

WE ARE MAKING A DIFFERENCE

SOC & COM

Principal's Office

YEAR IN REVIEW
2021-2022

**WE ARE
FUTURE FOCUSED**

The GARDENS Highlights

Growing Season may be Over but the GARDENS Project Continues Growing

Looking back at the 2021 growing season, there is a lot to be grateful for. The Principal's Office at Humber Lakeshore, in partnership with the GARDENS Advisory Council and LAMP Community Health Centre (CHC), successfully continued the Pod Project to provide people in need with harvest, support local Etobicoke food banks like the Daily Bread Food Bank and LAMP's Good Food Market, and continue educational programming virtually around food security, food justice, cooking and gardening.

This year the project produced 285 pounds of harvest, and involved nine community partners that provided space for the plants to be cared for and harvested. In addition to Pod sites from previous years - Birds and Beans Café, Lakeshore Environmental Gardening Society (LEGS) - Daily Bread Community Garden, LAMP CHC, LAMP Early Childhood Centre, Father John Redmond Catholic High School, Humber Lakeshore: Fashion Institute, James S. Bell Middle School, Toronto Public Library: Long Branch - we welcomed a new partnership with CF Sherway.

There were also 200 participants at 10 educational workshops held over summer. Workshop topics included Strawberry Jam Making, Scrap Cuisine, Plants, Connection and Gratitude, to name a few.

The GARDENS project also boasted experiential learning student opportunities and education around food security in South Etobicoke. This year, the project hosted 6 positions:

- **2 paid Work-Integrated Learning (WIL) Project Coordinators**
(supported by Humber and Canada Summer Jobs)
- **2 paid Work-Integrated Learning Operations Coordinators**
(supported by Humber's Principal's Office)
- **1 Work-Integrated Learning placement with stipend for a Virtual Learning Library Content Creator**
(Partnership with Humber Faculty of Media and Creative Arts)
- **1 paid Education Coordinator**
(supported by LAMP CHC and Canada Summer Jobs)
- **2 continued faculty partnerships with the Humber Faculty of Business – International Development and Community Development Programs, and Humber Faculty of Media and Creative Arts – Film and Media Program**



Project Coordinator - Asna Saeed (left) and Event Coordinator and Community Liaison, Kavelle Maharaj (right) planting.

GARDENS documentary shortlisted at first World Food Forum Film Festival

The GARDENS documentary filmed last year by three **FMCA** students, Simran Nijjar, Matthew Cole and Nick Burton, was named a finalist at the **World Food Forum Film Festival!** The festival celebrated young filmmakers who tell the world stories that will inspire behavioural change and play an essential role in transforming agri-food systems. 289 films were submitted to the film festival with only 30 finalists selected. Congratulations to the amazing film crew! You can check out the full documentary [here](#).

Creation of the GARDENS Virtual Learning Library

Three Work Study students, Maggie Pyke, Gabi Hentschke and Cydney Penner, worked alongside Kavelle Maharaj, Event Coordinator and Community Liaison at Humber's Lakeshore Campus and Principal's Office, to produce short educational videos on YouTube about gardening, pollinators, food systems, container gardening, mental health, urban agriculture and more. These videos featured interviews with industry professionals, and gave the students an opportunity to explore video ideas, write scripts, record content, film, interview and edit – a full end-to-end production.

You can **check out the current videos on YouTube**.



I learned more about how to be a team player in a community project, gardening vegetables, and gained more experience in virtual marketing. I also had the opportunity to hear directly from professionals on food issues when interviewing them for the project's virtual Learning Library.

- Ana Gabriela Buttelli Hentschke, 2021 GARDENS Operations Coordinator, Bachelor's student, **International Development**


Working so closely with the team was one of the defining aspects of my time. They were so welcoming and committed to creating the best content possible, which was infectious and encouraged me to think bigger to match their enthusiasm. This experience really encapsulated the standard of work that can be done with a strong, committed team.

- Cydney Penner, 2021 GARDENS Video Content Creator – Virtual Learning Library, Alumni, Postgraduate Certificate program **Film and Multimedia Platform Storytelling**


Community Consultation

The GARDENS set out to learn how the community it works to serve experience its services, to ensure it responds to the needs of residents. During the summer, Humber College, as a GARDENS partner, hired two Work Study students, Asna Saeed and Stephanie Gonyea, to undertake this baseline study, under the supervision of Humber staff Ayesha Amin, Global Learning and Strategic Initiatives Coordinator in the Faculty of Social and Community Services, and Kavelle Maharaj, Event Coordinator and Community Liaison at the Lakeshore Campus and Principal's Office.

Residents of South Etobicoke were given an opportunity to share their experience and views through an anonymous survey and confidential one-on-one interviews. The results of the study have been shared with the GARDENS Advisory Council to consider as the program evolves to better serve the community. See the summary report [here](#):



GARDENS LAKESHORE SUMMER '21 COMMUNITY CONSULTATION SUMMARY



GARDENS LAKESHORE

The Green Artisan Retailers & Designers Environmental Networking Space (GARDENS)'s mission is to engage the citizens of South Etobicoke in community building and resolving issues regarding food security, unemployment, and poverty by creating Urban Farm Pods and community hub to provide food, housing, education, and employment in the field of urban agriculture. In 2015, the GARDENS partnered with Humber College to design functional creative spaces that emphasized social, economic, and environmental considerations to engage the citizens of South Etobicoke in community building and resolving issues regarding food security, unemployment, and poverty. In 2016 the Pod Project was developed, which works with partners across the community to grow produce in raised planter beds, which is then donated to the Daily Bread Food Bank, LAMP CHC Good Food Market, or to people within the South Etobicoke community that need it. The project also offers free educational workshops that address food security, gardening, and nutrition.

