



The Pulse

Your NU RPN-BScN Blended Learning Program Newsletter

Volume 8, Issue 1

Spring 2024

"Spring's first heartbeat honours Winter's last breath"

Angie Weiland-Crosby

As we enter March and feel some warmer temperatures, we are starting to see signs of Spring. While, for good reason, we cannot help but look ahead and put the winter behind us, there is also reason to reflect on what we left behind. I like this quote because it gives us a bit of hopeful joy for the coming signs of Spring, while at the same time reminds us to respect and honour what we just passed through. (And doesn't this quote give a nice nod to nursing with its reference to cardiac and respiratory systems? lol) My daughter sent me this photo last evening from her backyard in Peterborough. I think it represents this quote nicely with the drab brown and gray leaves and twigs sitting contentedly with the bright green buds. They both have their place.



For those of you finishing Winter courses, keep those last few 'breaths' of winter semester going for another few weeks. Pretty soon a new heartbeat will pick up as you start your Spring courses in May.

Take care
Wenda

MEET THE



Amy Boudreault—Program Assistance Clerk

What is your favourite Netflix/streaming service series? Well, considering the fact that I have seen the entire series about fifteen times, I would have to say F.R.I.E.N.D.S. It is very much a comfort show that can instantly make me feel better! (The Office is a very close second, though)

If you could choose your favourite book for your book club, what would you choose? I have recently found my love for fantasy books this past year and have been absolutely loving getting lost in fantasy worlds of magic and monsters! It is very difficult to pick a favourite, but if I must choose, it'll have to be Throne of Glass by Sarah J. Maas. Absolute perfection!

What is your favourite comfort food? A food that I will literally never get tired of eating and would most definitely eat for breakfast, lunch, and dinner is poutine. Yum!

Do you have any pets? I have two cats, Alex and Cisco. Alex is the big, ferocious one, and Cisco is our quiet little prince. We also have a fish, Taco, named by my five-year-old daughter who just so happens to love tacos.

If your family had to describe you in one word, what would it be? My family would most likely describe me as a “homebody”, and I wouldn’t disagree with them. I love being in the comfort of my home, surrounded by all of the people and things that make me happy.

If money and time were not a concern, where would you choose to vacation next? My biggest dream in life is to see the Northern Lights, so I would travel to any place that would allow me to fulfill that dream.



Karey McCullough – Associate Dean, School of Nursing (Interim), Associate Professor

What is your favourite Netflix/streaming service series? I honestly don't watch tv. I have seen an episode or two here and there so I would say that I would gravitate to a comedy series (Two and Half Men).

If you could choose your favourite book for your book club, what would you choose? This is a difficult question to answer - too many to choose from! Think Like a Monk by Jay Shetty, Great Expectations by Charles Dickens, or anything from Shakespeare are some of my favourites. Nothing beats a good John Grisham while on vacation as well.

What is your favourite comfort food? All the potato chips!

Do you have any pets? A 4-year old golden retriever named Finn, a 26-pound cat named Tom, unfortunately we lost Linda the chicken last year.

If your family had to describe you in one word, what would it be? Nurturing. On a good day, that's the word they would use.

If money and time were not a concern, where would you choose to vacation next? The Azores. We hope to sail to the Azores at some point!



