richmond Street, now they have moved to 1025 Elias Street, and their new space will be open to the public as soon as COVID restrictions allow it. Among other things promoted by FCG, there are also studios for rent and residency programs for artists.

Forest City Gallery is a non-profit centre. Their activities are made possible through government grants, sponsorships, and donations. FCG also works with a membership system. By becoming a member, you will be supporting the gallery and also getting a series of benefits like limited edition merchandise, preferred entry to workshops and an admittance to the annual Members' Show and Sale. Volunteering is also a great option to get involved with the Forest City Gallery, support our local artist community, and even get community service hours. As a small artist-run centre, they are always looking for more volunteers to help the project going. To learn more about Forest City Gallery and their programming, check their website: www.forestcitygallery.com.

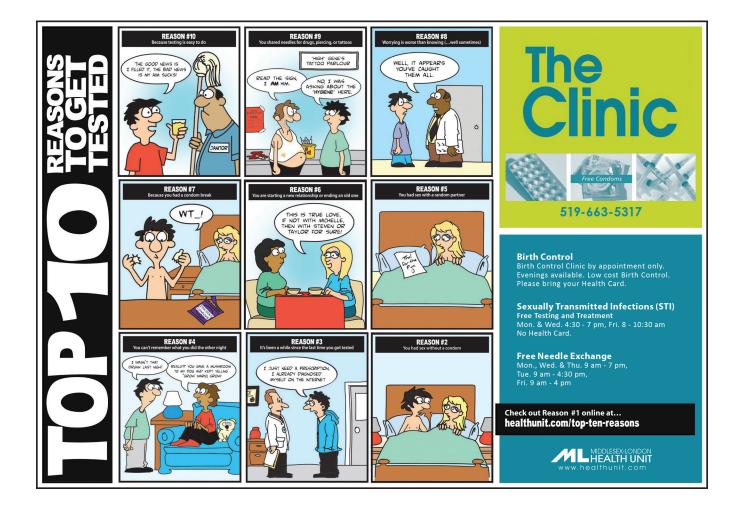


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L ondon, Ont. is officially Canada's first United Nations Educational, Scientific and Cultural Organization (UNESCO) City of Music. Nov. 8, 2021 marked the day that the designation was announced and Cory Crossman, London's first-ever Music Industry Development Officer, said a lot of work went into it.

"Going after a title like this was a key part of our music strategy, helping build and define our identity," said Crossman. "London has an incredible music community and has deep roots in music for decades and decades and decades and this designation is certainly a nod to that."

The process really started in 2014 before Crossman was hired. A music strategy was created because of London's roots and brought together a 25 member task team that worked to raise the profile of London and grow the music sector.

"In 2015, I took on the role as the Music Industry Development Officer, the



A large part of us being a music hub is the fact that we have over 1000 music students to study at post-secondary schools...

second in Canada. My role is to implement the London Music Strategy. By 2016, we hosted the Canadian Country Music Awards (CCMAs) for the first time, which was a massive event for us to host. We also hosted a number of provincial organizations over the past couple of years, but then I think hosting the Junos in 2019 was definitely a high watermark event."

Shortly after the designation came in November, the CCMAs were hosted in London again, this time amid a pandemic.

"We had hosted these high watermark events and that was a key factor in saying that we're a world city, that we're a city that can work on an international level."

Crossman said there was a three-year process to getting the designation. That time-frame goes from exploring more about the title to actually applying for it. Then, they were granted the title almost six years to the day from when they initiated the music strategy.

"It involves working with our national commission for UNESCO, gaming commission for UNESCO, it involves working with creative city network Canada and getting their support, and obviously working with community partners."

Another factor that played into the designation was the schools that are in London, producing great music students every single day.





PHOTOS: BRENDAN BEAMISH (LEFT), COURTESY OF CORY CROSSMAN (RIGHT)

"A large part of us being a music hub is the fact that we have over 1,000 music students to study at post-secondary schools between Western, OIART (Ontario Institute of Audio Recording Technology), and Fanshawe. So that's really what differentiated us from a lot of other communities, on top of the amazing artists, venues, recording studios, festivals, sound engineers that come from London."