COMMUNITY CONSULTATION

To better understand the needs of the South Etobicoke community, as they relate to food security and community gardens, GARDENS partner Humber College, hired two Work Study students in the Summer of 2021 to do a Community Consultation. The aim of this was to get feedback on the existing GARDENS projects, and to hear what needs remain to be addressed, and include residents in the evolution of the project, to co-create initiatives offered by GARDENS as it evolves. Due to limitations, including timing, funding, capacity and COVID-19 restrictions, this consultation serves as a baseline study to form an initial picture of the community's knowledge and views on the GARDENS, as well as food security and community gardens in the area generally. This data that was captured can be further built upon in future needs assessments to gain a more in-depth understanding of community needs.

METHODS

Due to limitations, the community consultation was conducted through an online survey and one-on-one interviews. The data was collected in July and August. There were 1,064 survey responses, however it became apparent that there were multiple false responses. After in-depth analysis, it was concluded that approximately 266 of those responses were valid, individual responses with usable data. Of these, 15 respondents also participated in one-on-one interviews to share more information and ideas. of the story.



Contact us!

Looking to the future, the GARDENS team is exploring more partnerships and funding opportunities to continue to grow the project. Currently, we have secured funding from CF Sherway to continue to build the project operations and employ youth seasonally, and are in communications with the Toronto District School Board about expanding educational elements to high school students.

If you would like to get involved by supporting this, or lending your expertise in community development, please reach out at info@gardenslakeshore.ca or visit our website gardenslakeshore.ca

A Mentally Healthy Humber College

Content Warning

The content you are about to read involves mental health challenges and suicidal thoughts.

Humber Wellness Talks hosted mental health advocate, Mark Henick virtually in September. Mark shared his experience with the audience about growing up, being discouraged about sharing his emotions, depicting harmful images, depression, and suicidal thoughts.

At 10, Henick's teacher discovered his drawings depicting various ways he could harm himself and referred him to a guidance counsellor.

"I told them what I'd been feeling. It all felt very normal to me," said Henick of his depression and suicidal thoughts, at the event. Facing a lack of resources, Henick was sent to the hospital, this time, and many times after. He felt utterly hopeless and helpless.

A few years later, Henick climbed over the railing of a bridge in his small town, prepared to jump.

"We've set the bar so high that in order to break through or surpass that bar, to get noticed and to get help, people have to reach the most extreme form of their illness."

Henick felt beyond help, past the point of reaching out.

Fortunately, a helping hand reached in.

A stranger called out to him, stood beside him and asked his name. He asked more questions, leaving long spaces of silence for Henick to fill up, or not. The stranger ultimately saved Mark's life that night on the bridge. The encounter helped the young Henick see the world a little differently, open up, tell his story and become a mental health advocate.

Henick urged others to push the first domino by sharing their own stories to create a safe, caring space for the college community. He described the systemic changes needed to not only decrease stigma, but get people the help they need promptly, including campus-wide health strategies.

Read online at communityservices.humber.ca/news



"Mental health awareness can't just be this informal thing...we need to formalize it; ensure we have training in place for people who need it. It's not enough to say, 'Reach out for help' if there's no one there to reach back."

"If there's someone who's struggling, it's on us to help them," said Henick. *"We need community solutions to help people."* Institutions must also act - beyond training and campaigns. *"Sometimes,"* Henick added, *"the problems people are facing, the barriers keeping them in that place, we may be a part of that."*

No matter how much postsecondary institutions push the needle, mental illness and struggle will continue to exist, so Henick also has some advice for students whose capacity may have decreased or who need to slow down a little. Deadlines aren't going anywhere, but priorities can change. *"If you fail, is that the worst [thing] that can happen?"* he asked before reflecting on his own winding road to recovery. *"Failure can serve a purpose. It doesn't have to crush you. People need to know they can recover, and that whatever they're going through won't last forever."*

You can read more about Mark in his memoir, **So-Called Normal**.

