

Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**



SEPTEMBER 2021 EDITION

BLCS Newsletter

Brock
University

Who are we?

The Brock Leaders Citizenship Society (BLCS) is a group of exceptional students recognized for their high academic achievement and personal leadership abilities prior to attending Brock University. As Brock students, members of the BLCS maintain a high standard of academic excellence while producing ongoing opportunities for meaningful engagement with campus, local and global communities.

Vision

Passionate Brock University students channeling their strengths to inspire themselves and others to invoke positive change within the Brock, local and global communities.

Mission

The Brock Leaders Citizenship Society unites exceptional students and nurtures their growth into the leaders of tomorrow. We foster their desire to learn, strengthen their character and encourage fellowship. An emphasis on academic excellence, leadership development, and philanthropic community service helps us to achieve this objective.

Motto

Lead the Change!

A Message from the BLCS President

Welcome to BLCS 2021/2022!

To our new members, congratulations for being selected for this scholarship and achievement! We can't wait to get to know you all and have you involved in our community of hard-working students.

We are all here to support each other, and use our passion for community and leadership to benefit Brock, the Niagara community, and many volunteer initiatives in the region. As Brock transitions to in-person schooling, many extracurricular events and clubs will remain online, and so BLCS Town Halls will remain virtual. However, our hope is to offer as many in-person socials and events as we can!

This summer, our executive team has been working hard to create a line-up of new and exciting Town Halls, socials, and leadership opportunities, both online and in-person. We are confident that after a year of online transitioning, we can use our shared experiences as students who studied online to offer interactive events and offer an environment that promotes our growth as leaders while building connections at Brock and Niagara.

We have created a BLCS monthly newsletter which will keep you up-to-date on all socials, Town Halls and volunteer opportunities. We'll also be recognizing the amazing work our members will be doing! We can't wait to see you all at our first Town Hall on Wednesday September 8th at 10pm! Until then, stay tuned for updates on our social media, and Microsoft Teams page!

Alexandra Bula

Expectations for All BLCS Members

All BLCS members will need to complete a total of 30 volunteer hours this academic year, with 10 of those hours being dedicated to a BLCS initiative. We ask that BLCS members make attending Town Hall a priority. Town Halls will be held on the first Wednesday of every month at 10pm, therefore it is reasonable to plan work schedules and class assignments accordingly. If there is an extenuating circumstance that necessitates a member to miss Town Hall, BLCS members should email brockleaders@gmail.com **in advance** of the meeting and include Town Hall Attendance in the title of their email. It is also strongly encouraged that all BLCS members attend at least 1 social a semester in order to get to know the other BLCS members and make connections! As a final note, please take a look at the BLCS constitution which outlines the bylaws that all members have to follow <https://cutt.ly/sWfMEWq>.

Message to All BLCS Members

As the first day of classes is quickly approaching we want to see all of you on your first day of classes. So whether you are on campus or at home taking classes online, take a picture of yourself with some of your Brock gear and dm us on Instagram @brockleaders to be featured in the October newsletter!



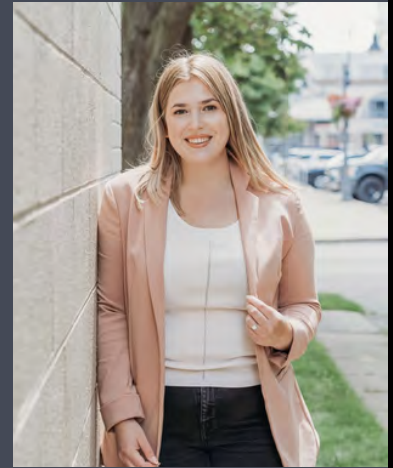
Meet the 2021-2022 BLCS Executive Team

Alex Bula: President

Program: Medical Sciences- 4th Year

Hobbies/Interests: I love going to the gym and modifying my e46 sedan!

Fun Fact: I just got engaged this summer!



Sophia Nelson: Vice President

Program: Neuroscience- 4th Year

Hobbies/Interests: Anything outdoors! Hiking, camping and travelling.

Fun Fact: I went on my first backcountry camping trip this summer!



Daniel Krowchuk: Secretary

Program: Medical Sciences- 3rd Year

Hobbies/Interests: Curling, gardening (specifically trees), baking, environmentalism, drag artists & health.

Fun Fact: I currently have 8 baby lemon trees, one baby giant sequoia, and a young avocado tree that I have grown from a seed!



Meet the 2021-2022 BLCS Executive Team

Evelin Melekh: Member Liaison

Program: Medical Sciences- 3rd Year

Hobbies/Interests: Swimming, basketball, knitting, & research.

Fun Fact: I am from Winnipeg, Manitoba!



Jessica Sardella: Treasurer

Program: ConEd Math & Bio- 4th Year

Hobbies/Interests: Dance, reading & traveling.

Fun Fact: I'm in the background of the Shawn Mendes documentary on Netflix (way in the background).



Mikellie Clarkson: First Year Transition & Mentorship Co-lead

Program: Honours Sociology with a concentration in Criminology and minor in International Relations- 3rd Year

Hobbies/Interests: Listening to music, hiking, fishing, hockey, law enforcement & processes and indigenous studies.

Fun Fact: I work Security at Sherkston Shores!



Meet the 2021-2022 BLCS Executive Team

Arica Oliver: Events Coordinator

Program: BBA Co-op- 2nd Year

Hobbies/Interests: Tennis, painting, yoga, learning new languages.

Fun Fact: I own 2 Dumpy Green Tree Frogs!

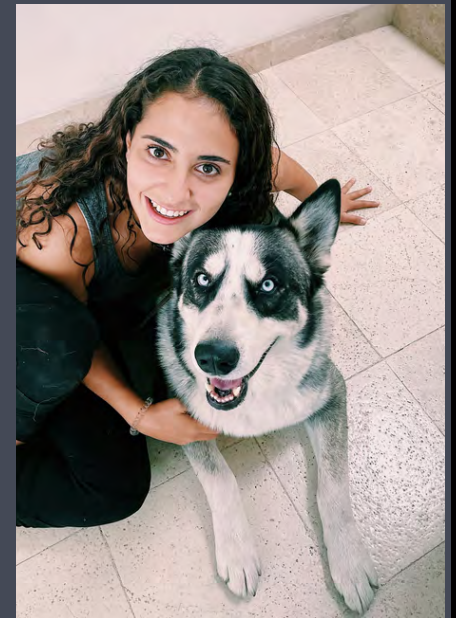


Ximena Paredes: First Year Transition & Mentorship Co-lead

Program: Psychology Co-op- 2nd Year

Hobbies/Interests: Tennis, soccer, socializing, writing, being in contact with nature.

Fun Fact: My dog's name is Gandalf but I have never watched Lord of the Rings.

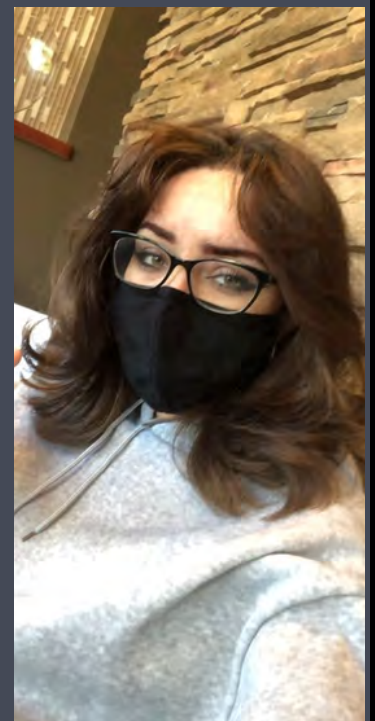


Natalia Rodrigues: Public Relations Officer

Program: Concurrent BA/BEd Visual Arts Major- 2nd Year

Hobbies/Interests: Art, music (especially classical and rock) & nature.

Fun Fact: I have a cat named Cleo, after a character in a mermaid show I watched as a kid since they both love water and get into mischief.



Upcoming Events

New Student Welcome & Academic Orientation

Date: September 7, 2021 at 9AM-12:30PM

Register: <https://experiencebu.brocku.ca/event/184731>

BUSU BadgerFest- Virtual Clubs Fair

Date: September 7, 2021 at 4-6PM

Register: <https://experiencebu.brocku.ca/event/184525>

First Day of Classes!

