

THE DISPATCH

Student Life | School Events | Calendar Updates

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FLOW INTO THE FALL

Fatema Sadriwala

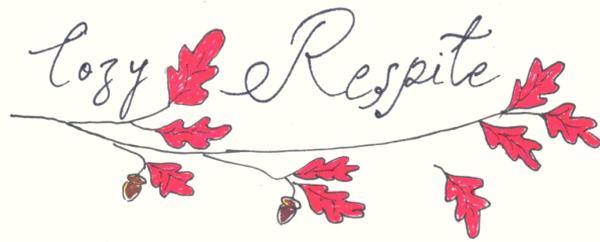
As the late summer faded into fall, the newcomers at Brock University entering the Goodman MBA program, geared up of a rather special event, the seniors and Graduate Student Council organized on September 13, 2019. The rustic indoors of Swiss Chalet welcomed a group of 127 new Brock students who stood excited and prepared as they were to meet their predecessors. Looking forward to a new world of possibilities, every entrant walked in thrilled and eager, the way you are when visiting a 'doctor'.

"Embrace yourself as you are about to unleash a whole new world of possibilities. This is the best platform to uncover your true potential. As you stand in the crowd now, here is your chance to stand out."



You want them to catch your pulse and give you an authorized validation that you are in the right place at the right time. Too much being said already without any proof, hold on, let me tell you about my experience or rather the enhanced understanding I could gather about the world that I was to call home for the next few months to come. Yes, it's true that I, and probably most of us, were suffering from the same strain of anxiety and pressure after all it was a big expensive decision. Questions like; is this the right University to be in, what is this course like, what are we to expect as our future options, most importantly is this the right fit; haunted all of us. But thankfully there they were, these doctors, as I call them, our seniors, our experienced alums, welcoming us through the gates with smiling faces and warm gestures into this new world. They were all happy to have organized this small yet greatly impactful event. It made me to think to myself, they seem happy, I might be too. That's how our very first meet and greet, The Fall Social event began. The event arena was strategically organized to facilitate smooth communication, networking and socialization between the two generations of Goodman Graduates and to-be graduates. There were separate tables assigned for separate specializations with a senior in the specialization giving out doses of relief and clearing out clouds of suspicion for the new entrants, us. With their experience and advice, the evening graduated to insightful conversations. Complicated problems were addressed with the most practical approaches, almost like an aspirin that can garner you with instant relief. New perspectives were laid down with fluent transitions and delicious meals alongside glasses of pop and cheer. As for me, I felt more confident about my choice of specialization. It was now that I knew exactly what to expect from the course, at what pace things will come up, what I am up against and finally how I should integrate in this new culture and environment. From specific technical problems like subject briefs and professor reviews to broad applications like the current market stats and industry standards, every stray thought found a direction of focus. After what was a very informative session of question and answers, I walked out of the beautiful Swiss Chalet feeling relieved almost resurrected if I may say. I walked out with dreams of a new path that I had embarked on with the destination crystal clear. Here's a big thank you to all our seniors who with their expertise helped us get rid of all our grey clouds of skepticism. And for my mates, finally, welcome to Goodman School of Lemonade!

Cozy Respite



Let's pause a while and take a gander
At the crimson, golden splendor



Oh, that's right, it is the season
Which gives you plenty a reason

To fasten up that mackintosh
And go pick up your winter squash



Watch the trees fall far from its roots
Lace up tight those autumn boots

Look, the garden's lush with gnomes
All settled in your new homes?



Oh, fear you not the scholastic trials
When Tim's got tons of magic vials

Cocoa, Caramel, Pumpkin spice
Toss a coin or roll a dice



In maples fallen we badgers dive
Who are you among the Big Five?

Value monies, mind you, at the right time
Or come winter, you'll be a frozen dime



- Bhavishya Naidu

Jania Pinto

INWARD

**Autumn where leaves fall
Surely depicts the new rise of life.**

**A new beginning with a clean slate,
Beginning which is laid out at our feet.
A beginning that has too many uncertainties but can
be begun with positivity.**

**What is holding us back?
Is it the insecurities which give us fear?
Fear which gives us stress and the stress which leads
us to the land of nowhere.**

**Let us gift ourselves with success
Success to believe in ourselves,
Success by thriving hard each day, success by being
kind to ourselves
And to successfully fall in love with ourselves!**





THE THOUGHT TRAIN

I wake up every day, just for my 3 seconds. The ones when I am not awake and the ones when I am not asleep. There's something so peaceful about it. I am far from reality and dreams, not happy not sad, sheer 3-second peace.

And then the train starts, making herself loud and clear, a noise sharp enough to wake up the dead. Through the bridges and the jungles, as she goes, she envies the freedom of inanimate. But it's a new day a new idea and she is persistent to the hard labor.