The UNESCO Creative City Network consists of 295 cities. London now works with 58 other music cities around the world.

"We work collaboratively together to advance our cultures and our communities through music. So it's fundamental and our decision-making is baked into policies and decisions that we make as a city."

London now joins three other cities in Canada with creative city titles. Toronto is the City of Media Arts, Montreal is the City of Design, and Quebec City is the City of Literature. "If you think about those cities and how worldly those are, that's the level of communities that we're working with and the partnership of UNESCO Creative Cities that we're now a part of. So, it's pretty incredible."

As a City of Music, London has six pillars that it works towards: music incubation, growing the music and film sector together, creating an inclusive community for everybody, developing music exchanges within the network, the attraction and attending of different music conferences and events, and working within the media arts. As part of the music incubation and inclusive community pillars, they're focusing on creating opportunities for all genres of music.

This designation is huge for London and Crossman said when he woke up the morning of the announcement, it was like Christmas morning.

"I think it's huge. It's almost beyond description because it just keeps getting

bigger and bigger. It's really humbling to see that London was recognized and none of this would have been possible without the decades of incredible work that's taken place in London. We're stepping into a new era which is really exciting."

#### Ways to enjoy music this summer

London is home to many iconic music festivals, and this summer, the city is thrilled to welcome some of them back. Look out for a weekend of live Canadian music at Start. ca Rocks the Park (July 13-16), featuring July Talk, The Beaches and even Alanis Morrissette. If you're into folk music, check out Home County Music & Festival (July 15-17), which features an array of music and art vendors. Lastly, London will also play host to the Country Music Association of Ontario Festival & Awards (June 2-5), featuring a weekend of live music, culminating in a celebration at Centennial Hall where the very best in Ontario's country music scene will be honoured.



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THE SIX BEST MUSEUMS IN THE FOREST CITY

IAN INDIANO

From wonderful restaurants to marvelous parks, London has it all. And if you're the kind of person who likes more educational and quiet attractions, the city is also home to some great museums and historic sites. For the lovers of art and history, here's a list of the six best museums in London:

#### **Eldon House** 481 Ridout Street N eldonhouse.ca

This is London's oldest residence, and it has remained virtually unchanged since the 19th century. This historical site in downtown London was donated to the City of London in 1960, and since then it has been immaculately preserved with its heirlooms, furnishings and priceless treasures of the Harris Family, the original owners of the house. Besides being an excellent example of Georgian and Regency architecture, its gardens are considered among the most beautiful in the city.

#### 2 Banting House National Historic Site

### 442 Adelaide Street N bantinghousenhs.ca

Considered the birthplace of insulin, this house became home to Frederick Banting in 1920, when he decided to open a private practice in London. It was here where, at 2 a.m. on the morning of Oct. 31, 1920 that Banting wrote down the 25-word hypothesis that would later lead him to the discovery of insulin, for which he received the Nobel Prize in Medicine.

## The Royal Canadian Regiment Museum

### 701 Oxford Street E thercrmuseum.ca

This 1886 building officially became a museum in 1983, when it was inaugurated by Prince Philip, Duke of Edinburgh. It is dedicated to the exploits of the Royal Canadian Regiment. The museum teaches regimental history through its collection of documents, pictures, military artifacts, books, and more. Here you will find an impressive collection of tanks, weapons, uniforms, medals, military equipment, and musical instruments dating from 1833 to today.

## London Children's Museum 21 Wharncliffe Road S londonchildrensmuseum.ca

Focused on the educational and social development of children through interactive experiences, the London Children Museum was the first of its kind in Canada when it was inaugurated in 1973. Here you will find immersive environments and hands-on activities that will allow any kid (or kid at heart) to explore history and heritage, science, social relationships, art, and culture.