Date: September 8, 2021

Experience BU And Campus-Wide Co-Curriculum Session

Date: September 8, 2021 at 10-11AM (Online)

Register: <https://experiencebu.brocku.ca/event/184547>

First Town Hall

Date: September 8, 2021, at 10PM (on Teams)

Theme: Leadership & Introduction to BLCS

Email with the link to the meeting was sent to all BLCS members

Brock Cares Day Session

Topic: Volunteering with youth with learning disabilities

Date: September 9, 2021 at 11AM-12:15PM (On Teams)

Register: <https://experiencebu.brocku.ca/event/183808>

Upcoming Events

Time Management: Be Productive, Focused, Balanced

Date: September 10, 2021 at 12-1PM (On Teams)

Register: <https://experiencebu.brocku.ca/event/184745>

Brock Cares Day Session

Topic: Volunteering 101

Date: September 10, 2021 at 10-11:15AM (On Teams)

Register: <https://experiencebu.brocku.ca/event/183847>

Brock Cares Day Session

Topic: Conserving Our Environment & Increasing Biodiversity Through Student Action

Date: September 10, 2021 at 12:00- 1:15PM (On Teams)

Register: <https://experiencebu.brocku.ca/event/184804>

Brock Cares Day Session

Topic: Volunteer Fair

Date: September 22, 2021 at 10AM-12PM (Online)

Register: <https://experiencebu.brocku.ca/event/183848>

These are not the only events that are available for students!
Please check out ExperienceBU to see all upcoming events.

Volunteer Opportunities

Decorating Smile Cookies- One Day Volunteer Opportunity!

Come decorate smile cookies to help Niagara Children's Centre.

From Sunday, September 12 until Saturday, September 18 we need volunteers at 3 Tim Horton's locations in St. Catharines for 2-hour shifts.

-440 St. David's Rd W, St. Catharines (10am-8pm)

-1153 Ontario St, St. Catharines (9am-11am; 1pm-3pm)

-209 Glenridge Ave, St. Catharines (11am-3pm)

If you're interested, please email Rebecca at rebecca.lamothe@niagarachildrenscentre.com to sign up.



Jump Math: One-on-One Tutoring (Grades 1-8 Online)

Details: After-school program offered twice per week for 8 weeks. Targets computational fluency, foundational numeracy concepts, and math confidence.

Start Date: October 18th, 2021- December 9th, 2021

Times: Monday/Wednesday and Tuesday/Thursday from 6-7 pm.

To Apply: <https://ldaniagara.org/get-involved/volunteer-intake-form/>

Reading Rocks: One-On-One Literacy Tutoring (Grades 2-8 Online)

Details: After school program offered twice per week (1 hour sessions) for 8 weeks. Targets phonics, sight words and reading fluency.

Start Date: October 18th, 2021- December 9th, 2021

Times: Monday/Wednesday and Tuesday/Thursday from 6-7 pm.

To Apply: <https://ldaniagara.org/get-involved/volunteer-intake-form/>



Idanr • Learning Disabilities
Association of Niagara Region

Volunteer Opportunities

Apply to Join BUVA

The Brock University Volunteer Association (BUVA) is a dynamic group of trained Brock students committed to improving the local community through volunteering. Members attend two monthly meetings that include social and training elements; commit to contributing 20 volunteer hours over the year with a variety of community organizations; and complete exciting training opportunities to develop their skills. The deadline to apply is **September 27, 2021 at noon**. Additional information & the application can be found here:

<https://experiencebu.brocku.ca/organization/buva>



Brock Human Rights and Equity Volunteering Roles

Human Rights and Equity volunteering roles are an amazing opportunity to learn and give back at the same time! For more info check out the website!

<https://bit.ly/38uLhXu>



Human Rights and Equity

Volunteer Opportunities in St. Catharines

Check out this website for up to date volunteer opportunities in St. Catharines.

<https://www.stcatharines.ca/en/playin/Volunteer-Opportunities.asp>



Volunteer Opportunities

Online Homework Circle (Grades 1-12)

Details: This program supports newcomer youth in grades 1-12. Volunteers work with participants to put them on pathways to access post-secondary education through mentoring/tutoring. This includes helping them complete their assignments and homework and teaching them the necessary skills to develop resilience and problem-solving skills as they engage with the education system.

Dates: Tuesdays - Grades 6 - 8 (4:30 pm - 6:00 pm)

Wednesdays - Grades 9 -12 (4:30 pm - 6:30 pm)

Thursdays - Grades 1 - 5 (4:30 pm - 5:30 pm)

All online programming will begin the week of October 5, 2021 and training will be held in September.

Online Home Alone Safety Course (Ages 10-13)

Details: A four session online program aimed at empowering youth from the ages of 10-13 to make decisions that will keep themselves and their siblings safe if they are facing a crisis. Our mentors work with participants to successfully complete the modules and along with their guardians, develop a safety plan through tools/techniques learned in our program so they have a clear understanding of what to do in the event of an emergency.

Dates: Wednesdays - 5:00 pm - 6:30 pm

All online programming will begin the week of October 5, 2021 and training will be held in September.

If you are interested in volunteering for either of these programs, please sign up for an information session here: <https://form-can.keela.co/empowerment-squared-volunteer-sign-up-form>



Meet the Newest BLCS Members

Valerie Beck Slatter

Program: Concurrent Education Intermediate/Senior with Teachables in English, French and History.

Hobbies/Extracurriculars: Playing/coaching rugby, lifeguarding, hiking & camping.

Fun Fact: I am a great cook!



Alex DeAngelis

Program: Medical Sciences

Hobbies/Extracurriculars: Piano & reading

Fun Fact: I share a birthday with Danny DeVito.



Andrea Dekorte

Program: Bachelor of Business Administration

Hobbies/Extracurriculars: Travel soccer team, basketball, volleyball & art business

Fun Fact: I have travelled to Europe 3 times.

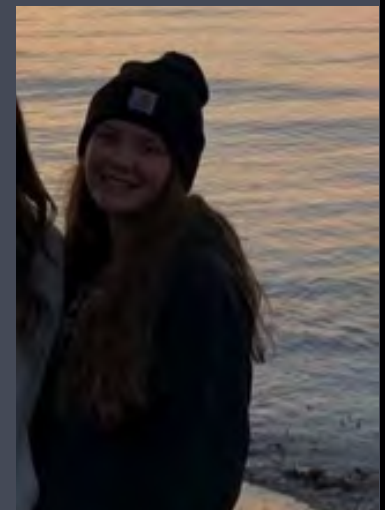


Abby Fuller

Program: Concurrent Education

Hobbies/Extracurriculars: Working out, painting, hanging out with friends, going to the beach, & shopping.

Fun Fact: Won most likely to be a millionaire at my graduation/prom.



Meet the Newest BLCS Members

Lauren Gallant

Program: Social Sciences.

Hobbies/Extracurriculars: I love reading, baking, doing crafts and being out in nature.

Fun Fact: I co-run a non-profit jewellery business to raise money for pollinators in Canada!



Madeline Grimes

Program: Concurrent Education.

Hobbies/Extracurriculars: Camping, reading, and spending time with friends! I love participating in all kinds of sports, notably soccer and field hockey.

Fun Fact: I work as a cabin leader at an overnight summer camp all summer long!

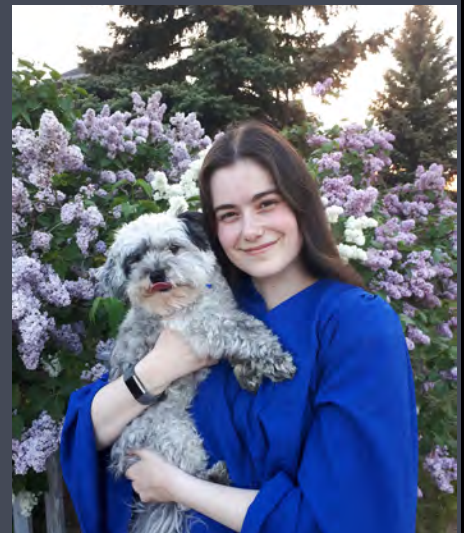


Brooke Lavery

Program: Concurrent Education
Primary/Junior

Hobbies/Extracurriculars: Badminton, golf, acting, baking & gaming.

Fun Fact: I have an eight year old havanese dog named Tucker.



Meet the Newest BLCS Members

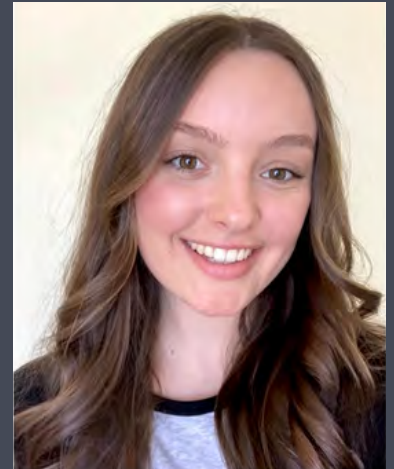
Arlette Mamo

Program: Concurrent BA/BEd -

Intermediate/Senior: French Studies major

Hobbies/Extracurriculars: Writing Poetry & short stories, reading, singing, hiking, badminton, running, acting/theatre.