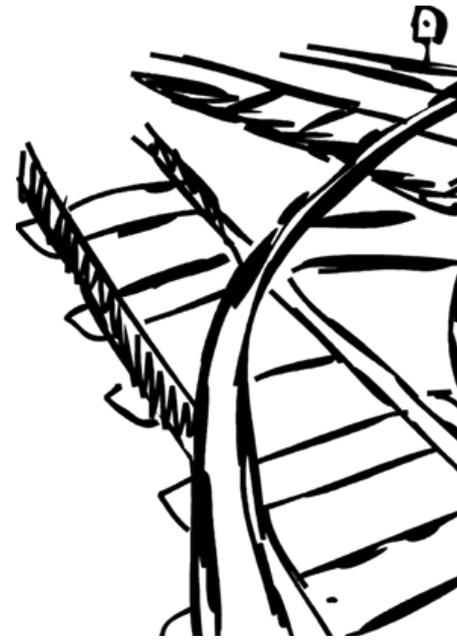
How did we get so busy and still found enough time to hate each other? All my fellow friends were someone else once upon a time. I see their disconnect. They work hard, harder and on the way back home when the wind blows, they look in its direction, just for a second they want to do something about it like it's taking them there, I think it almost did. Oh! but look your feet are still on the ground, where will you go? Therefore, the 'hate'!

The train knows how lucky they are, to be working hard for something they want to be, or they don't want to be or even to have that opportunity to make a choice in the first place. Of course, they don't know that as they were free souls once who took it upon themselves to transform into responsible beings. The train has seen the world, the poverty, the privilege, the tunnels, the meadows, your glitters, their dust. And so, she knows. She also knows when I find people living their lives, all so made up and shallow like the edge of the sea, they are just lost in the disconnect and so am I.

Off she goes far away, just to find that humans are not even happy in their happiness. They are afraid that they will get so happy at that moment that nothing would match up. Entering into the rain of dark, light, dark light-colored leaves she wonders if it's their true color. And they only show it once a year. Maybe they are just like people too, only coming out of their comfort to reveal themselves, when the change is around the corner.

So, I asked her what is the most important thing in the world anyone can have?? And she told me its freedom because it's the ability to do what you want but not anyone can have it. Pointing to the sea of dark coats, high heels, shiny briefcases, price tags which I was about to enter she asked me if all those people just happened to like working in those concrete buildings? The answer was clear, but we don't say it out loud. There are things we are supposed to do in this life, so we do them without realizing our ability to do what we want is getting chipped off, one blow at a time.

You enter into rooms, halls, classes, buses, stores, coffee shops, meetings, parties, funerals, weddings, sidewalks and you put up your best foot. Like everyone is watching you, all the time. I know you don't seek validation from every single person on the streets. You are very careful, you choose the people, you want to be judged by. Because, not everyone matters, if they did then nobody would have mattered. So, you choose very strategically. They are people that you have judged and thought of them as not nice, not pretty or smart, not confident but just different. And you feel hurt when you find, they don't think of you as different. You try harder. I know you are not vain because if you were, you wouldn't have been hurt. I know you don't want to have that drink that you are holding, the smell of that cigarette has already polluted you before you took it in.



My advice, nothing good happens at 12am when the clock hits 12 just go bed, the whistles of the train now feels like screams. God! does it ever rest? Tomorrow might be just as worse, but against all odds and all seasons, mankind has survived and so would you. Hope is in your DNA. Moon is big today, there goes my thought train, a giant machine, screaming into the night. So maybe there is something about this season that makes us do things, go with the wind but only to drop us. Maybe there's a reason they call it "The Fall".

Riya



Cooking issues amongst us!

The world has stopped cooking, not everyone, but most of us have. There was a time when recipes were passed from one generation to the other with pride. In our fast-paced life where we hardly find time for ourselves, how can we find time for cooking our favorite meal? just like our mothers used to cook for us. Each morning we wake up and rush the entire day to meet deadlines. Do you know who suffers the most? Our diet! Grabbing Harvey's burger or a slice of pizza from the Guernsey market is our solution for our hunger. And the reason for this selection of options amongst Brock University students: (a) Millennials don't know how to cook, (b) "I don't have time, I am in school".

Moreover, you can go hands-on by learning easy recipes and forget the crazy complicated stuff. Chicken, for instance, can be so versatile. There are approximately 25 different marinades you can try, and there's a different taste every time. Starting with basics, Salt & Pepper – that's it. Level up ahead and go with Greek-style marinade (butter, olive oil, lime juice, garlic powder, oregano, and Greek yogurt). Invest in appliances like rice cookers, don't burn your pocket and know how to do the job perfectly without any help. Try to make coffee for yourself each morning, you will save yourself from long queues at Tim Hortons and Starbucks and you'll also save money (quite a lot every month). Please don't ignore Sandwiches – they are beautiful. They never ask anything other than some bread and meat/veggies patties and give us a feeling of fulfillment. 10 minutes and boom – you could make some of the tastiest sandwiches with minor alterations and eat them almost every day. For all the health freaks, they know it, how hard is it to cook and follow a diet regime, Isn't it? Chicken breast and Salad are their best buddies, and both can be prepared in advance and consumed throughout the week. For all my Indian friends, one-pot dals(lentils) with spices, tomatoes, onion, and ginger-garlic in a pressure cooker is the key.

Initially, it can be difficult to manage time and waste our precious weekends for something basic like cooking, but it's worth the effort because it saves you time and money, things which a student cannot compromise on. You learn a new skill set, you save your money, you save your time and you eat clean. Too much for too little the effort, congratulations, and Good Luck you future cooks!

Sukhpreet Kaur

Follow my handle \suklooksfood on Instagram and Youtube for useful cooking contents.

**EXPERIENCE.
MATTERS.**

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University

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