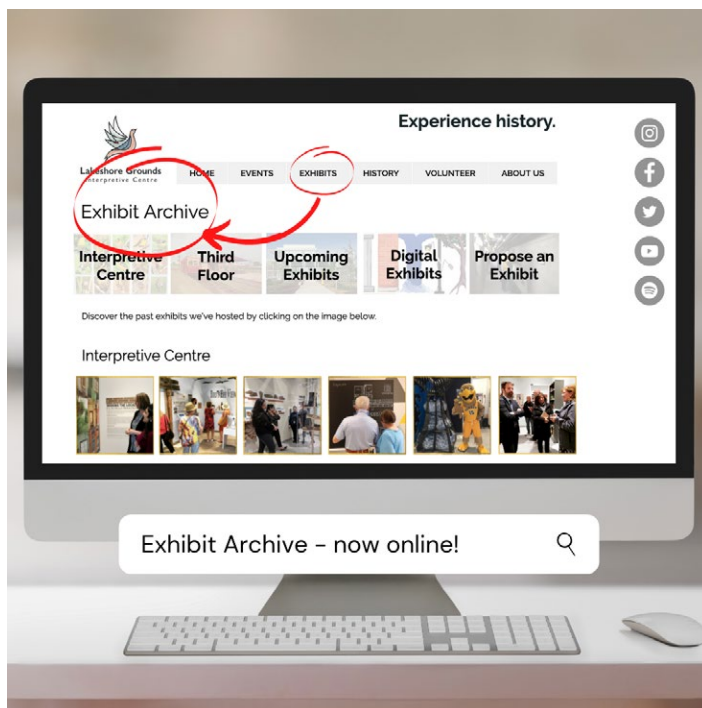
If you are a Humber student and need **support**, you can access **Therapy Assistance Online (TAO)**, which provides online and mobile tools or call the Good2Talk Helpline at 1-666-925-5454. In case of emergency, call 9-1-1.

For more information, visit **Humber's Student Life website**.

Interpretive Centre Updates

In the lead-up to the Interpretive Centre's 5th anniversary in January 2022, the team has been reflecting on how far we've come! With over 20 exhibitions, a growing collection, 4 guided tours, and countless friends and connections, we're sharing some of the highlights and gathering stories to commemorate this milestone!

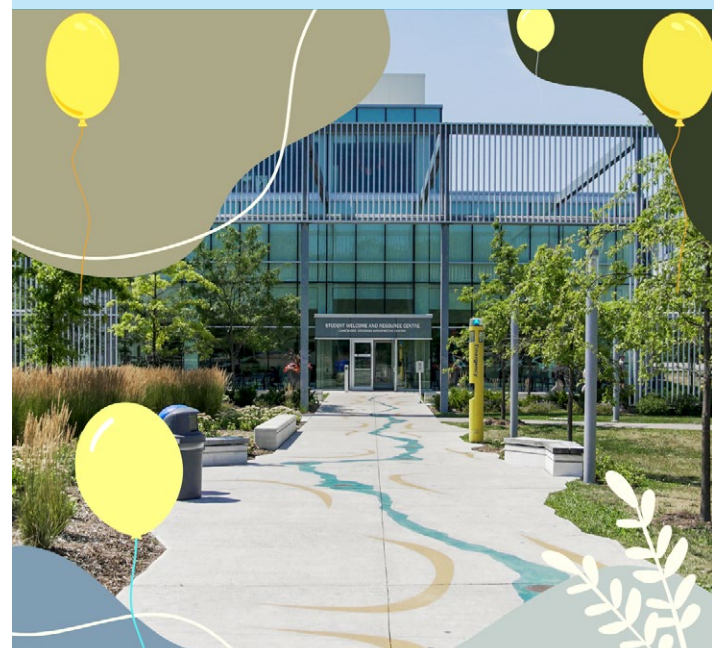
Revisit our past and present exhibitions, projects, and research work, online at LakeshoreGrounds.ca! We've recently digitized all of the past exhibitions held in both the Interpretive Centre and the Third Floor Gallery, all of which can now be found on **our website**.



Coinciding with our anniversary is the Winter 2022 edition of the **Interpretive Centre's zine, Shore Stories**, and we plan to make it a special edition that acts as a companion piece to the anniversary exhibition, with submissions from both past and present friends of the Interpretive Centre.



Behind the scenes, as we prepare to return to on-campus tours, exhibitions, and events, our focus will be on preserving the history of Humber Lakeshore's A Building – formerly the Lakeshore Teachers' College – with new research and an oral history project coming in 2022! Hosting Humber's arts and music programs to name a few, the halls of A Building have played a key part in innovative education in Ontario since the late 1950s!



Humber Wellness Talks - Open to the public

November 25 | 12 - 1pm

Topic and Speaker TBD (Currently working with CCBI and Humber Galleries for this selection)

The Humber Wellness Talk Series is a monthly, virtual, live event, during which external speakers address topics around health and wellness that are relevant to students and staff in the postsecondary sector. Keynote speakers bring a wealth of experience and education to the event and leave attendees with actionable items to enhance the challenges at hand.

The events are open to the public in addition to Humber employees, students, community partners, etc. **Register here.**

Mindfulness Mondays - Open to all employees, students & the community

October 4 - Yoga Nidra Meditation | 12 - 1pm

October 18 - Loving Kindness Meditation | 12 - 1pm

October 25 - Mindfulness Body Scan | 12 - 1pm

November 1 - Mindful Senses | 12 - 1pm

November 8 - Yoga Break for the Desk Worker | 12 - 1pm

November 15 - Yoga Flow | 12 - 1pm

November 22 - Sound Bath Meditation 1 | 12 - 1pm

November 29 - Sound Bath Meditation 1 | 12 - 1pm

The Mindfulness Monday's series is back in an effort to continue to promote health and wellness activities. This concept is an 8-week virtual, one hour workshop series starting October 4, 2021 (excluding Thanksgiving Day).