Fun Fact: My favourite fruit is mango!

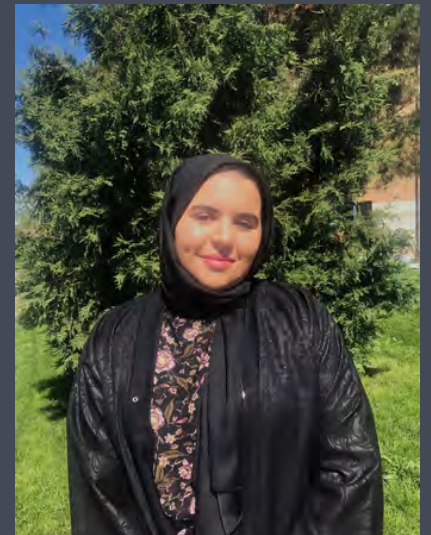


Malak Matus

Program: Nursing

Hobbies/Extracurriculars: Photography, volunteering, being part of community events & watching shows/YouTube videos.

Fun Fact: I was an executive in my high school's yearbook committee!



Gabriel Piessens

Program: Concurrent Education with a major in English Literature & Language

Hobbies/Extracurriculars: Writing, reading, walking, listening to music, hanging out with friends, Dungeons and Dragons, talking about/engaging in anything with a story.

Fun Fact: I am working on my third novel, and I hope to get published this or next year!



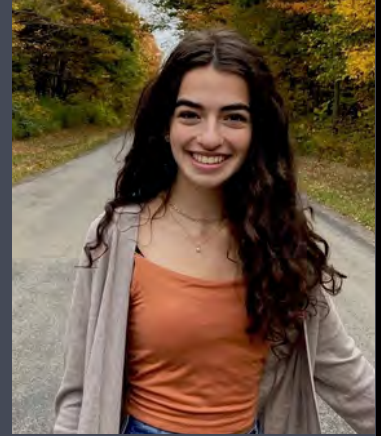
Meet the Newest BLCS Members

Megan Sardella

Program: Con-Ed Math

Hobbies/Extracurriculars: Painting, dance, reading.

Fun Fact: I love traveling and my favourite places I have visited are Switzerland and Italy.



Marena Schneider

Program: BBA International Dual Degree

Hobbies/Extracurriculars: Music, reading, being outdoors, baking.

Fun Fact: I've traveled to 11 countries!

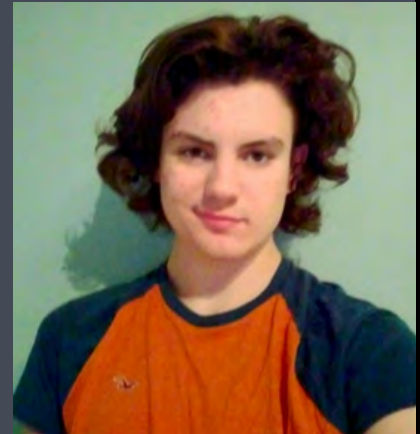


Parker Triano

Program: Sport Management

Hobbies/Extracurriculars: Hockey, golf & drama productions.

Fun Fact: Both of my parents, two of my aunts and my grandfather are all Brock graduates.



Rebecca White

Program: Con-Ed Phys-Ed

Hobbies/Extracurriculars: Painting, skiing, & basketball.

Fun Fact: I'm left-handed.



Tips on How To Be Successful This School Year

Tip #1: Look through all your syllabi and create a calendar with all your classes, assignments, midterms & exams. This will keep you organized and will help you manage your time better.



Tip #2: Find a comfortable study spot around campus or at home. On campus, some study spots students use are the library, Jubilee Court, Market, Union Station, Hungry Badger, and the Decew & Lowenberg Residence Dining Halls.



Tip #3: Practice self care, which includes getting at least 7-8 hours of sleep per day, eating healthy meals & exercising.



Tip #4: Make sure you take detailed notes in class and review them as well as keep up to date with all the readings for your classes.



Tip #5: Take advantage of all the resources available to Brock students such as the A-Z learning services, Careerzone & Student Mental Health and Wellness Services.

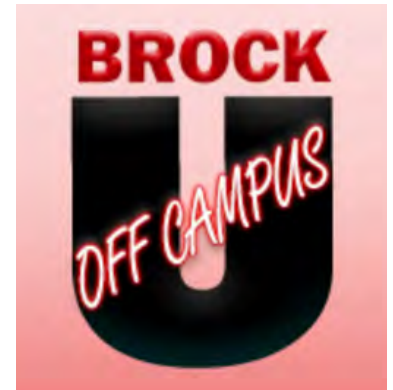


Additional Resources

First Year Students: Check out this 2021 Beginners Guide that was written by The Brock Press, it has everything you need to know as a first year student at Brock University! <https://rb.gy/utv49k>



Student Discounts: Check out this website to see all the discounts that are available to Brock students throughout the Niagara region! <https://brockoffcampus.com/student-discounts/>



Resources Available for Students: Check out all the resources that are available to students at Brock! <https://brocku.ca/social-sciences/student-resources/>





Have a great
first day of
classes Badgers!



Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**



OCTOBER 2021 EDITION

Brock
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BLCS Newsletter

BLCS Initiatives

DDD - Denim Diamonds and Diplomas

Denim Diamonds and Diplomas is a charity event run by BLCS students at which proceeds are raised to create bursaries for the deserving students of the DSBN Academy. The DSBN Academy is a school located in St. Catharines, ON that plays a vital role in assisting Niagara youth to overcome the challenges with which they are faced. In previous years the event was a charity dinner at Club Roma, however due to COVID-19, last year's event was an online symposium and silent auction complete with a take-out pasta dinner from Club Roma. Plans for DDD 2022 are underway and the committee will be sure to keep everyone updated with the progress!

DENIM, DIAMONDS & DIPLOMAS



IN SUPPORT OF
DSBN ACADEMY

BLCS Wellness Videos

The BLCS Wellness Videos initiative was created largely in response to the ongoing COVID-19 pandemic. The goal of this initiative is to foster physical and mental wellness through a series of interactive videos focusing on a variety of topics including meditation, art, trivia, and exercise. The series is intended to be accessible to a variety of ages, with a specific emphasis on those who are increasingly isolated throughout the pandemic. This initiative allows students to collaborate with their peers to create content centered around topics they are interested in, while benefiting their community. If you have any questions about this initiative, please don't hesitate to reach out to **Julie Luth** at jl17wn@brocku.ca.



Play for Memories Ball Hockey Tournament

The Play for Memories Ball Hockey Tournament is an annual event run by BLCS students to raise money and awareness for the Alzheimer Society of Niagara. Teams of all ages and skills come together for one day, have some fun and play ball hockey! There are four committees that BLCS students can get involved with: Sponsorship, Day-Of, Registration and Advertising! Unfortunately, **ball hockey will not be running this year due to COVID restrictions**, however, we are hopeful that it will be back up and running next school year!



Upcoming Events

Preparing for Midterms Workshop

Date: October 4, 2021 at 10-11AM (Online)

Register: <https://experiencebu.brocku.ca/event/186067>

Exam Writing Workshop

Date: October 4, 2021 at 11AM-12PM (Online)

Register: <https://experiencebu.brocku.ca/event/184821>

Brock Leads: Leadership 101

Date: October 5, 2021 at 2-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189494>

Brock Leads: Find Your Why

Date: October 6, 2021 at 10:30AM-12:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/189497>

Brock Talks: Indigenous Mascotting Culture

Date: October 6, 2021 at 6:30-7:30 PM (Online)

Topic: Issues of Indigenous mascotting in sport

Register: <https://experiencebu.brocku.ca/event/186977>

BLCS October Town Hall

Date: October 6, 2021 at 10-11PM (On the BLCS Teams Page)

Upcoming Events

Brock Cares: Anti-Racism

Date: October 8, 2021 at 1:00-2:15PM (Online)

Register: <https://experiencebu.brocku.ca/event/188604>

Brock Leads: Love Languages

Date: October 12, 2021 at 10:30AM-12:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/189500>

Brock Leads: Emotional Intelligence

Date: October 13, 2021 at 2:00-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189503>

Virtual Drop-in Q&A: Career Event Prep & Professionalism

Date: October 18, 2021 at 1:30-3:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/186264>

Career Zone Cafe: Networking 101

Date: October 18, 2021 at 2-3PM (Online)

Register: <https://experiencebu.brocku.ca/event/186785>

Brock Leads: Facilitation 101

Date: October 19, 2021 at 2:00-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189506>

Upcoming Events

Organizing your Time: Day, Semester, & Degree

Date: October 19, 2021 at 3:30-4:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/184369>

Brock Leads: Conflict Management and Resolution

Date: October 20, 2021 at 2:00-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189509>

Brock Leads: Leadership 101

Date: October 26, 2021 at 10:30-12:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/189495>

Brock Leads: Find Your Why

Date: October 27, 2021 at 2:00-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189498>

Virtual Drop-in: Volunteering Q&A

An opportunity to ask questions about volunteering!

