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**LIFTOFF INCUBATOR**

The CCAWR incubator aims to support Black businesses, entrepreneurs and innovators.



**THRIFTING ETHICS**

Did you know that many clothes that are donated to thrift stores don't end up on the shelves? P10

**TIME MANAGEMENT TIPS P5**

UW athlete Charissa Virr trains between 12 to 18 hours a week, on top of classes.

**KW COMMUNITY FRIDGE P6**

CFKW moves to the Kitchener Market, with the addition of a new pantry.

**BRIDGE INSTALLATION P4**

The memorial saw orange ribbons alongside the red, honouring the lives of Indigenous children.





# Backpedaling on the Bike Centre

Why the centre is closed for the term



COURTESY FORMER BIKE CENTRE STAFF

Charlie Dickson  
Reporter

The University of Waterloo's Bike Centre has been closed for over a month due to "unforeseen circumstances," according to WUSA staff members and a sign on the centre's front door. However, the centre was operating for a few short weeks at the beginning of the fall 2021 term, until all of its executive staff quit.

The centre initially closed due to the pandemic in March 2020, despite staff saying that it qualified as an essential service. It re-opened in spring 2020, however, former Bike Centre coordinator Harold Lee said there were staffing shortages due to the lack of people on campus, as well as strife between the centre's volunteers and WUSA.

"Because of the pandemic, we could only have a limited number of people on the key list, which created a staffing issue from the previous year. People were genuinely uninterested because there was no longer much of a social aspect, with the possibility of interacting with other volunteers being diminished," Lee said.

In spring 2021, the centre experienced two floods that Lee said turned the space into "a biohazard" — the room's carpet had been soaked in rainwater and left to rot in the humidity. One of the centre's former mechanics who asked to remain anonymous said the team was shocked when they were getting the centre ready for the fall term.

"All the keys for the rental bikes were mixed up. We had to clean the whole shop, cut up the carpet and throw it out. There were no spare parts in stock, no tubes, cables [or] fluids," they said, adding that this was in part due to the negligence of certain staff.

In order to restore the

centre before the start of the term, Lee said he recruited an experienced volunteer whom he described as his mentor and "basically the Bike Centre himself." However, Lee said they were soon informed by WUSA that this individual was banned from the space without an explanation. Lee added that WUSA told them the ban was non-negotiable.

In response to Lee's remarks, a spokesperson from WUSA told *Imprint* in an emailed

response that: "WUSA is not able to comment on matters involving previous staff members but will note that we carefully consider the needs of our members, the quality of service we provide and the reputation of the associa-

tion as a whole when making decisions about those who represent WUSA from a staffing perspective."

This led to Lee resigning from his volunteer position at the beginning of the fall 2021 term, followed by his co-coordinator and five other executive volunteers. No executive staff were left to coordinate the remaining volunteers and WUSA shut down the centre on Sept. 17 — less than two weeks into the start of the term.

## Tensions in tandem

Located in the basement of the Student Life Centre (SLC), the Bike Centre has been operating on campus since 1995. Though initially an independent establishment under UW, in 2015, the Bike Centre became part of WUSA and underwent several operational changes.

According to Lee, these changes resulted in conflict between WUSA and volunteers about the Bike Centre's day-to-day operations and the nature of the centre itself. For instance, when the centre became part of WUSA, graduate students who wanted to volunteer were required to pay a fee to ensure they were covered under the association's insurance.

Lee said a difference in mindset was one of the main factors leading up to the centre's closure.

"They [WUSA] don't view the Bike Centre as important like we do. Many of us have a specific, idealistic way of running the service, because we are experienced, and WUSA doesn't appreciate that," he said.

The former volunteer mechanic also mentioned that there was a lack of communication between WUSA and the volunteers.

"Every coordinator has said that WUSA never listened to any of the suggestions made in their termly reports. No

PLEASE NOTE THAT THE BIKE CENTRE WILL BE CLOSED TEMPORARILY DUE TO UNFORSEEN CIRCUMSTANCES. WE APOLOGIZE FOR THE INCONVENIENCE.

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ALEXANDRA HOLYK

matter what the coordinators wanted to do, they were almost always shut down,” they said.

“There was an extreme lack of transparency between WUSA and the executive team,” the former mechanic continued. “They didn’t communicate with us in terms of why things were happening; they would just do it. We were left in the dark on many things. They wouldn’t reach out to negotiate. They didn’t even contact us after we had quit.”

“They didn’t communicate with us in terms of why things were happening; they would just do it. We were left in the dark.”

FORMER BIKE CENTRE  
MECHANIC

WUSA vice-president student life Catherine Dong acknowledged that there was conflict between WUSA and the Bike Centre, but explained that it was expected as is with any organization. However, she also mentioned that WUSA’s main goal since taking over the Bike Centre’s operations has been to improve the user experience for students and volunteers.

In response to critiques of WUSA’s management of the Bike Centre, Dong said they don’t make much sense.

“The Bike Centre closed because of unexpected staffing changes that meant that we didn’t have enough people to run the Bike Centre. The Bike Centre is WUSA — we didn’t say, ‘Everyone out of the Bike Centre, the Bike Centre’s closed,’ and the Bike Centre is not independent of WUSA, so infer what you will about what is and isn’t possible,” Dong said.

“The Bike Centre closed because of unexpected staffing changes...we didn’t say, ‘Everyone out of the Bike Centre’.”

CATHERINE DONG,  
WUSA VP STUDENT LIFE

#### The Bike Centre’s next ride

According to Dong, WUSA plans to re-open the Bike Centre in spring 2022, with preparations set to begin early next year.

“The only change is that we will be re-evaluating some of the internal operations and reviewing the layout to try to make it better for students,” Dong said. “We’re currently in contact with bike repair experts in the region to figure out the best way to offer an overall effective service.”

As WUSA looks to reopen the centre, the former mechanic offered some advice: “Keep the Bike Centre a service with student volunteers. Don’t use the Bike Centre to make money, and make sure the service to students is the top priority.”

Students that are interested in volunteering with the Bike Centre are asked to contact [bikecentre@wusa.ca](mailto:bikecentre@wusa.ca) for more information. WUSA said it will also post regular updates regarding the Bike Centre on its social media pages.



COURTESY FORMER BIKE CENTRE STAFF

In spring 2021, the Bike Centre experienced two floods and was deemed a “biohazard” by former coordinator Harold Lee due to the centre’s poor maintenance by certain staff.



