



THE MONTHLY NEWSLETTER OF
THE STUDENTS' ASSOCIATION OF KEYANO COLLEGE

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FEBRUARY 2021

CONNECT WITH SAKC!





February 2021

List of events and holidays in the college and around the world

MON

TUE

WED

THU

FRI

<p>1</p> <p>Monday Mood VKL Session</p>	<p>2</p> <p>Black Culture Trivia Tuesdays</p>	<p>3</p> <p>From Anxiety to Calm Program</p> <p>Grass Method Skill Centre Workshop</p>	<p>4</p> <p>Movies for Mental Health</p> <p><u>International Day of Human Fraternity</u></p>	<p>5</p> <p>Trivia Friday VKL Session</p>
<p>8</p> <p>Online Games VKL Session</p>	<p>9</p> <p>Black Culture Trivia Tuesdays</p>	<p>10</p> <p>Ft. Mac Black Experience Roundtable</p> <p>Genius Chemistry Skill Centre Workshop</p> <p><u>World Pulses Day</u></p>	<p>11</p> <p>Virtual Student Town Hall</p> <p><u>International Day of Women and Girls in Science</u></p>	<p>12</p> <p>All About the Skills Center VKL Session</p>
<p>15</p> <p>Family Day No Classes</p> <p>Charades! VKL Session</p>	<p>16</p> <p>Reading Days</p>	<p>17</p> <p>Reading Days</p>	<p>18</p> <p>Reading Days</p>	<p>19</p> <p>Reading Days</p> <p>KGT 2021 Audition Deadline</p> <p>Let's Do Some Art VKL Session</p>
<p>22</p> <p>Practice Mindfulness VKL Session</p>	<p>23</p> <p>Black Culture Trivia Tuesdays</p>	<p>24</p> <p>Skill Centre Workshop</p>	<p>25</p>	<p>26</p> <p>KGT Live Announcement of Finalists</p> <p>Among Us VKL Session</p>
<p>Mar. 1</p> <p><u>Zero Discrimination Day</u></p>	<p>2</p>	<p>3</p> <p><u>World Wildlife Day</u></p>	<p>4</p>	<p>5</p>



BLACK HISTORY MONTH 2021

THURSDAY, FEBRUARY 4TH, 12PM

Movies for Mental Health: The Beautiful Black Man by Calvin Walker

“Mitchell has the unique ability to grow flowers from his scalp. His father trained him in the painful art of plucking in order to conceal his gift – his curse. However, the arrival of a new woman in his life, Vera, might be just the thing he needs for the glory of his garden to be revealed”

Content heads up: intergenerational trauma, cultural and structural racism, self-harm, images of slavery

To register, email wellness.services@keyano.ca and indicate which session you'd like to attend. A follow-up email with Zoom link will be sent.

WEDNESDAY, FEBRUARY 10TH, 12 PM

Roundtable Discussion: The Fort McMurray Black Experience

Watch as renowned community activist, Kg Banjoko, along with select Keyano staff and students, engage in an open and honest discussion surrounding the Black experience in Fort McMurray, and ways in which allies can do their part to support Black voices. Video will be released for viewing.

BLACK HISTORY MONTH 2021

Happening All Month!

Trivia Tuesdays: Black Culture

Open all day on Tuesdays, test your knowledge of Black history & culture. Winners will receive prizes. Look out for the Kahoot Game Pin and instructions each week.

Black History Month: Virtual Library Display

The Keyano College Library is celebrating Black History Month 2021 by highlighting books, videos, and articles that aid in acknowledging and reflecting on Black history.

Check out the virtual display here:

<https://keyano.beta.libguides.com/BlackHistoryMonth>

Employee Highlights: I Am Black Excellence

In celebration of Black History Month, each week we're highlighting a Keyano College employee. These employees are fearless, driven, and incredibly bright. Collectively, they exemplify the vastness and richness of Black excellence.