Date: October 28, 2021 at 1:30-3:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/186980>

BLCS Social: Spooky Soirée

Date: October 28, 2021 at 7-8PM (Online)

These are not the only events that are available for students!

Please check out ExperienceBU to see all upcoming events.

Volunteer Opportunities

Volunteer with St. Johns Ambulance

Training will be provided through a 40-hour certification program, which includes ongoing training in: overdose management & medical emergencies, splinting, burn care, airway / respiratory management, head and spinal injuries; and automated external defibrillation and CPR.

Required: Standard First Aid CPR Level C or HCP.

To apply and learn more, please contact: Mr. Brandon DiSimine, Deputy Chief of Recruiting and Member Services, Medical First Responder Unit

sjambulance.mservices@gmail.com



InCommunities Organization

The InCommunities organization is strengthening communities by bringing people and services in the Niagara region together. Check out their website to see different volunteer opportunities available within the Niagara region. <https://niagara.cioc.ca/volunteer/>



Community Volunteer Income Tax Program (CVITP)

A volunteer opportunity with community organizations to help people do taxes! For more info: <https://tinyurl.com/2a9u4x3s>

Volunteer with Hamilton Literacy

42% of Hamiltonians struggle with basic literacy skills. Volunteers needed to teach english-speaking adults basic reading, writing, math and/or computer skills. If you have 4 hours a week, you can make a difference. Volunteer Training Workshop: October 23 & 30 from 9:00 a.m. to 3:00 p.m.

Please contact us by phone or email:

905-529-9907

info@hamiltonreads.ca

hamiltonreads.ca

Volunteer Opportunities

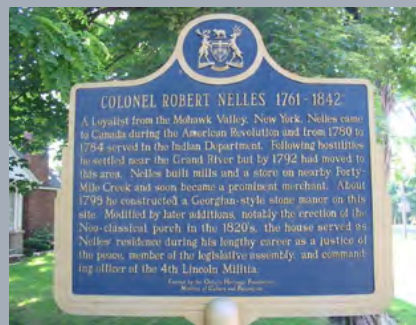
Volunteer with Nelles Manor Museum

If you are looking for fun, to increase your knowledge of history and more, experience life in past times and the opportunity to engage in your community – we encourage you to join us and volunteer at Nelles Manor Museum.

Volunteering opportunities include:

Tour guide/Interpreter, event assistance, kitchen assistance, costume assistance, gardening, property maintenance, fundraising, committees, research, writing, materials distribution i.e. brochures, posters & Grimsby Farmer's Market

For more information & to apply: <https://nellesmanor.ca/volunteer/>



GSV Support Certificates:

Variety of training sessions with Brock HRE that will help to improve your knowledge & understanding of the principles of human rights and equity.

2SLGBTQIA+ Perspectives: [Oct 6](#) or [Nov 4](#)

Restorative Justice: [Oct 7](#)

Anti-Ableism Perspectives: [Oct 19](#)

Indigenous Perspectives: [Oct 20](#) or [Nov 2](#)

Equity, Intersectionality, and Trauma: [Oct 21](#)

Self-Care & Self- Regulation: [Oct 26](#)

International Perspectives: [Oct 27](#)

Consent and Disclosure: [Oct 28](#)

BIPOC Perspectives: [Nov 3](#)



BLCS Alumni Spotlight: Megan Brown

Undergraduate Program & Graduation Year:

BSc. (Hons) Medical Sciences- 2017

What did you enjoy most about BLCS?

Being connected with a group of likeminded student leaders, who were passionate about making a positive change locally and globally. Fostering connections with such inspiring people served as a catalyst for innovation, forming lifelong friendships, and building leadership capacity.



How did BLCS help you within your career?

Following graduation, I had the pleasure of continuing to work full-time in the Student Life & Success Department at Brock. I was (and still am) passionate about student success, authentic engagement, and supporting students to reach their fullest leadership potential within the community. I currently work in healthcare as a Quality and Patient Safety specialist, and utilize the leadership skills I gained through my experiences at Brock and with BLCS to effectively communicate, facilitate organizational change in a hospital setting, and seek ways to improve quality across a system/program. I'm working towards completing my MBA-MPH part time at Brock, and look forward to continuously applying these skills throughout my future.

BLCS Member Spotlight: Emma Brownlee

Undergraduate Program:

Nursing- 3rd Year

Hobbies & Extracurriculars:

I love to play volleyball, euchre and hike.

So far, what have you enjoyed most about BLCS?

Getting to meet new people who want to help make Brock a better place where everyone feels included!

What BLCS initiatives have you taken part in?

I was a first year planner for DDD on the day of team! I loved being apart of this because it gave me a chance to help plan an event from the start and be able to see how it played out . I also enjoyed meeting many new people while doing so.



The background of the slide features a large, faint, red outline of the Brock University crest. The crest is a shield divided into three sections. The top section contains three symbols: a maple leaf on the left, a stylized flower or star in the center, and a torch on the right. The bottom section contains a large, stylized eagle with its wings spread, perched on a shield. The eagle's body is decorated with intricate patterns.

**Good Luck
on Midterms
Everyone!**

The Brock University logo is located at the bottom of the slide. It consists of a solid red rectangular background. On this background, the word "Brock" is written in a large, white, bold, sans-serif font. The letter "o" in "Brock" is replaced by a white circular icon containing a stylized fingerprint or handprint design. Below the word "Brock", the word "University" is written in a smaller, white, sans-serif font.

Brock
University

Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**

Upcoming Events

Brock Leads: Emotional Intelligence

Date: November 2, 2021 at 10:30AM-12:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/189504>

Brock Leads: Love Languages

Date: November 2, 2021 at 2:00-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189501>

Interviewing Q&A

Date: November 3, 2021 at 12:00-1:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/192890>

Peer-2-Peer Support Drop In

Date: November 3, 2021 at 12:00-7:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/188018>

Brock Leads: Facilitation 101

Date: November 9, 2021 at 10:30AM-12:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/189507>

Brock Leads: Conflict Management & Resolution

Date: November 10, 2021 at 10:30AM-12:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/189510>

Upcoming Events

Brock Leads: Find Your Why

Date: November 16, 2021 at 10:30AM-12:00PM (Online)
Register: <https://experiencebu.brocku.ca/event/189499>

Budgeting Basics

Date: November 16, 2021 at 3:00-4:00PM (Online)
Register: <https://experiencebu.brocku.ca/event/190832>

Brock Leads: Leadership 101

Date: November 17, 2021 at 2:00-3:30PM (Online)
Register: <https://experiencebu.brocku.ca/event/189496>

Increasing Concentration & Focus

Date: November 18, 2021 at 4:00-5:00PM (Online)
Register: <https://experiencebu.brocku.ca/event/190834>

Brock Leads: Emotional Intelligence

Date: November 23, 2021 at 10:30AM-12:00PM (Online)
Register: <https://experiencebu.brocku.ca/event/189505>

Overcoming Procrastination

Date: November 24, 2021 at 2:00-3:00PM (Online)
Register: <https://experiencebu.brocku.ca/event/190846>

Upcoming Events

Brock Leads: Love Languages

Date: November 24, 2021 at 2:00-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189502>

Exam Writing Strategies

Date: November 25, 2021 at 12:00-1:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/190829>

Brock Leads: Conflict Management & Resolution

Date: November 30, 2021 at 2:00-3:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189511>

Getting Ready for Finals Workshop

Date: December 1, 2021 at 10:00-11:00AM (Online)

Register: <https://experiencebu.brocku.ca/event/186070>

Brock Leads: Facilitation 101

Date: December 1, 2021 at 1:00-2:30PM (Online)

Register: <https://experiencebu.brocku.ca/event/189508>

Exams: Build a 5-Day Study Plan

Date: December 3, 2021 at 2:00-3:00PM (Online)

Register: <https://experiencebu.brocku.ca/event/190851>

NOTE: These are not the only events that are available for students!
Please check out ExperienceBU to see all upcoming events.