These sessions include Mindfulness, Yoga, Meditation and Sound Bath Meditation activities. This series is open to all employees, students, and the community. Attendees will leave the workshops rejuvenated and refreshed, mentally ready for their workday and week ahead! **Register here.**

Wellness Wednesdays - For Humber staff

October 27 | 12 - 1pm
Importance of Sleep Habits

November 24 | 12 - 1pm
Nutrition and Diet (Meal) - How to eat to enhance your mental health

December 15 | 12 - 1pm
Letting go - Creative You (Virtual Paint Session)

The Wellness Wednesday Series is aimed at promoting virtual safe spaces for Humber staff (open to all campuses) to focus on themes around mental health, mindfulness, healthy living, diet and creativity through engaging, interactive activities. These events occur once a month in partnership with the Principal's Office at Lakeshore Campus and Humber Human Resources and Organizational Effectiveness Team.

During the pandemic, this series offered staff an opportunity to connect virtually like they would in-person on a lunch hour and interact with others and learn something new.

Attendee's leave having learned a new skill, making linkages to how various activities can promote better health, and feel equipped to make more informed decisions about healthy lifestyles or work-life balance. **Register here.**

Read online at communityservices.humber.ca/news



HUMBER MINDFUL MONDAYS

NOVEMBER DATES

All sessions are at 12 pm - 1 pm

- 1** MINDFULNESS SENSES
- 8** YOGA BREAK FOR THE DESK WORKER
- 15** YOGA FLOW
- 22** SOUND BATH MEDITATION 1
- 29** SOUND BATH MEDITATION 2

SIGN UP HERE:
bit.ly/3BdF0k6

WELLNESS WEDNESDAYS STAFF SERIES

NOVEMBER 24, 2021

TIME: 12pm - 1pm
Nutrition and Diet via Microsoft Teams

A healthy diet is essential for good health and nutrition. The food we eat affects our body and health which is necessary for our physical and mental growth. In this session, learn about planning a weekly diet.

STAY TUNED FOR DETAILS



DECEMBER 15, 2021

TIME: 12pm - 1pm
Virtual Paint via Microsoft Teams

Creating through painting, can stimulate the creative mind while relieving mental strain. A low stress level can lead to a happier and healthier lifestyle. This session will help you tap into your creative side.

**Materials will be needed prior to workshop.

STAY TUNED FOR DETAILS



SPOTS LIMITED

A partnership between the Office of the Principal, Lakeshore Campus and the Human Resources and Organizational Effectiveness team



Humber's Wellness Series is aimed at promoting virtual safe spaces for students and staff, to focus on various aspects of wellness, health and mindfulness.

Please visit the **Humber Lakeshore Campus Website** for more events!

Save the Dates on the Principal's Office Virtual Events Line-Up!

NOVEMBER

8

Yoga Break for the Desk Worker
12 - 1pm
Mindfulness Monday

NOVEMBER

15

Yoga Flow
12 - 1pm
Mindfulness Monday

NOVEMBER

22

Sound Bath Meditation 1
12 - 1pm
Mindfulness Monday

NOVEMBER

24

Nutrition and Diet (Meal) - How to eat to enhance your mental health
12 - 1pm
Wellness Wednesday

NOVEMBER

25

Topic and Speaker TBD
12 - 1pm
Humber Wellness Talk

NOVEMBER

29

Sound Bath Meditation 1
12 - 1pm
Mindfulness Monday

DECEMBER

15

Letting go - Creative You (Virtual Paint Session)
12 - 1pm
Wellness Wednesday

Lakeshore Principal's Office launches initiative in support of #16days campaign

On December 6th, the Office of the Principal, Lakeshore Campus launched an ongoing initiative to collect unopened full-size toiletries and unopened travel/hotel toiletries to donate to shelters supporting women and children leaving domestic violence.

December 6th, the **National Day of Remembrance and Action on Violence Against Women**, marked the anniversary of the murder of 14 young women at Polytechnique Montréal (December 6, 1989) and is about remembering those who have experienced gender-based violence and those who we have lost to it. This day falls within the **16 Days of Activism Against Gender-Based Violence**, an annual international campaign that kicked off on November 25, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

The global theme for this year's campaign is "Orange the world: End violence against women now!" In Canada and around the world, women, girls, 2SLGBTQQIA+ (two-spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, plus) and gender diverse individuals face unacceptable violence and discrimination. Gender-based violence in Canada has been magnified and amplified by the COVID-19 pandemic with police services, shelters, and local organizations reporting an increase in calls related to gender-based violence.

Items can be dropped off at **WEL 302-H** in the Lakeshore Campus Principal's Office (3rd Floor, Student and Welcome Resource Centre). Please contact **Stephanie Byer** if you have questions or would like to arrange a drop off.



Humber College says Goodbye to Kavelle Maharaj

It is with mixed feelings that we share that Kavelle Maharaj, Events Coordinator and Community Liaison, has accepted a new position as Conference Services Coordinator in the Business Services Department at Sheridan College. Kavelle's commitment to student and employee wellbeing and engagement across the Lakeshore Campus and wider Humber Community has made her a valued member of the Principal's Office team and South Etobicoke community. Kavelle has been integral to the success of our Lakeshore Campus events, such as Humber's Wellness Talks, Mindful Monday Sessions, Principal's 6-in-6 events, Culture Days, and community projects, including the GARDENS Pod project in collaboration with LAMP CHC, and the GARDENS Advisory Council.