## **Museum London**421 Ridout Street N museumlondon.ca

Museum London is an art and history museum located in the margins of the Thames River. Displaying paintings by The Group of Seven to conceptual pieces of contemporary art, Museum London has one of Canada's most important art collections, and one of the most significant historical artifact collections in Ontario. Museum London promotes art and history through public and educational programming, special events and exhibitions.

lankindiano

## Museum of Ontario Archaeology

### 1600 Attawandaron Road archaeologymuseum.ca

This museum will take you back in time to 12,000 years ago as you explore the history of First Nations peoples in Canada. Using archaeological artifacts, you will uncover the evolving technologies and culture of thousands of years ago. This museum also has an amazing outdoor space, where you will find the Lawson Site, a 500-year-old village where over 30,000 artifacts were discovered. There you will discover a reconstructed longhouse built alongside the Medicine Wheel Garden. Finish your day with a hike through the forest covering some un-excavated areas of the site.

## HOW AN UNDERGROUND EVENT BECAME A CITY-FUNDED CELEBRATION OF MUSIC

**DEE-DEE SAMUELS** 



PHOTO: COURTESY OF MATT KNILL

M att Knill, a former musician and music promoter in St. John's, Newfoundland thought he was being quite the rebel when he began a series of outdoor porch concerts in his Woodfield neighbourhood in 2013. Being new to London, he found the art scene was somewhat invisible and could not see himself reflected in it. Lightning struck one afternoon while he and his friends were enjoying the Home County Folk Festival.

"I was sitting with some friends and I thought, 'you know, I have amplifiers and microphones and my one friend is a graphic designer and my other friends plays guitar...' I thought, we can do this with just the four people right here," said Knill.

And so the beginnings of the famous Woodfield Porch Concerts were born. For the first few years, Knill said that the concerts were simply called "[Name of artist] Plays our Porch" and was a bit of a guerilla, underground event, where the city wasn't directly involved, created as an outlet for younger art scene folks. But the reach of the music and the effect the concerts had on the community was something Knill did not see coming.

"Truthfully, I didn't expect it would have such a positive reaction from the older, more established members of the community." Instead of being offended, Knill said neighbours pulled up with lawn chairs and asked if they could sit and listen. Within the live, intimate environment, they found a place. Even Knill, for the first time, started meeting his neighbours; an active thriving community was emerging from the soft pillowy malaise of suburbia. Disconnection was replaced with buzzing energy, emotion and connection through the music.

The "Plays Our Porch" concerts went on for two years until a friend of Knill's, who worked for the city, informed him that there were grants available to help fund events like his porch concerts, concerts that up until then were being paid for by a quick whip around of the hat at the end of the night. Knill applied, and was successful. In 2015, the Woodfield Community Porch Concert Series was up and running with Knill at the helm. The grant was used to facilitate four concerts over two years in the Woodfield neighbourhood. According to Knill, the response from the community was overwhelming. People gathered where they had never gathered before, children played together that had never played together before and the atmosphere seemed to all be fuelled by the energy of live music.

In 2019, Knill re-applied for the grant but unfortunately was not successful. But not surprisingly, in 2020, during the lockdowns,

Knill applied again, winning the most votes from the community ever received in the London Central area through the Neighbourhood Decision Making campaign. It seems COVID reminded us of the need to physically connect to each other. One cannot live by Zoom alone. Music, we can all agree, is a glue that holds us all together, connecting all our stories by creating our communities.

Knill emphasized that one of the strongest features of the concerts was its accessibility.

"One thing I always found was that live performance music often seems quite tied to bars for people between the ages of 18-30, resulting in more of an underserved population of older folks or people with families who don't often get to see live music," he explained.

Knill's commitment to this passion project seemed to have sparked a sense of duty in him to promote the benefits of accessible live music.

"The best thing in the world is when passers-by do a double take and say, 'Hey, what's going on there?'" said Knill. "People started realizing that art in the community was important."

Knill recalled a moment when a woman passed by his home pushing a stroller.

"Mommy that's where the music is!" her child shouted, according to Knill. Another time, Knill recalled when a very elderly gentlemen asked, "Excuse me sir, can you tell me when the next concert is please?"

The concerts were actually becoming and creating landmarks, solidifying memories in the community, improving the quality of life for all.