COURTESY FORMER BIKE CENTRE STAFF

In preparations for the fall 2021 term, Lee and the former mechanic realized that everything was out of order — the keys to the rental bikes were mixed up and there were no spare parts available.

# Bridge installation honours the lives of MMIWG2S, residential school survivors

Rebecca Butler  
News Editor

Across Canada, Indigenous women and girls continue to face disproportionate levels of violence. To highlight this human rights crisis and raise awareness around the challenges faced by Indigenous communities, the Waterloo Indigenous Student Centre has set up an installation on the bridge between Environment 3 and St. Paul's.

Known as "Bridge: Honouring the Lives of Missing and Murdered Indigenous Women, Girls and Two Spirit People (MMIWG2S)," the installation honours those who have been lost.

At the opening ceremony held on Nov. 3, the names of several MMIWG2S were read out loud. Red pieces of fabric representing each person were tied to the bridge. This year also had the addition of orange fabric alongside the red, which honours the lives of children who were abused and

killed in residential schools.

The bridge memorial has been an annual event since 2016, when it was created for the 16 Days of Activism Against Gender-Based Violence at UW.

Dr. Sorouja Moll, a UW lecturer and the creator of the installation, spoke to Imprint about the origins of the project that began while she was completing her PhD in 2008.

"The number 520 was appearing over and over and over again in the news media as the statistic representing Canada's missing and murdered Indigenous women and girls. One afternoon surrounded by books, theories, and questions, I stopped and I asked myself: 'Who are these women and girls? Why don't we, why don't I know their names?'"

The following year, Moll continued to research the issue further and decided to launch a project to increase awareness.

"After much consultation and gathering of names, I made the names public by writing them on the streets of Montreal in chalk.

With the 'Writing Names Project,' I opened a site at which embodied performative acts could acknowledge, honour, and name those lives who have been silenced by systemic racism. We are now aware that the statistic is beyond 5,000 lives."

When Moll began working for the University of Waterloo, she brought the project with her.

"'Writing Names' was installed using chalk in 2015 at the Arts Quad on campus. The following year I organized a three-day Summit that brought together Indigenous and non-Indigenous researchers, scholars and artists and instead of using chalk to write the names, we wrote the names on red fabric and tied them to the bridge to create a more long-lasting counter memorial for public interaction."

Many Indigenous communities face socio-economic problems caused by colonization, including higher rates of poverty and mental health issues. Police have also been described as dismissive in many cases of MMIWG2S, suggesting systemic racial bias in the

treatment of Indigenous people.

Moll encourages all students to reflect and engage in the topic to learn more.

"Become involved with your local communities; for instance, volunteer for soup lunches at the Waterloo Indigenous Student Centre, attend the annual WISC Pow Wow, and deeply reflect about and connect to the histories and land upon which you walk, learn and play. As a student who began with a research question and now as a teacher, I believe it is vital that students learn, understand, and practice the agency they have toward change."

"In 2009, I was alone on the

streets of Montreal writing names; in 2021, the project gathers together Indigenous and non-Indigenous community organizations, students, faculty and staff to remember, to honour, and to know that there is indeed much work to be done. There is no success until everyone, everyone in this country is safe from harm, until every community has clean water to drink, until colonial violence is dismantled in every sector," Moll concluded.

The installation will remain open for two weeks and students are welcome to attend the closing ceremony on Nov. 19 at 1 p.m. to continue their reflection.



MAIJA DEVI SCHADE

## BlackBerry on Newsweek's list of the most loved workplaces for 2021

Anicka Bakos  
Reporter

Waterloo's BlackBerry, the company that was founded by former UWaterloo student Mike Lazaridis and one of UW's co-op program employers, is on Newsweek's America's Most Loved Workplaces 2021 list. The list comes out each October and features the top 100 companies that are recognized for employee happiness and satisfaction.

This year, Newsweek's list was produced in collaboration with the Best Practice Institute (BPI) — an independent research-based think tank that aims to recognize exceptional leadership, talent and management. The list was based on a survey of more than 800,000 employees from American firms as well as overseas companies with a strong presence in the United States.

The Most Loved Workplace criteria were based on employee feelings

of inclusion and respect, the company's alignment with the personal values of the employees who work there, the company's support in achieving results, and a positive vision for continuous improvement.

To make the final list, companies on the list also had to demonstrate a commitment to teamwork, collaboration, diversity and transparency, provide ample opportunities for employee advancement and career-building and be a good corporate citizen.

After the initial survey, Newsweek evaluated, scored and ranked each of the companies. For the Newsweek ranking, 35 per cent of the initial score was based on employee survey responses, 25 per cent was obtained from an analysis of external public ratings from sites such as Comparably, Careerbliss, Glassdoor, Indeed and Google, and 40 per cent of the initial score came from direct interviews with and written responses from company officials.

Newsweek then conducted additional research on every company that made the list as well as the runners-up before confirming the final 100 most loved workplaces — companies whose employees have an overwhelmingly positive feeling about their employer.

BlackBerry has ranked at 50 in the list. On Oct. 25, 2021, BlackBerry put out a press release acknowledging that it was featured in the Most Loved Workplaces List for 2021 and that the company is proud to be recognized for this achievement. Newsweek highlighted BlackBerry's new software mission, which has connected employees and executives better than ever before, calling the company a "big teamwork place."

Victoria Salim, an Account Manager with UW's Co-operative Education & Experiential Education program, works with BlackBerry on a regular basis to recruit co-op students. She confirmed that BlackBerry has participated in UW's co-op

program for quite a few years now.

Salim said her role as an Account Manager is to create a strong employer experience and build a relationship between the employer and UW, helping the employer with their recruitment strategy.

BlackBerry usually employs anywhere between 35 and 75 students each term, hiring from all faculties, reported Salim. She said that the two programs from which BlackBerry recruits the most students are Computer Engineering and Computer Science.

Salim noted that BlackBerry hires UW co-op students for a variety of different roles, including "Software Test Development Student, Security Development Student, CoreOS Test Team, Engineering Release Team Student, Data Scientist Student and UX Designer Student."

According to Salim, students have given her overwhelmingly positive feedback about their co-op work terms at BlackBerry.

"Students have rated their over-

all work term experience at BlackBerry extremely high. UW students have expressed satisfaction in the opportunity to learn or develop new skills, the opportunity to make meaningful contributions and the employer support that is available to them," Salim explained.