Volunteer Opportunities

Volunteer with the Winter Festival of Lights

Date: November 13, 2021 - February 21st, 2022

Get involved in a fun way with the OPGs festival of lights. You can be a mascot, have a roll in story time, or more if you sign up for this flexible volunteering opportunity! Check it out on experience BU

<https://experiencebu.brocku.ca/event/192476>



GSV Support Certificates:

Variety of training sessions with Brock HRE that will help to improve your knowledge & understanding of the principles or human rights and equity.

BIPOC Perspectives: [Nov 3](#)

2SLGBTQIA+ Perspectives: [Nov 4](#)

GSV & Grooming: [Nov 9](#)

Restorative Justice: [Nov 10](#)

International Perspectives: [Nov 11](#)



Self Care Tips

1. Prioritize Sleep



2. Schedule in some time for yourself



3. Exercise- Try yoga, pilates or swimming!



4. Try to eat healthy- make sure you eat veggies and fruit everyday!



5. Practice positive talk

6. Play/listen to some music



7. Take a 15 minute break

8. Try meditation



9. Try out a new hobby



10. Call an old friend to catch up

BLCS Member Spotlight: Andrea Dekorte

Program: Bachelor of Business

Administration- co-op program- Year 1

Hobbies/ Extracurriculars: I enjoy various sports. I have played volleyball, basketball and soccer throughout high school. I have been on a girls travel soccer team for over 10 years. I also do a lot of art. I have my own small business (**insta. @annies_arts**). I love meeting new people and hanging out with friends.



What have you enjoyed most about BLCS so far?

I love how welcoming everyone is. We all have different interests and talents but we are connected by the same thing, BLCS. It's really exciting to have already made new friends just through a few zoom calls!

Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**

BLCS Newsletter

Thank you letters from Denim, Diamonds & Diplomas bursary recipients

8/30/2021

Brock Leaders Citizenship Society c/o Education Foundation of Niagara

Brock Leadership Citizenship Bursary

130 Louth Street

St.Catharines, ON L2S2T4

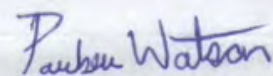
Dear Brock Leaders Citizenship Society,

I would like to take this time and thank you for donating the Brock Leaders Citizenship Society Bursary. I was thrilled to learn of my selection for this honor, and I am deeply appreciative of your support.

As a child of a single parent, I have watched my mom work long hours to support my sister and I and make sure we have had all of the necessities in life and never feel like we have gone without. I am proud to be the first in my family to go to post-secondary. The environment and hands-on learning have both been very important to me and I think I've found a post secondary pathway that will combine both. Becoming a Renewable Energy Technician will allow me to pave the way to a sustainable future for everyone. The money will allow me to focus more on my schooling and worry less financially.

This money will greatly help me in my post secondary journey and alleviate some of the financial burden. Thank you again for your generosity and I hope to make you proud. Your donation will help me help the planet.

Sincerely,



Parker Watson

August 30th, 2021

Brock Leaders Citizenship Society
c/o Education Foundation of Niagara 130
Louth Street
St. Catharines, ON L2S 2T4

To whom it may concern,

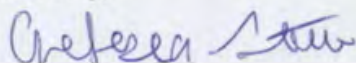
I can't even begin to describe how thankful I am to receive the Brock Leaders Citizen Society Bursary. In grade 5, both of my parents had lost their jobs that they had worked in for years and we lost a lot of the emergency money that we had saved up because of it. My parents wanted me to go to school and do something great for the world, but had no ability to save up money because of the loss of their jobs. When I came to DSBN Academy in grade 6, both of them had decided to go back to school for free and come out with better jobs. They were still stuck in a financial struggle for quite a few years, and weren't able to save up the money that they wanted in order to send me to school.

After spending the past few months budgeting and worrying about the possibility of being unable to afford to go to school, this bursary was able to help me ensure that I would be able to afford living on-campus, obtain the books that I would need for my courses, and pay for my tuition for McMaster University. I would not have been able to afford to go to school had you not chosen to support me.

I will be attending McMaster's Social Science program in the fall. I plan to major in social psychology, and either continue through to my masters and doctorate in psychology, or branch into social work to get my doctorate in that field instead. I plan to study the impact that being a part of a minority group has on a person's mental health, what factors contribute to it, and the best ways to fix the problems causing these mental health issues on marginalized individuals.

Without you, I would have needed to give up on all of my goals in order to work, and possibly never go back to school. I would have needed to give up after all of the hard work that I put into making sure I could achieve my goals. I hope you will be able to recognize me somewhere in the future, and be proud that you supported me and my work at the beginning of it all. I hope that I will make you proud of your decision. Most of all, I hope you continue to financially support students in the community around you and contribute to a better world overall. Thank you so much for choosing to support me.

Sincerely,



Chelsea Starr.

08/29/2021

Brock Leaders Citizenship Society
% Education Foundation of Niagara
Brock Leaders Citizenship Bursary
130 Louth Street
St. Catharines, ON L2S 2T4

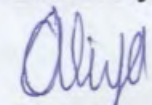
Dear Brock Leaders Citizenship Society,

I am writing to express my gratitude towards the \$250 Brock Leaders Citizenship Bursary. I am extremely grateful to have your support as I go through my post-secondary journey.

I will be the first in my family to attend university and I plan to study public health at Brock University in pursuit of my goal of health equity. Despite the financial hardships my family and I have faced, I have always persevered because I knew the day would come where I would be able to advance my education to a level that would enable me to give back to my family and make a difference in healthcare. This bursary will help relieve some financial burdens and allow me to put all my time and energy into studying hard.

Thank you for believing in me and investing in my education in order to allow me to build a future for myself. I am committed to working hard and taking full advantage of the educational opportunities you have opened by rewarding me with this bursary.

Sincerely,



Aliya Aragon

Upcoming Events

Making Sense of Online Exams

Date: December 2, 2021 at 2-3PM (Online)

Register: <https://experiencebu.brocku.ca/event/190848>

From Frustrated to Motivated

Date: December 2, 2021 at 2-3PM (Online)

Register: <https://experiencebu.brocku.ca/event/193461>

Open Door: Peer-to-Peer Mental Health Support

Date: December 2, 2021 at 5-8PM, **Location:** Library, Classroom B

More Info: <https://experiencebu.brocku.ca/event/190907>

CESA PD Workshop: Dealing with Burnout and Self-Doubt

Date: December 2, 2021 at 7-8PM (Online)

Register: <https://experiencebu.brocku.ca/event/194079>

Holiday Cookie and Ornament Decorating

Date: December 3, 2021 at 1-3PM, **Location:** International Centre

Register: <https://experiencebu.brocku.ca/event/194946>

Preparing for Exams: Planning & Study Strategies

Date: December 7, 2021 at 1-2PM (Online)

Register: <https://experiencebu.brocku.ca/event/194774>

Peer-2-Peer Support Drop-In

Date: December 7, 2021 at 9AM-7PM (Online)

Join Online: <https://experiencebu.brocku.ca/event/186873>

Holiday Cards for Seniors

Date: December 8, 2021 at 11AM-2PM, **Location:** Pond Inlet

Register: <https://experiencebu.brocku.ca/event/195187>

Stress Less for Tests

Date: December 8, 2021 at 2-3PM (Online)

Register: <https://experiencebu.brocku.ca/event/186141>

Volunteer Opportunities

Volunteer with the Winter Festival of Lights

Date: November 13, 2021 - February 21st, 2022

Get involved with the OPGs festival of lights. You can be a mascot, have a roll in story time, or more if you sign up for this flexible volunteering opportunity!

For more information: <https://experiencebu.brocku.ca/event/192476>



Volunteer Marketing Manager with The Bookworm Initiative

Ongoing Volunteer Role

The Bookworm Initiative is a youth focused and led non-profit that aims to improve literacy rates through their programs and initiatives. Apply for this volunteering opportunity to have an impact on the community and to gain awesome experience in social media communications! Check it out at

<https://linktr.ee/BookWormInitiative>

BLCS Member Spotlight: Evan Fraser

Program: Sport Management- 4th Year

Hobbies/Extracurriculars: Sports (specifically hockey, golf and soccer), hanging with close friends.



What have you enjoyed most about BLCS so far?

The great community of like-minded individuals I have been able to converse with over the past 3 years.

What have BLCS initiatives have you taken part in?