The 2022 concerts were renamed London's Neighbourhood Porch Concert
Series. Their future goals are to hold concerts in different neighbourhoods and for locals to host/offer up their porch for a concert. There are also exciting opportunities to gain work experience or volunteer. London's art scene is evolving and this series is soon to be a thriving mainstay in London life. Ultimately, the porch concerts aim to remind us that music belongs to everyone and should be accessible to all.



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Use the **Fanshawe Pathway Database** https://transferagreements.fanshawec.ca and scroll down to University of the West of England Bristol.

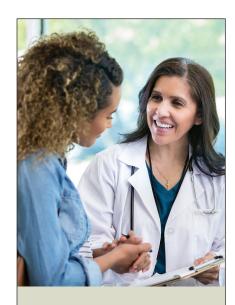


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## WHERE AND HOW TO TAKE THE PERFECT INSTA-WORTHY PHOTO IN LONDON

AISHA JAVAID

Is it still trendy to take pictures of our fancy meals and post them? How about having personal accounts for our pets? Is using the filters Sierra or Mayfair still a thing? Today, brands and individuals are creating and sharing content on social media to network and promote their products. With influencers and various social media platforms emerging, it's become crucial for everyone to pick up on trends when producing images or videos.

Luckily, London is home to countless picturesque locations, from aesthetically stylish restaurants to gorgeous riverside views.

"I think that right now, in social media, there's lots of photos today with shallow depth of fields," said Brendan Beamish, videographer and photographer for the Fanshawe Student Union (FSU). "So, where you're pretty much just putting the subject and focus on having a blurry background, those catch people's eyes most immediately."

Fashion shots really benefit from a shallow depth of field. Some of the best places to take a photo of your OOTD (Outfit of the Day) might be in front of the graffiti wall located in the alley by Spaghetti Eddy's on Richmond Row. The shallow depth of field will highlight your look, and the blurred artwork in the background will create a dynamic backdrop.

Beamish further explained that the most important camera feature is the exposure, and the complete visibility of the subject.

Many influencers and casual Insta-users alike prefer a consistent colour theme throughout their feed. When discussing colour patterns, Beamish said that today, having the same tone of colours and hues is a popular trend.

"Vibrant colours attract people's eyes, so people, like influencers, or people who try to advertise products, might use a lot of contrast in their photos because they want their images to pop!" he added.

Contrast is one thing, but finding locations in the city with vibrant colours to begin with also helps. Try the Bag Lady, a local breakfast joint located at 474



Downtown diner, The Early Bird, will also make for a dynamic visual backdrop, with brightly coloured paint and walls adorned with artwork and rock n' roll memorabilia.

Pall Mall Street in London for a colourful, eye-catching restaurant shot. The turquoise walls and colourful array of aprons on the walls make for a pastel treat for the eyes. Downtown diner, The Early Bird, will also make for a dynamic visual backdrop, with brightly coloured paint and walls adorned with artwork and rock n' roll memorabilia.

Beamish has also experienced different tones and shades when people prefer a specific mood to their photoshoots.

"If people are going for a more emotional look, they'll have moody tones or darker colours, with less contrast."

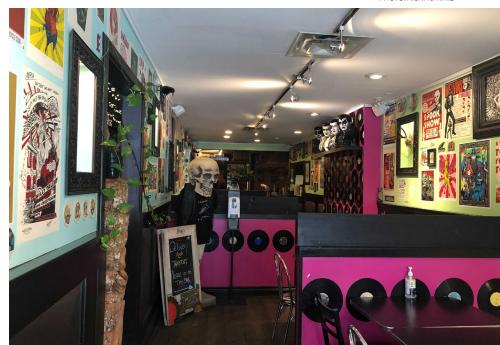
While you can absolutely modify the tone of your image using editing techniques, you can also try visiting moodier settings, such as the Sifton Bog or historical buildings at Western University.

As we scroll through our Instagram feeds, the quality of images differs from seeing professional photoshoots to unedited selfies to filtered images with surreal features. Beamish advised anyone interested in building their social media profile to become familiar with different camera lenses.