Salim also addressed UW's awards for co-op employers — as the Co-operative and Experiential Education (CEE) Impact Awards. BlackBerry got an Honourable Mention in 2020 for its Impact on Student Experience in UW's CEE Impact Awards.

"[The CEE] award program identifies employers who have made a demonstrated impact within their field and with our UW co-op students. The objectives of these awards are to reward our employers for the mentorship, learning and experiences they provide for UW co-op students and to award those UW employers that exemplify industry excellence," Salim explained.

# sports & health



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## Time management tips from a UW athlete

Anicka Bakos  
Reporter

Student athletes are known to have particularly busy schedules, and Charissa Virr is no exception.

Virr is currently in her second year of French studies at the University of Waterloo. She is also a new recruit playing on the Warriors women's basketball team this season.

As a student athlete, in addition to having a full course load, Virr trains between 12 and 18 hours a week. She typically does strength training exercises two to three times a week and has two hours of team practice every night. She also plays basketball games, in addition to attending team meetings and what are known as scouts or film sessions — where a game is analyzed in detail in order to learn another team's strengths and weaknesses as well as what can be improved as an athlete.

According to Virr, managing sports with academics is, more often than not, a balancing act. She noted that time is a valuable commodity — something she never seems to have enough of.

"Obviously, academics and basketball have the highest priority for me and so that often means missing out on social engagements or not having as much downtime in order to finish an assignment or go to practice."

Virr also mentioned that time management is an extremely important skill to have in order to function successfully as a student athlete and stressed that planning ahead is an important part of her routine.

"I write out at the beginning of my semester when I have tests, projects or assignments due, as well as my practice and game schedule, so that I know ahead of time what weeks are going to be busier than others. Then I can try to work ahead or just simply mentally prepare for the busyness of that week and not schedule any unnecessary social activities or events," Virr said.

Virr also said she makes lists of activities ahead of time in order to stay on track with her academics.

"I make a realistic list at the beginning of each week of the schoolwork I need to get done. I then make a rough schedule of what needs to be completed each day while leaving enough time for not just practice, lifts and games but also for recovery and meal prep. Having these times set aside in advance really helps."

Virr admitted that the hardest part about balancing sports and academics is getting enough sleep.

"Even though sleep is extremely important, it is often hard to get a healthy amount of sleep every night with such a busy schedule. It is definitely something I am still working on and trying to achieve," Virr said.

Virr added that her coach and professors are very supportive. Virr also said she feels supported by her teammates, knowing that they are going through similar stressful and overwhelming times.

"Our coach asks us to complete wellness surveys after every practice that get us to rate our levels of stress, fatigue, muscle soreness as well as our mood and sleep quality," Virr said.

Virr mentioned that although she tries not



SARAH MORASSUTTI

to ask for extensions on assignments, sometimes it's necessary to do so.

"Sometimes it can be too much to get assignments in on time and so asking politely and professionally for an extension is the only thing you can do. I think if you are in good standing with your professors they are more likely to grant you an extension."

Virr also mentioned that she has no qualms about using some of UW's student resources when needed.

"I have used the writing centre for help with papers as well as tutoring resources for various classes. These resources are helpful in regards to prioritizing areas that are weaker in my academics," Virr said.

Although her downtime is limited as a student athlete, Virr said she does make it a priority to relax whenever possible.

"Often I use my downtime as a reward for finishing a certain amount of schoolwork or if I am feeling tired, I reward myself with a nap."

**imprint**  
**THIS WEEK IN ATHLETICS**  
GO BLACK GO GOLD GO BLUE  
WATERLOO WARRIORS

**HOME OPENER BASKETBALL**  
NOVEMBER 10 | TOTZKE COURT  
(W) 6:00 PM (M) 8:00 PM  
**VS WINDSOR**  
WATERLOO ALUMNI DAY  
Carl Totzke COURT DEDICATION CEREMONY

**W VOLLEYBALL HOME OPENER**  
**VOLLEYBALL**  
NOVEMBER 12 | TOTZKE COURT  
(W) 6:00 PM (M) 8:00 PM  
**VS WINDSOR**  
YOUTH VOLLEYBALL DAY DONOR APPRECIATION DAY  
ALLIANCE | "WE ARE ONE" GAME  
NOVEMBER 13 | TOTZKE COURT  
(W) 6:00 PM (M) 8:00 PM  
**VS WINDSOR**

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7:00 PM  
**VS GUELPH**

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### WARRIOR INSIDER

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**ATHLETES OF THE WEEK**  
WATERLOO WARRIORS  
**MIKAYLA SCHNARR**  
HOCKEY HEALTH STUDIES  
**TRE FORD**  
FOOTBALL RECREATION & LEISURE



Nicola Rose  
Managing Editor

As consumers become more aware of the environmental impacts of the fashion industry, they are seeking alternatives to participating in fast-fashion and hyper-consumptive shopping cultures.

Thrifting, in particular, has seen a major increase in popularity over the last decade. Thrift stores across the Kitchener-Waterloo region and beyond have expanded in both size and number.

Though debates around the ethics of thrift stores are raising important points about



## Thrifting in Waterloo

overconsumption and textile waste [see page 10], second-hand shopping is an important strategy in combating the effects of climate change.

If you are interested in exploring some of the best second-hand stores in the region, here is a list of some of the top places to thrift in Kitchener-Waterloo.

### Value Village

There are three Value Village locations in KW: one in Waterloo at 330 Farmer's Market Rd., and two in Kitchener — one at 50 Gateway Park Dr. and one at 120 Ottawa St. N.

All these stores have a wide range of items, including clothing, books, household items and more, sold at relatively low prices.

### Thrift on Kent

Thrift on Kent, located at 50 Kent Ave. in Kitchener, is a not-for-profit thrift store with all proceeds going to the Mennonite

Central Committee's volunteer efforts. The store sells furniture and houseware, clothing, electronics and more. The prices at Thrift on Kent are consistently low, and there are always interesting items. However, the clothing selection can sometimes be limited.



Thrift on Kent also has an online store, so you can check out the selection from home.

### Luster & Oak

If you're looking for a more curated selection, Luster & Oak has an array of stylish pieces, including both vintage and newer clothes. The price range is slightly higher than stores like Value Village, but the quality and condition of the clothing tend to be higher as well.

Located in Uptown Waterloo at 2 King St. South, Luster & Oak also has an online store featuring

many of their best items.