Daily Inspirational Quotes

Each day during Black History Month, we'll be posting inspiring quotes from powerful Black leaders from Toni Morrison, Angela Davis, and Martin Luther King Jr. to pop culture icons including Michelle Obama and Viola Davis. These leaders have shared thought-provoking ideas that have forever impacted us and continue to encourage us.

We know
you've got

TALENT

Register Now!

All contestants must complete the online registration form to join!

bit.ly/joinkgt2021

AUDITIONS ARE OPEN NOW

Recorded videos can be submitted online **UNTIL**
4:00 p.m. on Fri, Feb. 19th.

Finals performance will be LIVE and
not pre-recorded on Fri., Mar. 12th.

KEYANO'S GOT TALENT

S E A S O N 2

We know you've got talent, Huskies!

Keyano's Got Talent Season 2 is back, online!

All contestants must register first before submitting their audition pieces.

Cash prizes to be won!

IMPORTANT DATES:

FRIDAY, FEB. 19

**Audition
Deadline**

Online - 4 PM

FRIDAY, FEB. 26

**Announcement
of the Finalists**

FRIDAY, MAR. 12

Finals

Live via Zoom & Facebook



AUDITION RULES:

- Only currently registered Keyano students are allowed to join
- Audition pieces can be from previous or recent recordings
- A student cannot have more than one audition entry
- Previous KGT 2020 top 3 are not allowed to participate
- Any form of cheating or manipulation will not be tolerated
- Any form of bullying or discrimination towards contestants, judges, and SAKC representatives will not be tolerated

For more updated information, follow us on our SAKC social media!

Virtual Student Town Hall

THURSDAY, FEBRUARY 11
12:00 - 1:30 PM
LINK VIA KEYANO EMAIL

The SAKC Executives are encouraging you to all to attend! If you have a topic that you think is important and would like to be discussed please email **Chioma** your SAKC President at president@sakc.ca by **FEBRUARY 8th!**

She will ensure your question is passed on to the Keyano Executive team and find your answers!

A MESSAGE FROM OUR PRESIDENT:

Dear Students

Keyano College is reaching out to invite you to a Townhall. As we are working more remotely, a Townhall gives us the opportunity to share information with you, and will give you the opportunity to share with us matters that might be important to you. Your voice is very important to us and we look forward to your participation.

*Kind Regards,
Dale Mountain
Interim President & CEO
Keyano College*



From **ANXIETY** *to*
CALM

.....
FEBRUARY 3, 12:00 P.M.
.....

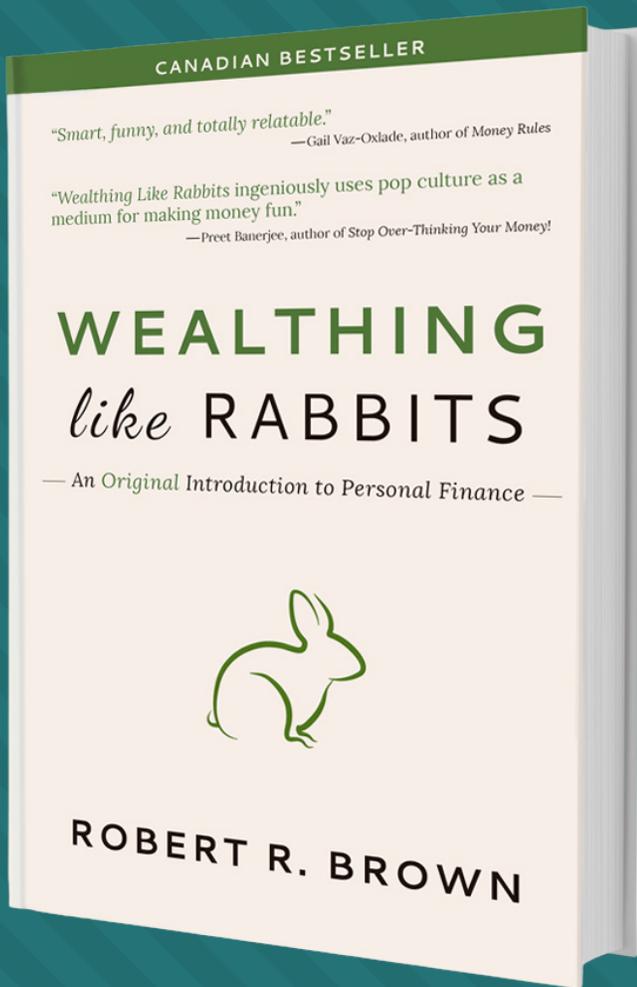
To Register, email: wellness.services@keyano.ca