"We still take pictures of our food, even 10 years after Instagram first started making that popular, and we still take selfies. You should know what you're doing and take photos and understand why they work. I think a lot of composition aspect comes when you have a camera that you can use different lenses for so you're knowing what to look for, you're going for a certain look, as opposed to just pulling out the phone and snapping a picture," he said.

With these tips, your next #ldnont Instagram post is just a click away.





## FANSHAWE VS. WESTERN: ON-CAMPUS EATERIES

**AMY SIMON** 

A lthough Fanshawe and Western share no historic rivalry, students at both institutions have some strong feelings about where they're getting their next meal. So, we're exploring what's available for students in terms of quality in order to find out which institution has better on-campus eateries.

Through a number of subcategories, students who have studied at both Fanshawe College and Western University shared their opinions as to which campus has the best options when it comes to food. The results are listed below:

#### Coffee

Caffeine is a big need for students. In terms of variety, Western takes the cake with two fully functional Starbucks in the University Community Centre (UCC), a Tim Hortons, and not to mention the café located at the iconic Spoke. This selection kind of puts Fanshawe's limited Starbucks branded café and kiosk at the Oasis in the Fanshawe Student Union (FSU) building to shame. While Fanshawe's main campus does have other options, such as a full Starbucks and a Tim Hortons as well, both have remained closed since the start of the pandemic. However, in terms of wait times, Fanshawe comes out on top. Those coffee lines at Western have been said to leave students little to no time in between classes. For Fanshawe, having such a small location for a caffeine pick-me-up, the wait times are never very long. Plus, every 10th coffee is free at Oasis with a stamp card. But, in the end, and in terms of variety, the Mustangs win this category.

#### **Breakfast**

It's the most important meal of the day, especially after pulling an all-nighter studying for midterms. And there's nothing better than having a huge menu to pick from. So as a Falcon myself, it pains me to say that Western might take this category as well. At the café in The Spoke in the UCC, there are a large variety of bagels and cream cheese to pick from and even non-Mustangs know that Spoke bagels are legendary. Not to mention those breakfast

options at Starbucks and Tim Hortons. At Fanshawe, there are only a select number of breakfast options located in Oasis, such as the greasy-spoon fare of Sunny's. But for a quick morning bite, nothing beats a Spoke bagel sandwich.



Whether you're craving Mexican, Italian, or even just a simple cheeseburger, Oasis has it all in one location. There's a fresh sushi bar, a customizable pasta and stir fry bar, and even Boxcar Donuts on Thursdays for a weekly dessert, all within arms reach.

#### **Sandwiches**

Speaking of sandwiches, Fanshawe is officially on the board, pulling away as the winner in this tight race. The main reason is for the Carvery and Bakery, located in A Building and their customizable artisan sandwiches. Using premium, fresh ingredients, their slogan of "making sandwiches GREAT again" trumped the other campuses' options when it came to the student voting. However, this was a close call, specifically due to the nutrition program available at Brescia College. In a similar 'make it your way' style, this sandwich bar in the dining hall has been praised for its highend ingredients, cheap price, and quick service. But, in the end, Fanshawe wins this category by a hair.

#### Dinner

For this category, it really came down to quality over quantity. While Western does have a variety of locations as well as options, Fanshawe's Oasis outshines them all. Whether you're craving Mexican, Italian, or even just a simple cheeseburger, Oasis has it all in one location. There's a fresh sushi bar, a customizable pasta and stir fry bar, and even Boxcar Donuts on Tuesdays and Thursdays for a weekly dessert, all within arms reach.

#### Grab and Go

This next one is all about preference. While Oasis at Fanshawe is good for a lot of quick options in one place, it can get busy. Western has a lot of options spread throughout the entire campus, it's just a matter of factoring in the walking distance into your schedule. You can get a simple bag of chips anywhere, so there is no clear winner in this category due to the fact that these simple snack options can be found anywhere on either campus.