### Carousel Clothing

Carousel Clothing in Kitchener is the largest consignment shop in the area, with a selection of casual, formal and business attire. The store carries clothing that is in-season and less than two years old, from sizes 0 to 24, including petites. They also have new jewellery and some clothing directly from boutiques with tags still on.

Carousel Clothing is located at 72 Leger St. in Kitchener. You can also check out their online store.

### Artisanal Design Co.

Artisanal Design Co. is a vintage clothing store in Kitchener, located at 2157 Kingsway Dr. The store offers a range of products, including clothing, self-care items and other locally made goods. They also have an online store.



VIA ARTISANAL DESIGN CO.

### Talize

The Talize thrift store in KW is



located at 1144 Courtland Ave. E in Kitchener. A Canadian thrift shop chain, Talize has a good range of clothing items in person as well as in their online store.

### Plato's Closet

Kitchener also has a Plato's Closet, located at 700 Strasburg Rd., with gently used, name-brand clothes, shoes and accessories. The store has a wide range of items at affordable prices.

You may also want to check out the Plato's Closet Style Blog and Live Sustainably Guide.

### Goodwill

Located at 1348 Weber St. E in Kitchener, Goodwill has many items at lower prices and a pretty big selection, though items aren't always organized consistently throughout the store.

## New local community fridge in Kitchener Market

Yelda Safi  
Assistant Copy Editor

Community Fridge KW (CFKW) has recently moved to the heart of Downtown Kitchener, next to their new host — the Kitchener Market at 300 King St. E.

"Full Circle Foods, our last host, was moving and they couldn't accommodate the fridge at their new location unfortunately. So that put us on the hunt for a new location," said Edna Bozhori, a coordinator at CFWK and fourth-year health studies student at the University of Waterloo.

"We're very lucky that we're able to partner with the City of Kitch-

ener and we're now located at the Kitchener Market right there in Downtown Kitchener, which is a very essential location."

As part of the reopening, CFWK has also expanded their donation capacity with the new addition of a pantry.

"We're also super happy with the accessibility of the new location as well as the ability to add a pantry, as we were noticing that we were getting a lot of non-perishable donations," Bozhori said.

A community fridge is a non-profit service, supported solely by a group of volunteers. This community fridge was first introduced to Kitchener-Waterloo back in December 2020.

"In general, it's a mutual aid initiative that focuses on leveraging having a fridge in a community where people in the community can both give and take," Bozhori said.

"Our motto — and the motto of most community fridges — is take what you need, leave what you can."

Community fridges are designed to reduce the stigma and barriers to accessing food aid. The fridge is open 24 hours a day, seven days a week for anyone to use or drop off donations.

"Generally the purpose of a community fridge is two-fold, both to minimize food waste and fight food insecurity," Bozhori said.

It has been almost one year since CFWK opened to the public. To op-

erate the fridge safely during the pandemic, community volunteers have had to work hard to ensure proper health guidelines were followed. As restrictions relax across the province, the team at CFWK continue to make safety a priority.

"In most other domains things are changing given the COVID situation, but we still ask people to wear a mask when they are donating to the fridge, when they are in and around it. And our volunteers are still facilitating three check-ins each day to upkeep safety and health guidelines," Bozhori said.

"We have updated our FAQs a bit with this new location, and so we have those links on our social media," she added.

For more information about CFWK and how to donate, visit its Instagram or Facebook page.



# Review: Portraits From a Fire

Ethan Geist  
Reporter

Canadian filmmaker Trevor Mack's debut feature-length film *Portraits From a Fire* is an impactful coming-of-age story about dealing with loss and the need for community and family.

"It's got everything...it's got a mix between tragedy, drama, horror, comedy, and stuff like that. And it's in space." That's how the film's protagonist, Tyler (William Magnus Lulua) — an awkward teenager and aspiring filmmaker living at a Tsilhqot'in reserve with his single father — explains his newest self-made short-film to members of his community. However, this quote is also an effective primer for the rest of *Portraits From a Fire* (well, maybe without the space part).

The film intersplices Tyler's home videos with footage of the world around him, consistently switching between the grainy, smaller-square aspect ratio of Tyler's camcorder and the gorgeous cinematic shots of British Columbia, as photographed by cinematographer Kaayla Whachell.

These camcorder scenes give a unique perspective into Tyler's character, as it provides a means to both deliver needed exposition for the audience, such as introducing the mystery of Tyler's family's past, while also deepening the audience's connection with Tyler through his personal views and struggles.

This is where William Magnus Lulua — in his first-ever role on screen — stands out. He brings a natural energy to his scenes and effectively portrays the awkward challenges of growing up and gaining confidence, especially when disconnected from his father Gord (Nathaniel Arcand), his sole living immediate family member.

The film does an impressive job of balancing lighter comedic moments with its central mystery and overarching themes of family struggles and loss. This is due, in part, to Mack's use of found footage that Tyler discovers of his parents — and most critically, his late mother — earlier in their lives, relaying a sense of hope and acting almost as eternalized messages to Tyler from her. These messages, combined with pseudo-flashbacks and pixelated visions of his



late mother, often feel as though the thoughts and emotions of the found tapes are blending with Tyler's real life.

The surrounding characters provide deeper insight into the community and the role it has played in Tyler's upbringing. Gord, Tyler's distant father, is clearly stricken by a previous tragedy. While the role some-

times feels overplayed and stereotypical, for the most part Arcand brings enough emotion to sustain intrigue into the family's backstory and help the audience remain invested in his and Tyler's relationship.

Another supporting standout is Sammy (Sammy Stump), Tyler's grandfather, who serves as a crucial role-model for Tyler. While at

times used to deliver key emotional beats, Stump shines in the mostly comedic role, with his line readings and running gags leading to multiple laugh-out-loud moments.

As the story dives deeper into Tyler's family, the dialogue occasionally lets the actors down. During key emotional moments, the exchanges can feel a little on-the-nose and stilted, with actors

directly telling instead of showing the audience how they feel. However, as Tyler digs deeper into his family's past with the encouragement of a new friend, Aaron (Asivak Koostchain), the film is able to maintain its emotional core as it crescendos to a powerful ending. This ending demonstrates both Tyler's development as a person and provides answers to the tragic mystery of his family's past.

The direction shines brightest late in the film, as Mack savvily blends its present-day finale with increasingly abstracted flashbacks, distorting footage the audience has already seen and allowing them to understand these memories and visions from an entirely different perspective.