From Anxiety to Calm

WEDNESDAY, FEBRUARY 3
12:00 - 1:00 PM
LINK VIA KEYANO EMAIL

Anxiety to Calm is an 8-week workshop that helps people learn more about anxiety, develop skills to manage and reduce anxiety, and experience more calmness.

Please email wellness.services@keyano.ca for more info and to register.



Wealth Like Rabbits

Robert R. Brown is the author of the Canadian personal finance book, *Wealth Like Rabbits – An Original and Occasionally Hilarious Introduction to the World of Personal Finance*.

Wealth Like Rabbits was released in September 2014 and quickly became a Canadian bestseller. Rob and his book have appeared on numerous financial television programs including MoneyTalks on the Business News Network. He has been featured in *The Globe and Mail*, *The National Post*, *Readers Digest* and in *MoneySense Magazine*.

Rob grew up in Peterborough, Ontario and now lives in Ajax with his wife Belinda.

Live tweet at #personalfinance #FLM2017@wealthingrabbit and @kawarthaCU

All Keyano students will receive a PDF copy of his bestselling book:
"Wealth Like Rabbits"
for FREE!

Check your Keyanomail for more info!

MONEY MINIS

Money Minis are short videos that will guide you with personal finance and money management!

SAKC is working with Robert Brown to share these Money Mini Videos on our social media platforms, so please stay tuned!

WHAT TO DO DURING THE READING WEEK?

STOP.

Before committing to any vacation or starting a new series, STOP! Reading Week is a time to catch up and you need to keep in mind that this week is not really a break. It's a trap!

THINK.

You already survived half of the semester! Congrats! But it's not over yet... Think about what you can do this Reading week to make your life a bit easier for the next hell weeks. Think carefully!

PLAN.

Plan your activities by level of priority. The MUST Dos, the COULD Dos, and the WANT TO Dos. Always leave the good stuff at the end so that you can reward yourself for not falling into the trap!

You can take the relaxed or busy path. Choose what works for you.



READ.

Read the chapters you missed. Read your course outlines and assignment instructions. You need to realize how much you still have to do.



ORGANIZE

Organize your schedule, your study desk, your closet and your life. This is your sign, your chance. don't waste it!



BREATHE.

Take a deep breath. You can do this. Walk around the park or trails to stretch your legs and clear your mind. Then go back and start working!



CATCH UP!

Getting left behind with quizzes, forums, and group projects? Catch up and take this chance to be on track!



REWARD YOURSELF

At the end of all the work, remember to pat yourself at the back. You deserve it! Maybe you can treat yourself to a day or two of doing anything you like. Most importantly, treat yourself with peace of mind with no regrets.

CAUTION: You'll regret not using your time wisely! This is the chance to make your life easier. Don't waste this opportunity!

In the end, you will only regret the chances you didn't take. Goodluck Huskies! You deserve this time to catch up and breathe!



LinkedIn Learning

for Higher Education

LinkedIn Learning provides our College Community with over 16,000 quality curated videos to support our employees with learning opportunities, provide faculty with video content to support classroom learning and provide students with access to supportive content to enhance learning objectives.