#### The Spoke vs. The Out Back Shack

The battle of on-campus eateries wouldn't be complete without these two bars. While both have amazing and similar menu options, this category really boils down to social atmosphere. The Spoke is filled with a lot of history, one that can be read within each carving engraved on every table in the tavern, leaving it almost as famous as the University itself. However, The Out Back Shack is always filled with events and live music "highlighting Fanshawe talent." For these reasons, and many more, this last and final category has landed on a tie. What it really comes down to is which one your friends are at.

It looks like the Fanshawe Falcons and the Western Mustangs have tied overall. In the end, food and culture are both important aspects of the college and university lifestyle. While this battle left no clear winner between the institutions, it's safe to say that no matter which campus you visit, there are affordable and delicious options available for everyone.





## GOOD FOR WHAT ALES YOU: EXPLORING LOCAL BREWERIES

**BRAD KRAEMER** 

Part of what makes every town or city unique are the businesses they have within their core. What a community produces can become their identity. That typically works on a larger scale like Leamington, Ont. and the tomato processing factory for example, but it also applies to smaller businesses, like Blyth, Ont. and Cowbell Brewing Co. Many cities or towns have their own breweries and can be a popular spot for both locals and tourists to visit. So what does London Tourism suggest?

#### **Anderson Craft Ales**

Anderson is a family-owned, independent craft brewery out of Old East Village. Anderson Craft Ales focuses on crafting small-batch, handcrafted premium hop-based ales, and offers cans, kegs and growlers. There's also a tap room that sells beers by the glass or flight and they host tours and community events in their refurbished industrial building. Anderson Craft Ales has a very friendly and relaxed atmosphere and is worth checking out.

#### **Forked River Brewing Company**

Forked River Brewing Company is London's oldest craft brewery. Three local, award-winning home brewers teamed up to bring The Forest City the beer it deserves. Forked River Brewing Company is always brewing up something new and continues to serve up consistent and flavourful, seasonal brews made with care in the traditional craftsman manner with all natural, quality ingredients. The newly expanded taproom is family friendly with games and crafts for kids. It's the perfect place to enjoy a flight or glass while spending time with family and/or friends.

#### **Toboggan Brewing Company**

This family owned and operated craft brewery is located in the heart of downtown London right across from Victoria Park. The name "Toboggan" comes from the London history of being a tobogganing mecca in the late 1800s. They have a rotating number of seasonal brews that change regularly so there's always something new! The adjoining full service restaurant is the perfect place to bring your friends, family or co-workers as they can host events from two to 200 and focus on making as much food with local ingredients as possible.

#### **Labatt Brewery**

I have a feeling you may have heard of this one before. Labatt Blue pilsner is the best-selling Canadian beer around the globe. Labatt Brewers of Canada have been shaped by close to 170 years of brewing excellence and commitment. Labatt's unwavering commitment to delivering superior products to their customers is achieved by using only the finest ingredients and time-proven methods to brew some of the best beers in the world. Book the Labatt Brewery Tour right here in London and experience how an iconic Canadian beer is made.

#### **Powerhouse Brewing Company**

Powerhouse Brewing Company is a focal point for 100 Kellogg Lane. Brewing five core brands as well as local collaborations and seasonal brews, there's always something new to try or take home. Their beers, paired with classic pub fare and rotational comfort food specials makes Powerhouse a destination in Old East Village for a nice lunch or a night out.

#### Beerlab!

Located in downtown London, this small batch brewery is not to be missed while you are on your outings to meet friends, dates, or before and after an event at Budweiser Gardens! Brewed by the Denim Brothers themselves, Beerlab! is a London gem you'll remember in the Forest City.

#### **Curley Brewing Company**

Established in 2017, Curley Brewing Company is a nano brewery located in London's Hyde Park area. Curley Brewing is London's first and only plant-based brew pub offering house brewed pints and flights and a delicious vegan menu full of your favourite classic pub food. Curley's also offers house brewed kombucha on tap, locally roasted pour-over coffee, and so much more!