Kavelle's last day at Humber was Tuesday, November 30th. She will be missed greatly. We wish her the best of luck in her new role!



New President Search Underway

A Message from the Humber College Board of Governor, Ana Fernandes:

Humber President and CEO Chris Whitaker has decided to retire upon the completion of his second term at the end of June 2022.

Chris has made an indelible mark on Humber through his leadership, strategic vision, and prioritization of people and partnerships. During the past year and half, he has helped chart the college through the uncertainty and challenges of the pandemic, ensuring Humber's values informed decision-making and commitment to all employees.

Humber accomplishments under his leadership include:

- Development and implementation of Humber's first institutional Academic Plan and Digital Campus Plan
- Establishment of Humber's Faculty model and the Centres of Innovation Network
- Development and launch of the Humber International Graduate School in downtown Toronto
- Launch of Unlimited, the College's first major fundraising campaign
- Creation of countless new programs, including Humber's first engineering degrees and stand-alone Bachelor of Science in Nursing that launched this fall
- Growing enrollment to 38,000 full-time students
- Strengthening Humber's financial position, building critical infrastructure and innovative system collaborations, and championing sustainability
- Implementing new approaches to continuous professional learning, real estate education and corporate training

Beyond our campuses, Chris has helped shape post-secondary education in Ontario for more than 34 years. He began his career in the sector as a professor at St. Lawrence College and held progressively senior roles there, including President and CEO.

As a true champion of polytechnic education, Chris' legacy will continue to shape Humber for many years. Chris is known for leading with integrity and a good sense of humour. We will miss those qualities when he retires and wish him the best on his next chapter.

On behalf of the Board of Governors and as the Chair of the Presidential Search Committee, I also wanted to update you on the work that has begun to support the search for the next President and Chief Executive Officer, which will include consultations with our community. A Presidential Search Committee will be established, representing key constituencies from the college community.

The College has also engaged the services of search firm KBRS (Knightsbridge Robertson Surette) to support the committee in identifying candidates. Founded in 1975, KBRS is a strategic talent advisor to universities and colleges across Canada and is among Canada's largest academic executive search firms.

The search will begin immediately and a **presidential search webpage** has been created. Updates and new information will be added to this page in the weeks to come. We will continue to provide updates about the process as the search progresses.

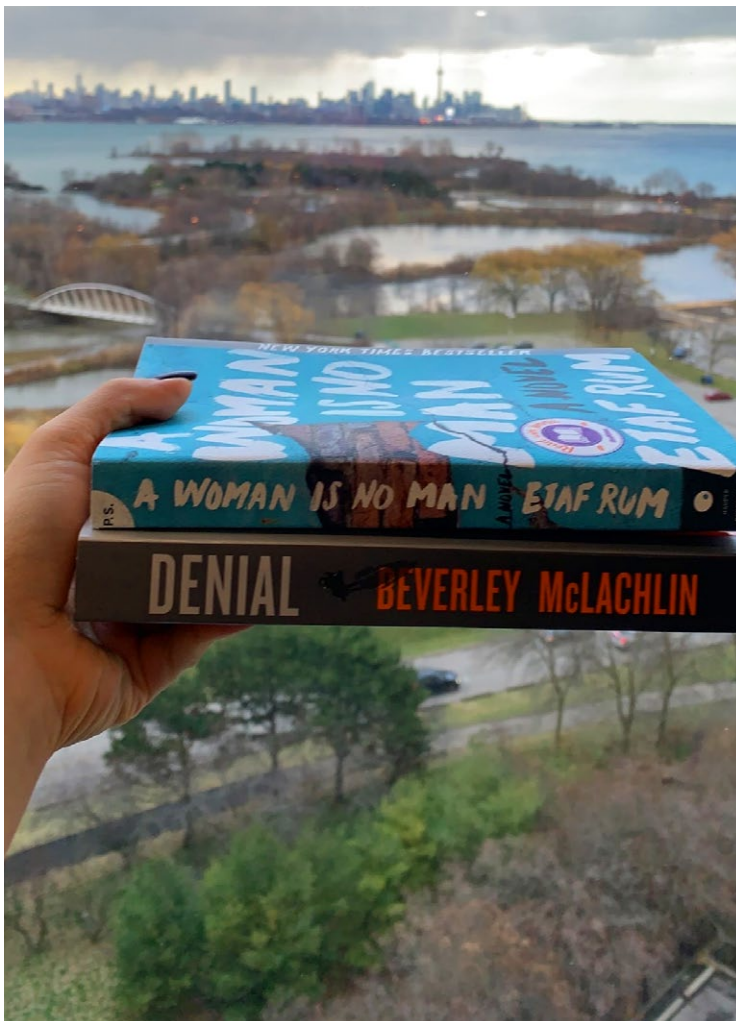
If you have any questions about the search, you may contact Lori Diduch, Vice-President, Human Resources and Organizational Effectiveness at lori.diduch@humber.ca.

FSCS Staff & Faculty Book Club

As many staff and faculty continued to be remote this past semester, we made it a priority to find ways to keep our staff groups engaged outside of their regular work projects and meetings. These initiatives were focused on employee health and wellness, through various activities and events. After the success of last year's FSCS staff & faculty book club, another round of book club meetings were held this semester, with book club members reading the books **Denial** and **A Woman is No Man**.