*"It's a complicated ending, one with heartbreak and the opening of wounds of loss; however, it also acts as a strong catharsis."*

ETHAN GEIST,  
REPORTER

It's a complicated ending, one with heartbreak and the opening of wounds of loss; however, it also acts as a strong catharsis for Tyler and his father and drives home the themes of the need for family and communal support. While Tyler learns the difficult truths of his family, he is able to find his voice and crucially realizes the power and responsibility he possesses as a storyteller for himself, his family, and his community in the future.

Verdict: While there are some bumps along the road that show its indie stripes, *Portraits From a Fire's* balance of humour and important themes makes it easy to recommend. In particular, it is a strong recommendation for filmmakers looking to support Canadian and Indigenous art. *Portraits From a Fire* is available on all major video on-demand platforms including iTunes.



# Fighting fire with fire: Indigenous fire stewardship as a climate adaptation strategy

Hayley Austin  
Science Editor

The Ecological Legacies Lab at the University of Waterloo has published a collaborative paper between postdoctoral, graduate and undergraduate students on humanity's long-term relationship and dependency on fire, which has been used to manage landscapes for generations under Indigenous fire stewardship.

Recent studies of parks and protected areas, including this one, have shown that Indigenous-managed lands are more biodiverse when compared to lands under conventional management.

Since the time of early humans, fire has been used as a tool for cultural purposes and land management. Fire was one of the first management tools used by humans which allowed them to shape their environments. The use of fire allowed humans to influence ecosystems and species diversity around them.

However, more historically recent events, including colonization, have led to fire suppression and changing fire regimes. This has resulted in incidents of large, destructive and uncontrollable wildfires, as ecosystems are not prepared for such intense burns.

Wildfires are becoming more common, said professor Andrew Trant from the faculty of environment, supervisor of the paper.

"We are seeing hotter and drier temperatures across Canada and beyond, especially in the non-snowy seasons. These are the perfect conditions for wildfires, so once you add the spark, the fires burn," Trant said. This is especially concerning as climate change brings with it a drier climate, warmer temperatures and conditions of drought in many areas, which have stretched wildfire seasons globally.

With such a long history of fire suppression, Trant noted how "this results in a build-up of wood, fuel, in the forests so that when they do burn, and they will, the fires are hotter and larger." These more severe wildfires have devastating impacts on global biodiversity, as well as local human popu-

lations, often displacing local communities.

Implementing a controlled fire as a means of management allows humans to press what Trant and his team dub an "ecological reset button." Indigenous Fire Stewardship, or IFS, also called cultural burning, is defined by Trant as "a knowledge system and practice that controls specific aspects of fire — severity, timing, behaviour, seasonality — to influence ecosystem structure, biomass, and community assemblages." By routinely applying controlled fire to an ecosystem in order to adapt to changing environmental conditions,

tions, one can produce desired landscapes, habitats and species, while also supporting subsistence practices and livelihoods.

IFS has the ability to greatly decrease the severity of wildfires ignited by human

means or other causes such as lightning strikes, by reducing the abundance of available fuels and increasing the fire resilience of surrounding vegetation. Trant said "it is also important to note that [IFS] supports intergenerational teachings of fire-related knowledge, beliefs, and practices. It's practiced for a long list of benefits including hunting and subsistence, land clearing, habitat improvement for animals, soil fertilization, and for countless cultural reasons."

As Indigenous communities have been displaced, the decreased ability to practice

fire stewardship routinely has resulted in significant declines in biodiversity and especially the pyrodiversity of ecosystems. Pyrodiversity being the diversity and characteristics of fire in a

region. Trant explained it as "the understanding of the feedbacks and connections between fire and the ecological processes, including biodiversity."

As Trant said, "Indigenous peoples represent five per cent of the global population but protect around 85 per cent of the world's biodiversity." Today, Indigenous communities are revitalizing their fire stewardship practices after centuries of enforced fire suppression.

Trant said he is optimistic in the future of wildlife management with IFS, as "more frequent and less severe fires helps to reduce the amount of fuel in the forest, which will lessen the occurrence of catastrophic wildfires." Though, "with a century of fire suppression, it does make it difficult, but it is entirely possible to reverse how these forests are being managed," especially as ecosystems are undergoing rapid changes due to climate change and land-use changes.

Many Indigenous groups also face significant barriers to revitalizing fire stewardship initiatives, including risks associated with burning dead and dense fuels, the presence of highly flammable invasive species, laws prohibiting the cultural use of fire and in some cases the loss of knowledge associated with cultural fire practices.

In Canada, Amy Christianson, an Indigenous fire scientist, is highlighted by Trant to be "doing incredible work to understand the barriers, challenges and opportunities around cultural burning." Christianson co-hosts a podcast titled 'Good Fire,' which looks at Indigenous uses of fire around the world and is noted by Trant to be an "amazing" resource for learning more about IFS.

Conserving global biodiversity is possible through integrating, valuing and supporting Indigenous-led approaches to fire stewardship and ecosystem management. "IFS offers us a different path forward — a path that has been time-tested and historically dismissed," Trant said.

"For millennia, and in most landscapes, people have used fire in ways that have multiple benefits and, at the same time, create the conditions that maximize biodiversity." So really, as Trant said, "what's not to love?"



HEATHER ECOBICHON



# Black entrepreneur incubator to ‘LiftOff’ in 2022

Lauren Wolfe  
Intern

A business incubator for Black entrepreneurs is ready to launch in Waterloo Region, with its first cohort of aspiring business owners to be accepted as early as 2022.

The Caribbean Canadian Association of Waterloo Region (CCAWR) is set to begin its incubator program LiftOff, which aims to support Black businesses, entrepreneurs and innovators. The announcement for this program was made back in March 2021.

CCAWR is partnering with many local organizations and post-secondary schools, including University of Waterloo’s Velocity space, Waterloo Region Small Business Centre, Wilfrid Laurier University’s Women’s Entrepreneurship Centre and Conestoga College. LiftOff will receive \$2.9 million in funding from the National Empowerment Fund (NEF), a driver for Black economic participation and funding.

“We’re beyond excited,” said Trevor

Charles, a board member with the CCAWR and professor of biology at the University of Waterloo in a CBC article. “We are honoured to have been given the opportunity to work to bridge some of the gaps within the entrepreneurial ecosystem that have hindered full participation by Black Canadians. Through the LiftOff program, we will endeavour to develop and offer innovative strategies to stimulate sustainable economic prosperity and wellbeing in the Black communities.”