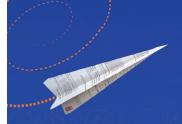
#### **Dundas & Sons Brewing Company**

Another brewery located in Old East Village, this nano brewery serves the Forest City with locally sourced organic craft beers, wines, spirits, cocktails and food. Look out for their featured local talents in support of music and art in the area.

#### Storm Stayed Brewing Company

A small, community-oriented craft brewery that believes it takes more than just quality ingredients, sound science and innovative techniques to make a brewery special. They are proud to warmly welcome all of those who visit the modern, dogfriendly(!) taproom or patio. Stop by for a while or grab some super fresh cans to go.





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## RANKING LONDON'S BUBBLE TEA SPOTS

JESSICA GOULD

B ubble tea, or boba, is an iconic Taiwanese drink featuring tapioca pearls and tea. There are countless spots to grab this delicious drink throughout the city, but we've narrowed the very best and even pinpointed the best drinks to try. Happy sipping!

#### Presotea

### 717 Richmond Street Author's Pick: Toffee Brulee Milk Tea

This stop for some bubble tea can be found on Richmond Row. In its brightly coloured shop you will be taken aback with the expansive menu available including slushes, cheese clouds, and freshly brewed fruit tea options.

#### The Alley

#### 735 Wonderland Road N Unit 15 Author's Pick: Apple Of My Eye

With a modern look, The Alley specializes in beverage aesthetics and that could not be more true. It makes for a captivating environment to enjoy a drink from any of their Lulu fresh fruit series, Snow Velvet series, or shop owned specialties including the 'Apple Of My Eye.'

#### The Whale Tea

#### 209 Dundas Street Author's Pick: Coconut Milk with Blue Crystal

Not only are the drinks here rich in flavour, but in visuals as well. Whether on a solo run for boba or with friends, The Whale Tea is sure to be a picture-worthy spot to enjoy a refreshing drink.

#### **Teavolution**

#### 208 Piccadilly Street Unit 2 Author's Pick: Matcha Milk Tea

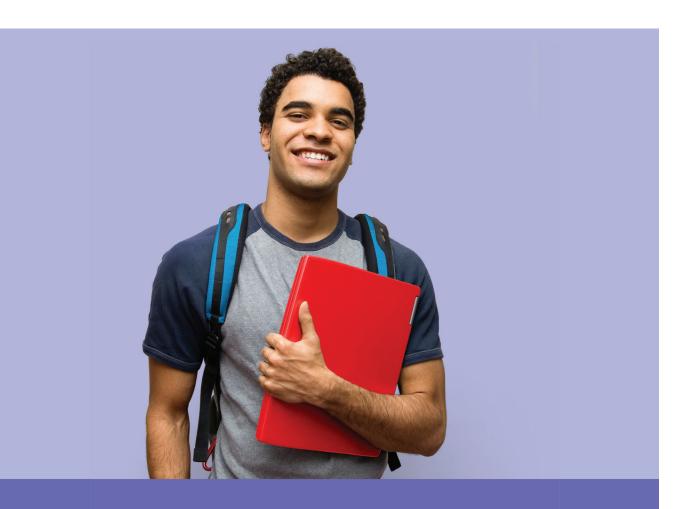
Teavolution is a stop also close by if you find yourself nearing Richmond Row. While sipping on boba and enjoying the neon aesthetics, this is a great stop to grab a drink while running errands in downtown London.

#### Real Fruit Bubble Tea

#### 1680 Richmond Street Author's Pick: Mango Diamond Slush

If you're shopping at Masonville Place Mall, you're bound to work up a thirst. Hitting up the Real Fruit Bubble Tea shop is a perfect treat after a day at the mall. With fresh juice and smoothies, the Mango Diamond Slush is a great choice on their House Special menu.





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## ILLUSTRATION: DYLAN CHARETTE

## **BUILDING THE PERFECT** PICNIC WITH FOOD FROM **LOCAL LONDON RESTAURANTS**

JESSICA GOULD

With limitless activities and scenic areas to explore, it only feels right to make a perfect picnic kit for a perfect day out in the beautiful Forest City of London.