"I mainly joined the book club to feel more connected to my peers in the FSCS. On top of the social aspect, I've also enjoyed reading books that I wouldn't have normally selected on my own. The diverse scope of books and engaging conversation with the other members has helped open my mind to consider new and different perspectives."

- Megan Primeau, faculty member and book club member



HUMBER MINDFUL MONDAYS

OCTOBER 4 - NOVEMBER 29

Drop in every Monday from
October 4 - November 29, 2021 for
our Mindful Monday Series

Sessions open to Humber and
Guelph Humber students and staff

REGISTER FOR ONE OR ALL
bit.ly/3BdF0k6



Mindful Mondays, Wellness Wednesdays

Finding time and opportunities to focus on our own personal wellness, while important, is a challenge for many. Given the difficult year that we've all had, the Principal's Office sought to provide the opportunity to remember to do just that, by offering regular workshops and events throughout the semester. Two workshop series that ran regularly throughout the year were Mindful Mondays geared towards staff, faculty, students and the wider Humber community, and Wellness Wednesdays, developed to promote wellness and social engagement amongst Humber staff.

Over 150 people joined Mindfulness Mondays events, for sessions such as Yoga for the Desk Worker and Sound Bath Meditation. Over 100 staff joined Wellness Wednesday sessions, which included sessions on Sleep Habits, Healthy Eating, and a relaxing paint exercise.

Humber Wellness Talks: Museums, Movement & Medicine?

Monthly Humber Wellness Talks were also held throughout the Fall 2021 semester, open to staff, faculty, students and community members. The last workshop, held on November 25, *Museums, movement, medicine? A pandemic reflection on doing the things we do*, was hosted by Christian Blake, Occupational Therapist, adjunct faculty at the University of Toronto, and founder of Level Up Gaming,

HUMBER WELLNESS TALKS

VIRTUAL EVENT



DATE AND TIME

NOVEMBER 25, 2021
1 PM - 2 PM

KEYNOTE SPEAKER

CHRISTIAN BLAKE

KEYNOTE ADDRESS

MUSEUMS, MOVEMENT & MEDICINE?
A pandemic reflection on doing the things we do.

HUMBERWELLNESSTALKS.EVENTBRITE.CA

Director, Equity, Diversity & Inclusion for MLSE Launchpad and MLSE Foundation. Christian drew on his expertise in mental health and wellness, leisure participation, equity and inclusion, community engagement, physical activity, and more, to discuss a return to “doing things” post-pandemic, and its impacts on wellbeing.

Virtual Holiday Celebrations

This year, Humber's Annual Employee Holiday Party, in collaboration with the Lakeshore Principal's Office and HROE, was once again virtual. Under the mentorship of **Bachelor of Public Relations (BPR)** professor, Daniel Schneider, Elizabeth McPherson (HROE), Jacqueline Findleton (HROE), Stephanie Byer (FSCS/ Principal's Office) and Kavelle Maharaj (Principal's Office) BPR students hosted the virtual holiday event, titled “Humberland” in celebration of the Humber community.

Planned entirely by the Bachelor of Public Relations **Event Management** class, Humberland, centered on the theme of a winter amusement park. The party that occurred on November 27, 2021 started with a PJ Jig dance-off hosted by Rachel Beau, followed by Santa's Workshop, Mrs. Claus' Bakery and Bingo Bells. After an energetic morning, the kids enjoyed Snow Day Stories, while the adults attended the Polar Parlor mocktail session. The virtual party was a great success, and an amazing learning opportunity for these students! Check out the event website [here](#) to learn more about the activities.



The Faculty of Social and Community Services (FSCS) also had a Faculty-specific end of year virtual get-together on December 22, where faculty and staff joined a virtual celebration, sharing favourite recipes and participating in sessions such as a live concert with SSW Alumni James Wilson, Yoga with Humber's Recreation and Fitness Co-ordinator Nathania Bron, and pet show and tell.

Humber Wellness Skating Day!

February 9, 2022

12 PM - 1 PM

Colonel Samuel Smith

Park Skating Trail (65

Colonel Samuel Smith Park

Dr, Etobicoke, ON M8V

4B6)



Come join us and get some fresh
See you there!

Humber Wellness Skating Days

Over the past month, we were excited to announce the launch of our Humber Wellness Skating Days!

The first of three events took place on February 9th from 12 pm – 1 pm.

This drop-in activity took place at the **Colonel Samuel Smith Park Skating Trail**, just south of our lakeshore campus. Coffee, tea, hot chocolate and donuts were served in sustainable and reusable Humber coffee cups. Staff members from across Lakeshore campus came out to enjoy an afternoon of fresh air on the ice, and catch up with colleagues on campus. Stay tuned for more skating days to come!



Humber Lakeshore – Stepping into Spring Challenge

The Office of the Principal and Humber Lakeshore Athletics are absolutely thrilled to be nearing the official launch of the inaugural Stepping into Spring challenge!

Join us in the Stepping into Spring 14-day Reading Week Challenge! Using the Pacer app to track progress, #TeamBlue and #TeamGold will go head-to-head in a race to see who can log the most steps.