LiftOff will be employing six full-time staff and numerous part-time mentors and coaches who will be based out of Velocity. Charles told CBC he hopes that the incubator will boost representation of Black entrepreneurs in the world of business, by connecting them with the resources they need to succeed.

“A lot of it really is about access, and getting out some of those barriers that have excluded Black Canadians from being involved in these networks,” said Charles.

While the incubator is spread across the Region of Waterloo, most of its programming will be based in Conestoga College’s Venture Lab, which Rose Mastnak, the di-



rector of the Conestoga Entrepreneurship Collective described to CBC as a “universal business incubator” that can work with any type of business. Venture Lab will pair new entrepreneurs with coaches who’ll help them with short and long-term goals.

“That’s pretty critical for the LiftOff program because they’re going to be getting entrepreneurs coming in with everything from restaurants, to tech ideas, to e-commerce — it’s going to be a wide range,” said Mastnak in the CBC article.

Anyone who identifies as Black and has a business idea can apply for LiftOff by contacting CCAWR, who will interview candidates to make sure the program is a good fit. The incubator ultimately hopes to work with about 40 individuals or teams per year, with no age restrictions and a strong emphasis on female entrepreneurs.

“We would like to encourage as many women as possible to apply,” Charles said.

More information can be found on the incubator’s Instagram page, @liftoff\_ccawr.

## UW chemists develop new, non-invasive blood sugar testing methods using saliva

Shaza Syed  
Reporter

Researchers at the University of Waterloo have developed a new, non-invasive method of testing blood sugar levels for diabetes patients.

Diabetes is caused by an inability to produce insulin, a vital hormone that helps to regulate the breakdown of essential sugars in the body. Current ways of monitoring blood sugar levels in the body are invasive and require finger-pricking to draw blood.

However, non-invasive methods of testing blood sugar may be possible in the future thanks to work by Wenyu Gao, a PhD student in UW professor Kam Tong Leung’s lab. Gao’s prototype is a sensor that combines nanomaterials and chemistry to detect sugar levels in saliva.

“A lot of the interesting work, including Wenyu’s saliva-based sensors, rely on fundamental chemistry occurring at the surface,” Leung said. “Two-dimensional materials like graphene are promising new nanotechnology materials that take advantage of this.”

Gao’s prototype consists of three layers of copper (Cu) nanomaterials anchored to a



strip of graphene — a fairly unreactive and inexpensive carbon material.

The idea to use graphene as the base was proposed by Xiaojing Zhou, a visiting professor from the University of Newcastle, Australia.

“Graphene strips are thin and flexible just like paper, so you can deposit the materials on the top and it’s still flexible,” Gao said. “It’s a promising substrate in biosensors.”

The copper nanomaterials are layered on the graphene base as copper (Cu), copper I oxide (Cu<sub>2</sub>O) and copper II oxide (CuO). When glucose comes into contact with the copper I oxide layer, the copper atom gives

up some of its electrons. This flow of electrons generates a small electrical current, which can be measured to determine the amount of glucose in a saliva sample.

Using nanomaterials in commercial healthcare not only introduces non-invasive options to patients, but also provides longevity to products available on the market. By eradicating the need for traditional enzymes, nanomaterials can provide a more lasting and durable option.

“Currently, commercial products are based on enzymes such as glucose oxidases, which limits the shelf life of these products to only a few months,” said Gao. “Enzymes

are biological catalysts that are easily affected by the changing environment, causing them to lose their activity. We want to change these products to nanomaterials, which can last longer.”

In comparison to other enzymatic and non-enzymatic sensors available, the prototype developed by Gao detected a wider range of glucose levels and had higher sensitivity to small levels of glucose.

However, despite the potential benefits of glucose saliva sensors, there is still much work to be done before this method can be commercialized and replace traditional invasive methods of testing blood sugar content.

Currently, the prototype cannot test saliva directly since the reaction needs to occur in an environment with high (basic) pH. The pH of saliva is fairly neutral and requires the presence of a base like sodium hydroxide (NaOH) for the right reaction conditions. Additionally, glucose needs to be isolated from the saliva for an accurate determination of blood sugar levels.

However, the saliva glucose sensor prototype has shown promising results and Gao believes that: “We still have a long way to go, but I think that in the future we can still solve these problems step by step.”

# imprint

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**Next scheduled post-mortem meeting:**  
 Virtual due to COVID-19

**Next scheduled board of directors meeting:**  
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Imprint acknowledges that the University of Waterloo is situated on the traditional territories of the Attawandaron (Neutral), Anishnaabeg, and Haudenosaunee Peoples. The University of Waterloo is situated on the Haldimand Tract, land promised to Six Nations, which includes six miles on each side of the Grand River. Therefore, Imprint recognizes and respects this land that it is situated upon.

UW INDIGENOUS STUDENT ASSOCIATION



# opinion



## HAVE YOUR SAY

Submit your letter to the editor or your community editorial to [opinion@uwimprint.ca](mailto:opinion@uwimprint.ca). Find more opinions at [uwimprint.ca](http://uwimprint.ca).

## The complicated ethics of thrift stores

Thrift (/THrift/): the quality of using money and other resources carefully and not wastefully.

Thrift stores, or charity stores, have been around since the 1890s, and boomed in popularity when better technology increased the amount of clothing produced, and therefore the amount of secondhand clothing available. As a quick fix for accommodating lower-income shoppers and encouraging other consumers to be sustainable, it seemed to do its job fairly well.

But "seem" is the key word here. The rise in thrifting's "trendiness" due to our increased awareness of environmental impact, old styles coming back into fashion, and our desire to keep up with current trends depreciates the initial mission of thrift stores.

To be clear, my intention isn't to put thrift stores down for any of the ethical or environmental impacts detailed here; it is to ask consumers who can afford to change their purchasing choices to ensure that despite thrifting's perceived benefits, they are not actually contributing to the severity of the situation. Having established that, we can turn our attention to the most obvious inadvertent impact: thrifting's contribution to overconsumption.

With thrifting, it's easy for consumers who can afford to purchase brand-new clothes and shoes every couple of months to assume that by giving their clothes away instead of tossing them to the curb, they are contributing to thrift stores' stock and giving back to the community.