#### Food — Black Walnut **Bakery and Café**

#### 724 Richmond Street and 134 Wortley Road

Black Walnut is a wonderful start to crafting the perfect picnic. With bread baked fresh daily, you can have the option of ordering a loaf of bread ahead of time and making sandwiches at home or walking into the shop and ordering a delicious ham and cheese sandwich.

#### **Drinks** — Sugar Marmalade

#### 735 Wonderland Road N

With the need for a delicious drink to go with your sandwich, Sugar Marmalade is the place to go. Specialty drinks include Dalgona whipped coffee milk tea, creamy strawberry milk tea, Italian sodas, and much more. With a variety of sweet drinks to choose from, your picnic will surely be a hit.

#### **Snacks** — Chung Chun

#### 750 Richmond Street

What's a picnic without some snacks? Chung Chun rice dogs offer a variety of meat lovers and vegetarian Korean-style hot dogs. With the choice to top your dog with sweet potatoes, ramen chips, flakes, and a list of sauces, you can't go wrong with this incredible street snack.

#### Treats — Chil Frozen Yogurt Bar

#### 620 Richmond Street

Finishing off a delicious day requires a tasty treat. Chil Frozen Yogurt Bar declares they have Canada's largest topping bar for all of your 120+ topping needs. End your picnic eats with a glorious slice of cheesecake, a warm slice of pie, or of course, a bowl of frozen yogurt.

The possibilities are endless to explore and find local eats in your London community!





Ensure you are up-to-date on the latest COVID-19 restrictions before you shop, dine or utilize services.

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#### **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 Ihsc.on.ca/mental-health-

care-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/programsservices/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/ campus-services/health-services

## COVID-19 TESTING AND VACCINATION

- Western University
   uwo.ca/coronavirus/testing.html
   Testing available to Western
   students, staff and faculty. Visit the
   website for more information.
- Fowler Kennedy Medical Clinic 519-452-4230

Testing available to Fanshawe students and staff. Call the clinic to schedule a test.



Middlesex-London Health Unit healthunit.com/novel-coronavirus Refer to the MLHU website for the most up-to-date information regarding COVID-19 vaccinations.

## 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.

## MULTICULTURAL CENTRES

 Western International international.uwo.ca
 1151 Richmond St. (Western University)  Fanshawe College International Centre fanshawec.ca/international 1001 Fanshawe College Blvd., Room E2025

London Multicultural Community Association (LMCA) londonmulticultural.com

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

London Cross Cultural Learner Centre (CCLC) lcclc.org 505 Dundas St.

## 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

**NAVIGATOR** 

Interested in contributing?
Contact Hannah Theodore, Editor:

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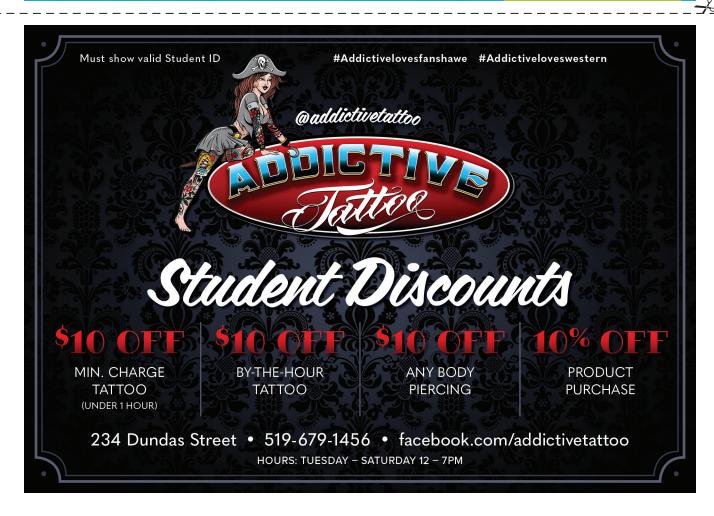
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#### **Habitat Heartland Ontario ReStore locations:**

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.

St. Thomas: 5-280 Edward St.

Simcoe: 29 Park Rd.

Woodstock: 1058 Parkinson Rd.



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