Biggest BLCS experience has revolved around putting on the Play for Memories Ball Hockey Tournament to raise money and awareness for Alzheimer's. Helping organize such an event was a great experience knowing that all the hard work was helping to benefit a worthy cause.

Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**



JANUARY 2022 EDITION

Brock
University

BLCS Newsletter

Announcement from Travis Greene

Brock University has decided to move towards online classes and programming to start off 2022 in order to better battle concerns over the ongoing COVID-19 Pandemic. In light of this, we have made the tough decision **to cancel Foundations in Leadership sessions scheduled for January and February** based on the increased restrictions of indoor/in-person programming come the new year.

I have been working on some makeup sessions dealing with similar content to that covered in Foundations that I plan to offer virtually in the new term, so please keep an eye out for that when it becomes available. We still have plenty of opportunity to enhance our skills and grow as leaders and I can't wait to get them rolling! While this may not be the news many wanted to hear, I sincerely hope for the health and safety of all of you over the holiday break and into the new year, and look forward to our next opportunity to meet in person. In the meantime we will continue to be adaptable and supportive of ourselves and those around us!

Upcoming Events

Plan Your Term-Build a Term Calendar

Date: January 5, 2022 at 11AM-12PM (Online)

Register: <https://experiencebu.brocku.ca/event/196048>

Blood Donors Needed

Date: December 2, 2021-January 8, 2022

For more information: <https://experiencebu.brocku.ca/event/195445>

Library Yoga

Date: January 12, 2022 at 12:15-12:45 PM (Online)

Register: <https://experiencebu.brocku.ca/event/195436>

Budgeting Basics

Date: January 14, 2022 at 11:00 AM-12:00 PM (Online)

Register: <https://experiencebu.brocku.ca/event/196054>

Virtual Drop-in: Interviews Q&A

Date: January 17, 2022 at 2-3 PM (Online)

Register: <https://experiencebu.brocku.ca/event/196849>

Start Your Semester Right

Date: January 18, 2022 at 10-11 AM (Online)

Register: <https://experiencebu.brocku.ca/event/196468>

On Campus Jobs and Volunteer Fair

Date: January 18, 2022 at 10:00 AM-12:00 PM (Online)

Register: <https://experiencebu.brocku.ca/event/195745>

Volunteer Opportunities

Brock Cares: Anti-Human Trafficking

Date: January 14th at 10:00-11:15 AM (Online)

Learn about human trafficking in Niagara from the Anti-Human Trafficking Program Manager of the YWCA in Niagara. Check it out on experience BU <https://experiencebu.brocku.ca/event/196469>

Brock Cares: Volunteering With Seniors Virtually

Date: January 19th, 2022 at 2:00-3:15 PM (Online)

Learn about supporting seniors with technology from Cyber Seniors.

Check it out on experience BU

<https://experiencebu.brocku.ca/event/197000>

Brock Cares: Supporting Neurodiversity through Adaptive Programming

Date: January 26th at 11AM-12:15PM (Online)

Learn about the Supporting Neurodiversity through Adaptive Programming (SNAP) from the Experiential Learning Coordinator, Inclusive and Adaptive Physical Activity of SNAP.. Check it out on experience BU <https://experiencebu.brocku.ca/event/196981>

Southridge Movie Night

Get involved with Southridge homeless shelter to run a monthly movie night event. Contact Caitlin Illman at ci18qh@brocku.ca for more info!

BLCS Member Spotlight: Gabriel Piessens

Program: Concurrent Education majoring in English Literature- 1st Year

Extracurriculars/ Hobbies: Writing, hiking, hanging out with friends, dancing, music & reading.

What have you most enjoyed about BLCS so far?
Meeting all the likeminded people within BLCS!



The background of the image features a large, faint watermark of the University of Toronto crest. The crest is a shield-shaped emblem. At the top, it contains three distinct symbols: a maple leaf on the left, a central sunburst or star-like emblem, and a stylized flower or plant on the right. Below these, the main body of the shield is dominated by a large, detailed bird, likely a phoenix or a similar mythical creature, with its wings spread wide. The bird's body is intricately detailed with feathers and patterns. The entire crest is rendered in a dark, muted color that blends into the background.

Happy New Year

&

**Good Luck
in Second
Semester!**

Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**

Upcoming Events

Brock Leads: Find Your Why

Date: Tuesday, Feb 1 at 10:30AM-12PM

Register: <https://experiencebu.brocku.ca/event/199259>

Prioritization for Productivity

Date: Tuesday, Feb 1 at 3:30-5:00PM

Register: <https://experiencebu.brocku.ca/event/199159>

Professional School Interviews

Date: Wednesday, Feb 2 at 10:00-11:30AM

Register: <https://experiencebu.brocku.ca/event/198151>

Sport and the Environment Webinar Series

Date: Thursday, Feb 3 at 12:00-1:00PM

Register: <https://experiencebu.brocku.ca/event/199898>

Brock Leads: Conflict Management and Resolution

Date: Thursday, Feb 3 at 1:30-3:00PM

Register: <https://experiencebu.brocku.ca/event/199267>

Movie Night: Finding Nemo

Date: Thursday, Feb 3 at 6:00PM

Register: <https://experiencebu.brocku.ca/event/200078>

Upcoming Events

ExperienceBU + Campus-Wide Co-Curriculum Presentation & Tutorial

Date: Tuesday, Feb 8 at 12:00-1:00PM

Register: <https://experiencebu.brocku.ca/event/199971>

Brock Leads: Love Languages

Date: Tuesday Feb 8 at 1:30-3:00PM

Register: <https://experiencebu.brocku.ca/event/199271>

Weathering the Storm: Emotional Regulation

Date: Tuesday, Feb 8 at 2:00-3:30PM

Register: <https://experiencebu.brocku.ca/event/195264>

Brock Leads: Fostering Leadership in Educators

Date: Wednesday, Feb 9 at 6:00-7:30PM

Register: <https://experiencebu.brocku.ca/event/198059>

Brock Leads: Facilitation 101

Date: Thursday Feb 10 at 1:30pm-3:00pm

Register: <https://experiencebu.brocku.ca/event/199291>

L'amour et L'amitié Day

Date: Tuesday Feb 15 at 8PM

This BLCS event is for mentor & mentees but everyone is welcome to attend. This will be a fun event related to Valentine's Day!

Volunteer Opportunities

GSV Support Certificates:

Equity, Intersectionality, & Trauma Feb 1st at 12:00-1:00PM

BIPOC Perspectives Feb 3rd at 5:00-6:00PM

International Perspective Feb 8th at 12:00-1:00PM

Self-Care Feb 10th at 5:00-6:00PM

2SLGBTQIA+ Perspectives Feb 15th at 12:00-1:00PM

Consent & Disclosure Feb 17th at 5:00-6:00PM

Applied Suicide Intervention Skills Training (ASIST) 2-Day

Date: Wednesday & Thursday Feb 23/24 @8:45am-5:00pm

LivingWorks ASIST is a two-day, face-to-face workshop for Brock Students featuring powerful audio/visuals, discussions and simulations. At a LivingWorks ASIST workshop, you will learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

Two knowledgeable, supportive trainers will guide you through the course, ensuring your comfort and safety. More info and registration @ <https://experiencebu.brocku.ca/event/193687>

Snow Buddies

Community Support Services Niagara is looking for volunteers (in various locations across the Niagara Region) to rake leaves and shovel snow for local seniors and adults living with a disability in your neighbourhood. Great opportunity to help those who are vulnerable to a slip & fall and support independent living. For more information or to register call 905-682-3800 ext 706 or email dupper@cssn.ca.

Volunteers will be matched with a senior snow buddy client. Volunteers will help their buddy in the fall with their leaf raking and keep the drive and walk ways clear of snow throughout the winter. Snow should be cleared within 24 hours of the snowfall.

BLCS Alumni Member Spotlight: Rebecca Balyk

Undergraduate Program & Graduation Year:

BSc. in Nursing- 2021

What did you enjoy most about BLCS?

I enjoyed attending Town Hall each month and interacting with like-minded individuals.

How did BLCS help you within your career?

I am now working as a public health nurse working in the Pandemic response division. By completing foundations in leadership it allowed me to build on my leadership skills especially communication skills which I have been able to use in daily.



Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**



MARCH 2022 EDITION

BLCS Newsletter

Brock
University

BLCS Exec Applications

Positions Available:

- President (need to be on BLCS exec for at least 1 year to apply for the position)
 - Vice President
 - Secretary
 - Member Liaison
 - Treasurer
- First Year Transition & Mentorship Leads
 - Events Coordinator
 - Public Relations Officer

The BLCS exec application will open on **March 18th** and close on **April 1st**. During April Town Hall, individuals who have applied for a position will have the chance to make a speech. If you have any questions, please feel free to email brockleaders@gmail.com

2021-2022 BLCS Executive Team

Alex Bula- President

Describe your role: You plan bi-weekly executive meetings, and ensure that all BLCS related things are on track. You are also the first point of contact for Experience BU and any concerns or questions that may arise. Since you oversee the events, you may help with any event if needed, the most important thing is to be available if someone needs assistance! You also get the privilege to sit on the panel that chooses the recipients of the BLCS scholarship for the incoming year.

What is a highlight you have from being a part of BLCS exec? I have been on BLCS exec since my second year and it's been the best way of being involved in the society and really make connections with students in the community. My favourite component of being on the exec team is coming up with Town Hall ideas as a group! It's always very collaborative!



Sophia Nelson- Vice President

Describe your role: Overseeing volunteering within BLCS and assisting the President with any BLCS-related tasks.

What is a highlight you have from being a part of BLCS exec? I have been on BLCS Exec for 3 years now. The highlight of my time on exec has to be working with such a supportive, fun and like-minded group of leaders. Our meetings are always so much fun and I can always count on the team for support. I truly have made some life-long friends by being on the executive team.



2021-2022 BLCS Executive Team

Daniel Krowchuk- Secretary

Describe your role: I track minutes from exec meetings, set exec action items, and assist in the production of the BLCS newsletter. I have also been able to do more in the area of supporting other execs and helping with initiatives or Town Halls.

What is a highlight you have from being a part of BLCS exec? I enjoy helping and taking a lead role on many Town Halls. I love planning Town Halls, I like to take on the role of creating an engaging learning experience for BLCS members.



Evelin Melekh- Member Liaison

Describe your role: I create the BLCS monthly newsletter and look for different upcoming events, or volunteer opportunities that BLCS members might be interested in. I also track attendance during Town Hall and follow up with members who did not attend.

What is a highlight you have from being a part of BLCS exec? I think in general being part of BLCS exec helps you stay extremely involved within the society. You have a lot of opportunities to work together as a team, share your ideas and work on essential skills such as leadership/communication skills and critical thinking.



2021-2022 BLCS Executive Team

Jessica Sardella- Treasurer

Describe your role: I manage the BLCS bank account and keep track of our finances.

What is a highlight you have from being a part of BLCS exec? Being a part of BLCS Exec has allowed me to work with other BLCS members to help plan Town Halls, while staying involved and up to date with all aspects of BLCS.



Mikellie Clarkson- First Year Transition & Mentorship Co-lead

Describe your role: Starting in the summer leading up to the school year I help create mentorship pairings for the incoming first-year students with an upper year BLCS student. Further, with the help of my co-lead, I also organize and facilitate orientation for the first years, as well as Mentorship socials and other events within BLCS.

What is a highlight you have from being a part of BLCS exec? It is hard to choose just one highlight, but the overall growth from first-year students as they navigate Brock University life has been rewarding to witness.



2021-2022 BLCS Executive Team

Arica Oliver- Events Coordinator

Describe your role: I help to connect and build long lasting relationships among all BLCS members, regardless of faculty or year of study, through event facilitation and socials.

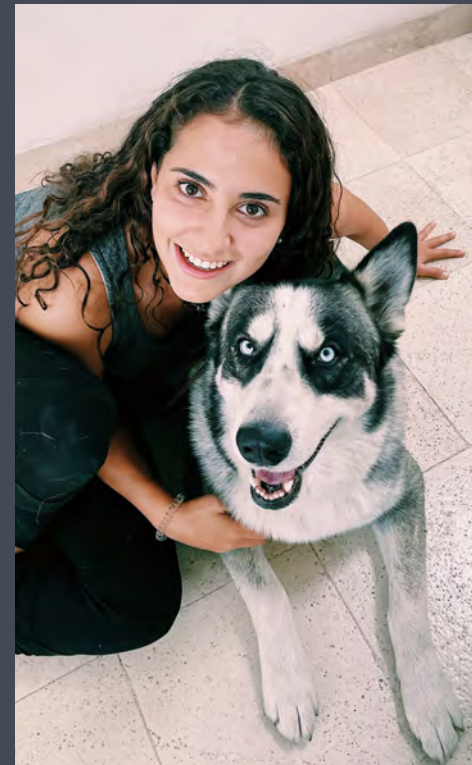
What is a highlight you have from being a part of BLCS exec? After becoming a member of exec team, I felt closer to Brock and my peers more than ever. Just like BLCS, the exec team becomes a family, and during my university years, especially in an online isolating environment, BLCS and the exec team really helped me to feel included and a part of something great at Brock



Ximena Paredes:- First Year Transition & Mentorship Co-lead

Describe your role: Through my role I am able to create events to try to create a community within BLCS between mentors and mentees. Furthermore, with Mickellie we constantly try to generate new event ideas that will be fun and engaging for first year students.

What is a highlight you have from being a part of BLCS exec? Being able to meet people within BLCS. I love hosting events and being able to connect and have fun with students!



Upcoming Events

Foundations in Leadership Mini-Series: Key Elements of Communication

Date: March 2nd at 1-2PM

Register: <https://experiencebu.brocku.ca/event/201094>

Off Campus Living Information Session

Date: March 3rd at 5:30-6:30PM

Register: <https://experiencebu.brocku.ca/event/201190>

Library Yoga Live & In-person

Date: March 4th at 12-1PM

Register: <https://experiencebu.brocku.ca/event/196177>

Brock LINC Creativity: Learn how to Bullet Journal

Date: March 8th at 11AM-12PM

Register: <https://experiencebu.brocku.ca/event/201942>

Foundations in Leadership Mini-Series: Effective Self-Expression

Date: March 9th at 1-2PM

Register: <https://experiencebu.brocku.ca/event/201095>

Job Search Strategies

Date: March 9th at 1-2PM

Register: <https://experiencebu.brocku.ca/event/198158>

Upcoming Events

Brock Spirit Scavenger Hunt

Details: <https://experiencebu.brocku.ca/event/185327>

Social Innovation Idea Challenge

The Social Innovation Idea Challenge is a new initiative to get Brock University students thinking about some of society's most pressing challenges. The theme for our launch event is on single-use plastics, and we are looking for your creative and innovative ideas on how to address the growing problem of plastic waste.

DUE: March 10th @ 11:59PM

Click here to to apply

The LINCubator

The Brock LINC is the university's home to creativity, innovation, research and entrepreneurship. The LINCubator program has been developed to support early-stage businesses with resources, networks and community at our new 41,000 square foot facility at Brock University.

Applications are now OPEN until March 13th, 2022!

Click here to learn more and to apply

Foundations in Leadership Mini-Series: Effective Listening Styles

Date: March 16th at 1-2PM

Register: <https://experiencebu.brocku.ca/event/201093>

Volunteer Opportunities

Volunteer at the Niagara 2022 Canada Summer Games!

Click here to see the volunteer positions available

Click here to apply



Meals on Wheels

Deliver hot/frozen meals to a client's home. Flexible scheduling and mileage reimbursement. **Urgent help needed in Welland and Pelham areas.**

Click here to apply



Start Me Up Niagara

Current volunteer opportunities available:

<https://www.startmeupniagara.ca/site/volunteer>



Volunteer Opportunities

Brock Leads

Conflict Management and Resolution - March 17 at 10:30am

TED Talk Tuesdays! - March 1 at 3pm

Love Languages - March 3 at 10:30am, March 22 at 1:30pm

Facilitation 101 - March 8 at 10:30am, March 31 at 10:30am

Find Your Why - March 10 at 1:30pm, March 29 at 10:30am

Emotional Intelligence - March 15 at 10:30am

Leadership 101 - March 24 at 1:30pm

GSV Support Certificate

Anti-Ableism Perspectives - March 3 at 5pm

Self-Care - March 8 at 12pm

International Perspectives - March 10 at 5pm

Consent and Disclosure - March 15 at 12pm

Equity, Intersectionality, & Trauma - March 17 at 5pm

BIPOC Perspectives - March 22 at 12pm

Masculinity - March 24 at 5pm

Restorative Justice - March 29 at 12pm

2sLGBTQIA+ Perspectives - March 31 at 5pm

BLCS Member Spotlight: Emily Bonisteel

Program: 3rd year BSc. Kinesiology

Extracurriculars/ Hobbies: Fencing, basketball, crocheting, and hanging out with friends.



What have you most enjoyed about BLCS so far?

I love the community feel that BLCS has! From team nights and gingerbread-making competitions, BLCS truly feels like a second family.