The challenge will run from February 28th to March 14th and there will be a number of opportunities to win prizes along the way! Look out for draws for items such as Beats By Dre Headphones, Google Home Amazon Echo Spot, FitBits and more. Please follow these three easy steps to get started and join the challenge!

Step 1: Download the **Pacer** app to your mobile device.

Step 2: Join the organization by entering the code **YS94429**. You will be immediately prompted to join either #TeamBlue or #TeamGold once you have joined the app and are within our private virtual event space.

Step 3: Access, prepare for and enjoy our challenge!

Any questions can be directed to **Nathania Bron** or **Sara Jouppi**.

Stepping Into Spring!

Reading Week
14 Day Fitness
Challenge!

February 28 - March 14



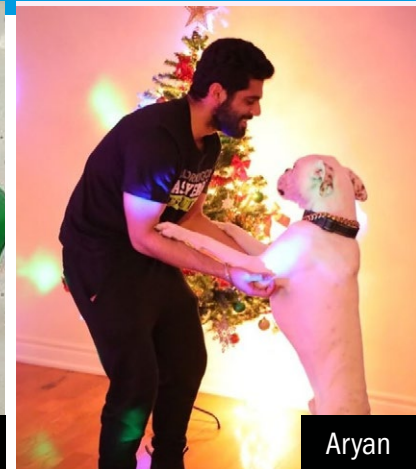
Humber Students over the Holiday Break



Edward



Rachel



Aryan



Sena

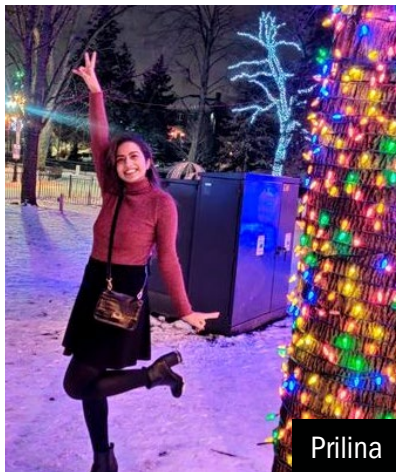
As part of a 4-week Welcome Back Giveaway initiative on the **Humber Lakeshore Instagram** account. Students were asked to share photos of what they did during Winter break. Many students jumped on the opportunity to share what they did to keep busy between semesters. These photos were submitted by students and were also featured on Humber Lakeshore's Instagram Stories throughout the first week back this Winter semester.



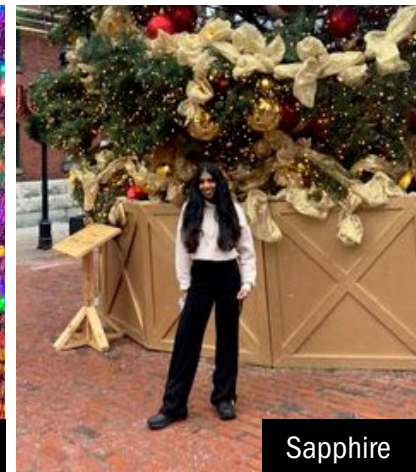
Inna



Rashmi



Prilina



Sapphire



Gursevak

Uncover Hidden Histories in the Interpretive Centre's New Online Exhibition

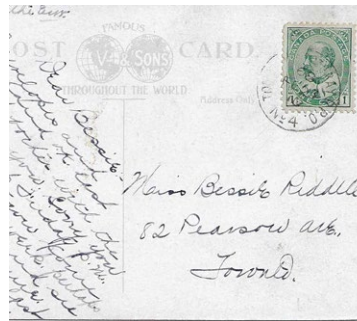
The Lakeshore campus has a long history of mental health care on the picturesque grounds and amongst the iconic red-brick cottages. Few objects or records from the Lakeshore Psychiatric Hospital were preserved after its closure, but glimpses into its past are preserved through artifacts in the collections of the **Lakeshore Grounds Interpretive Centre**.

One such artifact is a postcard depicting cricket players scattered across a manicured landscape in front of the cottages on the south side of campus. Reading "Mimico Sanitorium" on the top right-hand corner, the image captured a moment in history - and abruptly mislabeled it. Although the Hospital had many names during its operation from 1890 to 1979s, "Mimico Sanitorium" was never one of them.

What other stories do these historic artifacts reveal, and what do they conceal?

The Interpretive Centre welcomes you to explore the hidden histories of the Lakeshore Grounds through the collection of turn-of-the-century postcards in an exhibit called **Scene and Unseen**. Displayed to the public for the first time, these artifacts capture masked memories of well-known locations in South Etobicoke. Uncover these stories online **here**.

Meet the cards on campus later this year with the Interpretive



Centre, follow @LakeshoreGRNDS on **Facebook**, **Twitter**, and **Instagram** for return to campus announcements.

Special thanks to the curatorial team of Nadine Finlay, Sarah LeFresne and Nadia Tagoe. Thanks to Jennifer Bazar, Tyler Andrews, and Vana Chainani for their research support in the early stages of this project.