But in truth, all this really does is lure the consumer into a false sense of security. We think that if we can't see the problem, it isn't there, when in reality, many of the clothes donated to thrift stores don't even end up on the shelves. Instead, they get sent off either to be recycled back into fabric, or to developing countries, both of which can be problematic in themselves: recycling fabric is itself a very energy-intensive process, and by making developing countries reliant on the West's waste, we divert their attention from building sustainable, local economies.

Regarding that last point especially, it further complicates things when we realize that exported clothing is much cheaper, so that thrift stores inadvertently continue to help those for whom lower prices are a necessity or simply an extra benefit. However, such cheap prices mean local clothing manufacturers or self-employed tailors cannot compete, damaging the economy in the long run as those workers may then also become reliant on cheap exports due

to the lack of business they receive. In fact, the East Africa Community (Burundi, Kenya, Rwanda, Tanzania and Uganda) hoped to ban secondhand clothing imports altogether in order to help their own economies prosper (though this opened a whole other political and economic can of worms we won't get into right now).

But I digress. Thrift stores, with their main idea being to extend the lifetime of a piece of clothing past its first owner, can become just another cog in the machine of overconsumption without mindful consumers to slow that roll down from the root of the problem. Besides the negative quantitative aspects of donating too much clothing to thrift stores, when we think we can solve our problem of over-consumption simply by donating our "old" or out-of-style clothes, we aren't given the chance to truly question our own habits. With so many unsustainable shoppers, when the only change made to their shopping choices is at the last step of the cycle, the negative environmental impact only piles up at the landfill.

*"The most important thing for consumers to remember when thrifting is to think about our own habits first."*

ALICIA WANG,  
 REPORTER

Another thing to keep in mind is that when demand goes up, price goes up. With so many more people flocking to thrift stores, mostly those who can still afford to shop at retail price, prices inadvertently rise due to factors like resellers, or those who take clothing and repurpose it for a richer audience. Such methods, while potentially entrepreneurial or sustainable, still ignore the original purpose of thrift stores, and reflect upon the privilege of those who have the time and money to pursue such ventures.

Again, that's not to downplay the positives of thrifting. Recycling clothing does prevent the additional environmental impacts that stem from the making and



IMPRINT ARCHIVES

transportation of brand-new clothing. Fast fashion sometimes contributes positively to thrift stores as well, the ever-changing trends keeping them stocked as people look to buy the latest fashions. The paradox of how thrift stores thrive off of fast fashion, the same thing that slowly but surely harms the environment and their business, is an intriguing idea that perfectly reflects the complicated ethics of our world.

Nevertheless, only we as individuals can fix overconsumption, and not just by delaying the problem further down the line. The most important thing for consumers to remember when thrifting is to think about our own habits first before we decide to buy new clothing. So I'll leave off with one last thought: though going thrifting once in a while and donating clothes is in no way harmful in itself, when we do such things recklessly, we run the risk of meeting exactly the ethical dilemmas we'd hoped to leave behind.

Alicia Wang  
 Reporter



PHOTO/VIDEO

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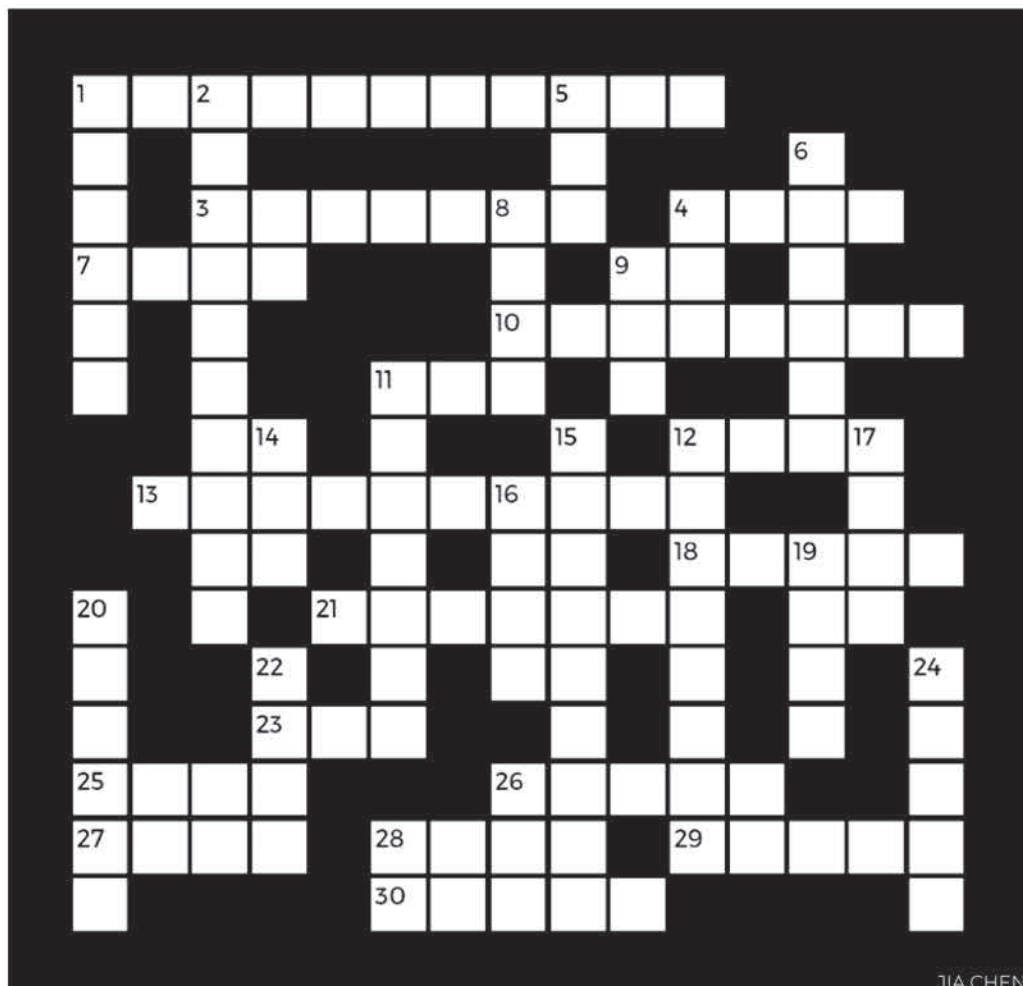
# distractions