What BLCS initiatives have you taken part in?

Being a part of the ball hockey and wellness videos initiatives has been so much fun to see the impact you can make on the community. It is a unique experience to have the chance to plan a big event and will stick with me for life.

Brock Leaders Citizenship Society Monthly Newsletter



**Brock Leaders
Citizenship Society**

Upcoming Events

2nd Annual Human Anatomy Symposium - Connecting More Than Just Tissue

Date: April 2, 2022 at 10AM-3PM

[For more info](#)

Planning Ahead Panel

Date: April 5, 2022 at 8-9PM

[For more info](#)

Surgité Badgers: Exam Preparation

Date: April 6, 2022 at 12-1PM

[For more info](#)

Stress Less For Tests

Date: April 6, 2022 at 1-2PM

[For more info](#)

Dwayne Gretzky - Live Concert

Date: April 6, 2022 at 7:15-10:30PM

[For more info](#)

Off Campus Living General Information Session

Date: April 9, 2022 at 10-11AM

[For more info](#)

Applied Suicide Intervention Skills Training (ASIST) 2-Day

Date: April 18, 2022 at 8:45AM-5:00PM

&

April 19, 2022 at 8:45AM-5:00PM

[For more info](#)

Volunteer Opportunities

Volunteer With Niagara Public Health

Click here to view all the [volunteer opportunities](#)

United Way Period Promise Campaign

United Way Niagara and Brock University will again be hosting the Period Promise Campaign to raise awareness about individuals living in poverty in our community who are struggling to afford to purchase period products.

Click here for [more info](#)

Learning Disabilities Association of Niagara Region - Literacy

The position of Online Reading Program Volunteer Literacy Tutor supports the Learning Disabilities Association of Niagara Region's literacy program for children and youth with learning difficulties. This one-on-one literacy program is designed to motivate and help children in grades 1 - 8 gain confidence and academic success in reading. It is also designed to help volunteers gain knowledge and experience in working with children who experience difficulties learning essential literacy skills.

To [apply](#)

Volunteer with Pathstone Mental Health

For more info about their [volunteer opportunities](#)

Niagara Peninsula Conservation Authority

For more info about their [volunteer opportunities](#)

2021-2022 BLCS 4th Years

Name: Alex Adam

Program: Concurrent BA / BEd Junior Intermediate

Favorite BLCS Memory: The Ball Hockey Tournament in 1st year

Plans for Next Year: Continuing to teachers college and getting married!

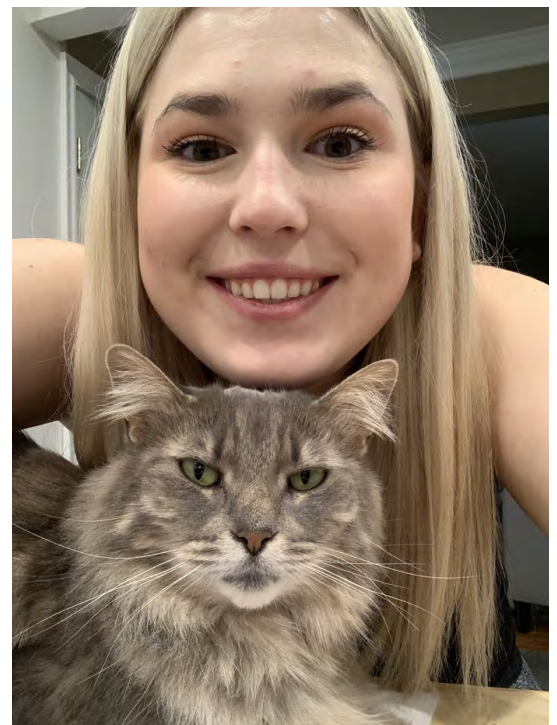


Name: Alexandra Bula

Program: Medical Science

Favorite BLCS Memory: I loved working on DDD! It's such an amazing event and a great cause! I also had a ton of fun going to Wayne Gretzky Estates for the BLCS skating social!

Plans for Next Year: I'm getting married in July and starting law school in September!



2021-2022 BLCS 4th Years

Name: Evan Fraser

Program: Bachelor of Sport Management (Honours)

Favorite BLCS Memory: Play for Memories ball hockey tournament in my first year (March, 2019)

Plans for Next Year: I will be joining Maple Leaf Sports & Entertainment (MLSE) as an Account Coordinator on the Membership Team servicing season ticket holders of the Toronto Maple Leafs, Toronto Raptors and Toronto FC.



Name: Jessica Sardella

Program: Concurrent Education- Math and Biology

Favorite BLCS Memory: Getting to meet everyone. Also, DDD in my first year—getting to see all of our hard work come together while having a fun night.

Plans for Next Year: Teacher's College at Brock



2021-2022 BLCS 4th Years

Name: Julie Luth

Program: Studio Art

Favorite BLCS Memory: Getting to work with amazing leaders on both the Ball Hockey and Wellness Videos initiatives!

Plans for Next Year: Take a year off to work, rest, and apply to masters programs!



Name: Madison House

Program: Concurrent Education I/S - Math and French

Favorite BLCS Memory: Planning and attending DDD for the last 4 years!

Plans for Next Year: Attending Teacher's College at Brock



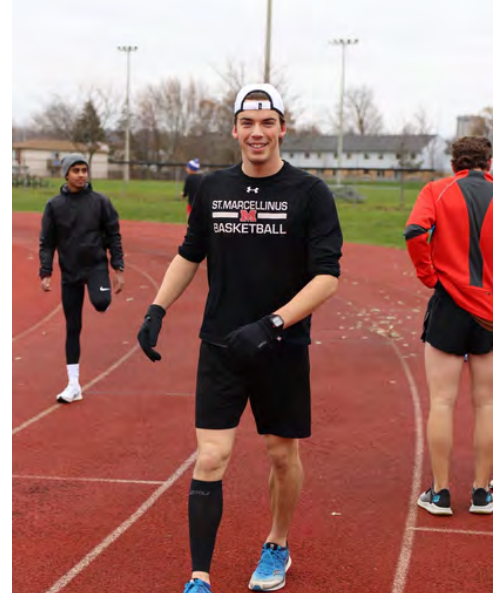
2021-2022 BLCS 4th Years

Name: Marcus Fogh

Program: Con Ed I/S Physical Education & Math

Favorite BLCS Memory: Brock Cares Day in my second year!

Plans for Next Year: Starting year 5 of the Con Ed program at Brock!



Name: Ruth Benoy

Program: Bachelor of Accounting, Co-op

Favorite BLCS Memory: Working with the Denim, Diamonds, and Diplomas team in first year.

Plans for Next Year: Will begin my graduate studies through Brock's Master of Accountancy program.



Name: Ryan Somerville

Program: English Language and Literature

Favorite BLCS Memory: The Ball Hockey Tournament we organized back in 2019!

Plans for Next Year: Moving to Italy to teach English and pursue some artistic endeavours.

2021-2022 BLCS 4th Years

Name: Sophia Nelson

Program: Neuroscience

Favorite BLCS Memory: Running the Play for Memories Ball Hockey tournament.

Plans for Next Year: I have applied to McMaster and Ryerson for the Midwifery Education Program. I am still waiting to find out if I got in.



Name: Vani Sharma

Program: Medical Sciences with a minor in Business

Favorite BLCS Memory: Making gingerbread houses with Jess and Sierra at the 2018 Dec Town Hall!

Plans for Next Year: Accelerated Concurrent MBA-MPH program.



BLCS Member Spotlight: Emma Bergen

Program: Concurrent Education

I/S - French and Year 2

Extracurriculars/ Hobbies:

When not working on school work, I enjoy spending my free time with family and friends, and getting outside as much as possible! I enjoy trying new activities all the time and this winter I decided to take up skiing.



What have you most enjoyed about BLCS so far?

I have really enjoyed the opportunities and experience BLCS has provided. I enjoy being a part of such a supportive community where I feel motivated to continue to enhance my leadership skills.

What BLCS initiatives have you taken part in?

I am currently working on the Denim, Diamonds and Diplomas as a Symposium Executive. This role has taught me many important skills and has been an extremely rewarding experience. I love being able to do something to support and empower other students.

The background of the image is the crest of the University of Toronto. It features a shield with a red border. Inside the shield, there are three red symbols at the top: a maple leaf on the left, a scallop shell in the center, and a three-petaled flower on the right. Below these is a large red crest of a beaver, which is the central element of the University of Toronto's crest. The text "Good Luck on Finals Badgers" is written in a bold, black, serif font, centered over the beaver crest.

**Good Luck
on Finals
Badgers**