Sustainability at WEL



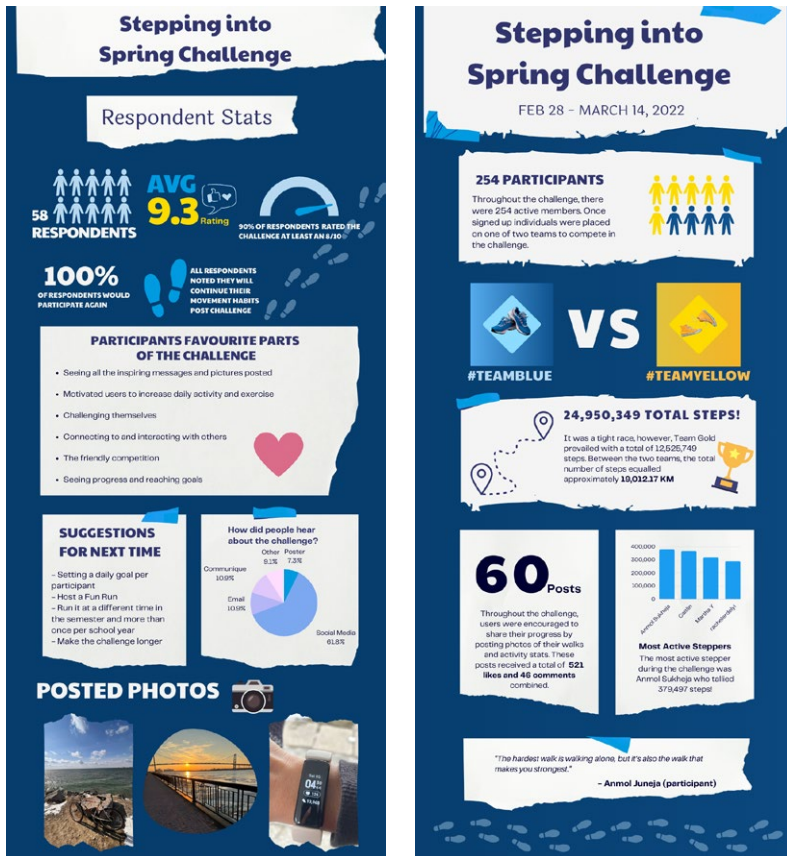
Following the successful **pilot initiative** by **The Office of Sustainability** involving the **removal of individual garbage bins** across all Humber and U of GH offices, the WEL (Student Welcome and Resource Centre) building has been chosen as the starting location for this initiative at the Lakeshore Campus.

Starting March 8, 2022, individual staff and students will be responsible for emptying their recycling and throwing their garbage away at these stations, and custodial staff will only remove waste from the new centralized sorting stations. Centralized sorting stations are known to reduce waste production, which is why there will be **four-stream sorting bins** with a compost option, with signage on how to properly sort waste. The goal is to roll it out campus wide in a systematic approach over the coming months, a change that will help us reach our goal of 15% waste reduction by 2024.

For any questions or concerns, you can get in touch with the Office of Sustainability at **sustainability@humber.ca**.

To further reduce waste on campus, Humber has also switched to a **reusable container program**. Check out how it works **here**.

Stepping into Spring Challenge



GARDENS Updates

The **GARDENS Project** is an organization that works to support food security through community engagement in South Etobicoke. Humber College, in partnership with **LAMP Community Health Centre (CHC)**, work with a volunteer-run Advisory Council to oversee the project and ensure it runs smoothly. This summer, volunteers have once again planted vegetables and herbs in Pods across South Etobicoke at partner sites, who provide space and Pod maintenance support. With 10 Pods planted this season, vegetables and herbs grown will be donated to **LAMP's Good Food Market**, where they will be offered to community members in need for free. This year, we are excited to be partnered with: Cadillac Fairview Sherway Gardens, LEGS at the Daily Bread, LAMP CHC, LAMP EarlyON, Toronto Public Library - Longbranch, James S. Bell Junior Middle School, Father John Redmond Catholic Secondary School, the Birds & Beans Café. We also have a Pod that is planted in partnership with **Humber Indigenous Education & Engagement (IE&E)**, with the plants harvested going towards programming and teaching.

Now that pandemic-related restrictions have been relaxed this summer, the GARDENS will also be putting on more in-person educational programming and events. Keep an eye out on the website, and social media to learn more and get involved.

To kick-off 2022, The Office of the Principal and **Humber Lakeshore Athletics** teamed up to form and execute the inaugural **Stepping into Spring Challenge**. From February 28th to March 14th, #TeamBlue and #TeamGold competed to see which team could take the most steps.

The result? 254 participants, 24,950,349 total steps - or approximately 19,012 kilometers - and some wonderful encouragement and participation amongst members of the Humber community!

As there was an element of friendly competition, #TeamGold did prevail with 12,525,749 steps. On a post-challenge feedback survey, participants indicated an average rating of 9.3 for the challenge, noted that they will continue their movement habits post-challenge, and 100% of respondents would participate again! Throughout the challenge, users were encouraged to share their progress by posting photos of their walks and activity stats. Additionally, those who participated found that the challenge was a fantastic way to inspire one another, challenge themselves, and become motivated to increase daily activity and exercise.

Our next challenge will run from June 13 - June 26. Stay tuned for info to join soon!

Follow the GARDENS Project on **Instagram**, **Twitter**, **Facebook**, and **YouTube**!