[Watch LinkedIn Learning for Higher Education overview.](#)

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- [Minimum System Requirements](#)

Visit LinkedIn Learning on [Keyano College website.](#)

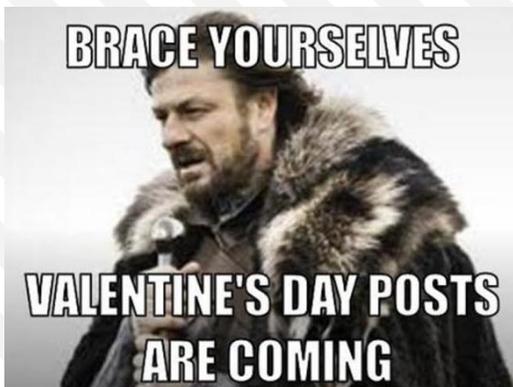




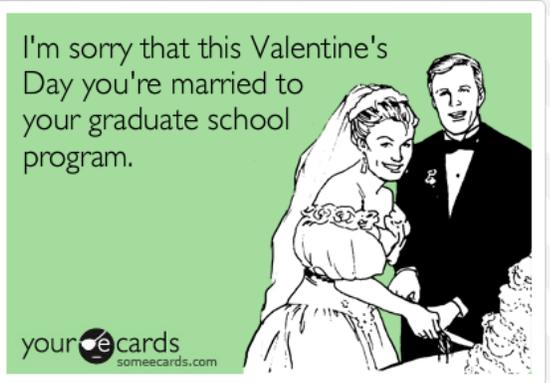
Happy Valentine's, Huskies!



Can we just go back to elementary school Valentine's Day 🥺🥺💔



When you see a Valentines day meme but you are still single.





KING'S LOUNGE

Interested in joining our King's Lounge Rebrand team?

Our first meeting will take place Wednesday, Feb 3rd online at 1-2pm. We will meet for an hour every two weeks.

For an invite please email Crischa at admin@sakc.ca.

Poutine Alert!

For anyone coming to campus - you can now order your favourite poutine online!



ORDER NOW!

sakc.ca/order



TALK TO

HOWL!

KING'S LOUNGE MONTHLY SURVEY

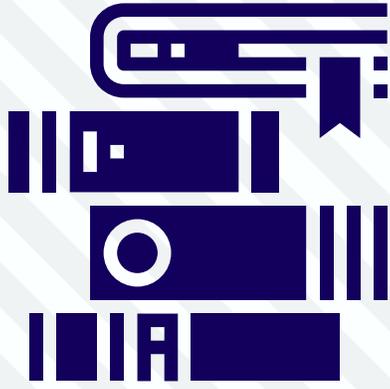
bit.ly/howltalkfeb2021

We would like to thank everyone who participated in our survey! We truly appreciate your valuable feedback. Follow our journey on our [Facebook](#) and [Instagram](#) at Kings.SAKC.

- Do you think it's time for a major renovation in King's Lounge?
- Should we keep the pool table in the Lounge?

CLICK THE LINK TO TELL US YOUR OPINION!





Used Bookstore

Shop our available books:

bit.ly/3gXr9yV

Email admin@sakc.ca to order and pay

The Used Bookstore has a lot of outdated books -
All students with books in the Used Bookstore,
please come before **April 30, 2021**, to pick up your
books, otherwise, they will be considered donated.

Email admin@sakc.ca to arrange pick up.



THE
ACADEMIC
SUCCESS CENTRE

Workshop

WEDNESDAYS

— 12:00 - 1:00 P.M. —

FEB. 3: GRASS METHOD

FEB. 10: GENIUS CHEMISTRY

Register at skill@keyano.ca

REACHING OUT TO OUR
Creative Huskies!



 **SUBMIT
YOUR
STORIES /
CREATIONS!**

**We will edit and publish
your work in our next
Howler issues!**

*You can choose where you would like us
to promote your content:*

**SOCIAL
MEDIA**

&/OR

**THE HOWLER
NEWSLETTER**

We encourage different types of content such as: literature, arts, crafts, photography, and other works that you would like to share to the College and the community!

#THEHOWLER

#SAKC

#KEYANOCOLLEGE

#KEYANOHUSKIES

#KEYANOSTUDENTLIFE

**Our goal is to
SUPPORT AND HELP YOU
CONNECT**

**to other people through
our platforms.**



If you are interested and would like to fill out a submission form, please email:

communication@sakc.ca

Our communication team will review your submission and discuss how you would like us to promote your creation.