**Q: WHAT DID THE INTROVERTED SHIRT WHISPER TO HIS FRIEND AT THE PARTY?**

**A: LET'S SLEEVE!**

## Imprint crosswords | Thrifting



JIA CHEN

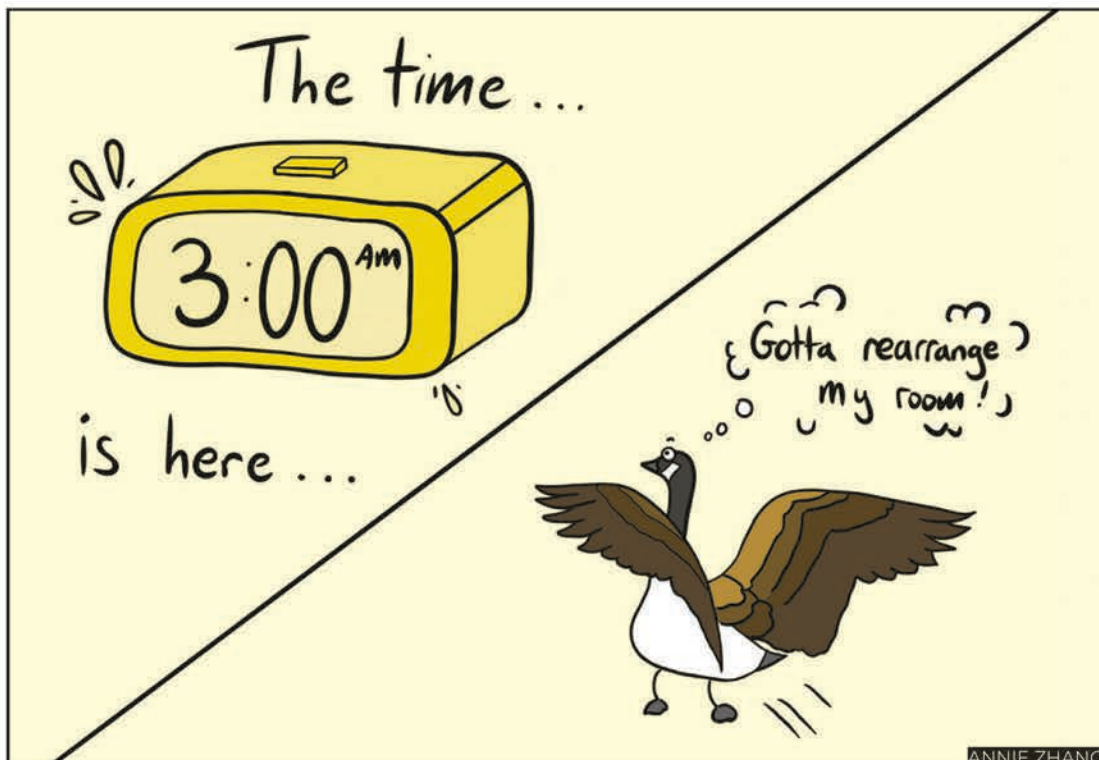
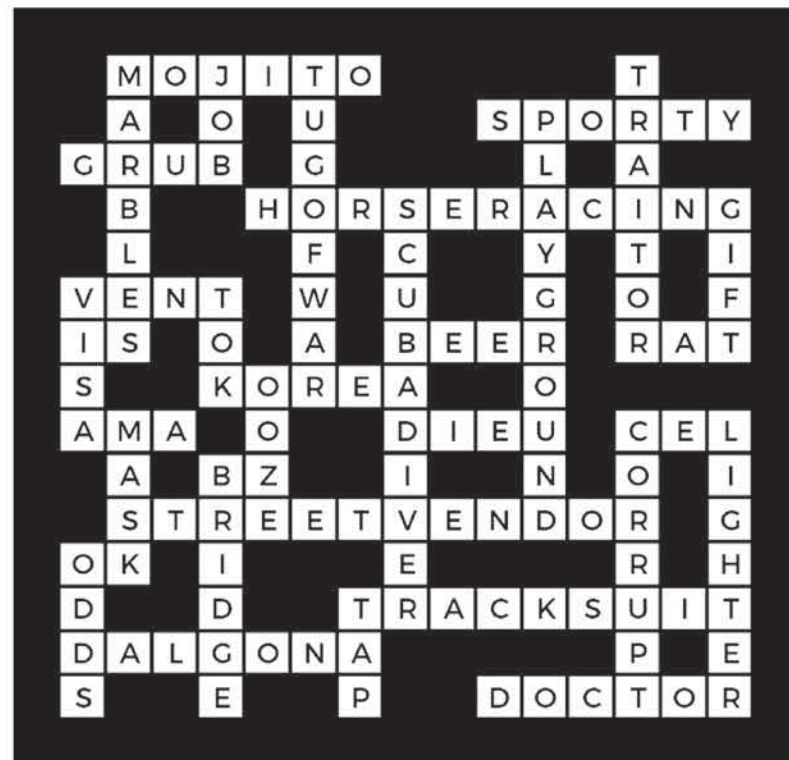
### Across

1. Thrifting is a \_\_\_\_\_ alternative to wasteful fast fashion
3. Type of work done free for a cause
4. Spacious shoulder bag
7. Wrinkle remover
10. Describes your style if it includes a very wide range of aesthetics
11. Official name for posts on Pinterest
12. When you change your mind about an item in your cart, you put it back here
13. Rapper of famous thrifting song
18. Common solution is bleach
21. Store similar to a thrift shop but for curated, higher end pieces
23. For carrying your purchases
25. Fictional fashion designer for superheroes in animated Pixar movie
26. Can be patched or sewn shut
27. Salvation or kpop group BTS
28. Types include night, ball, wedding
29. Fabric made of wood pulp, rhymes with popular drawing tool for kids
30. A small everyday bag

### Down

1. Can be done by hand or by machine to either mend or make
2. Previously first hand
4. Formal accessory to complete a suit
5. Best \_\_\_\_; a tech store
6. Can be reduced with dryer balls
8. Starts after twelve, ends before twenty
9. When someone's outfit is on point, you compliment them by saying "Lookin' \_\_\_\_!"
11. Sign of a well worn garment
12. Rampant on Depop, often price gouging thrift purchases
14. Slang for expensive jewelry, typically diamond
15. Unwanted clothes, toys, food, etc. that are given away
16. Responsible for some holes in clothing
17. Often confused with crochet
19. Type of denim wash
20. A series of connected tweets by a single Twitter user
22. Online bidding platform
24. Heavier alternative to bills

### LAST WEEK'S ANSWERS



ANNIE ZHANG