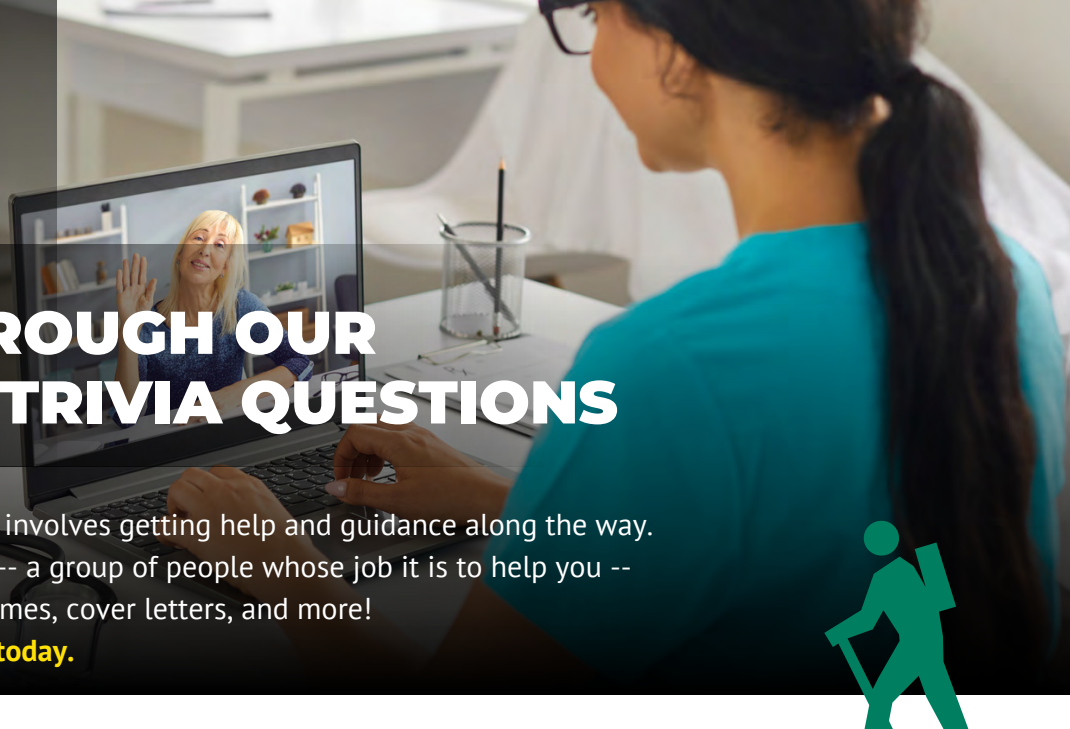
Laura Killam

In November Laura had the opportunity to work with the 3M National Teaching Fellows from 2023 in Banff, Alberta on a project. It was amazing to network with this group of colleagues from different fields and develop friendships. They are very excited to be working together to develop an online magazine sharing experiences with teaching that will hopefully spark joy in others at a time when many are struggling with mental health.



This January Laura went to the largest simulation conference she has ever been to in San Diego, California. She was honoured to present three times at this conference about several innovative projects including her PhD work on learner-educator co-creation, a project about creating simulations with persons who live with mental health disorders, and an international research study about training new simulation facilitators.

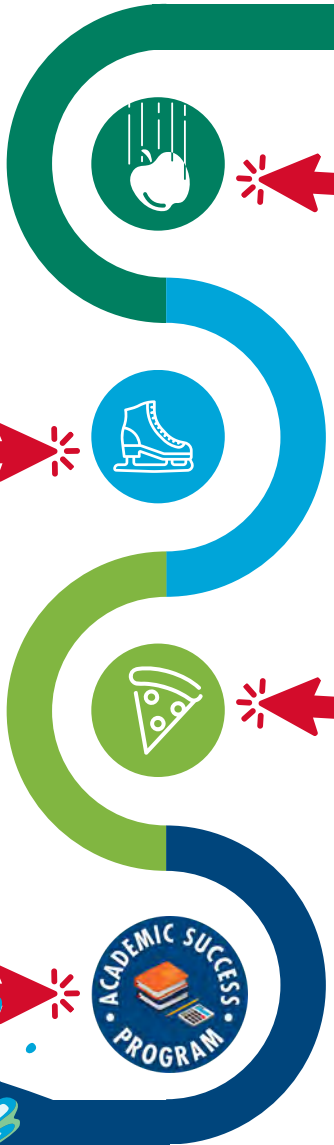




JOURNEY THROUGH OUR 4 CANADIAN TRIVIA QUESTIONS

Part of being a successful student involves getting help and guidance along the way. SLT is precisely the place for this -- a group of people whose job it is to help you -- to build your academic skills, resumes, cover letters, and more!

Book your VIRTUAL appointment today.



This area has less gravity than the rest of the world.

01

Hudson's Bay. Have quick math or science questions? Self book a 15-min virtual drop-in appointment.

[Click on the Apple.](#)

Canada has 2,860 of these, twice as many as the United States.

02

Hockey rinks. Need statistics support? Sign-up for MATH1257/MATH1267 resources and information about accessing support for this course.

[Click on the Skate.](#)

This type of pizza was created by Sam Panapoulos in Chatham, Ontario, in 1962.

03

Hawaiian pizza. Need something more substantial in your belly? Book a 50-min virtual appointment.

[Click on the Pizza.](#)

This Canadian service is available to all NU students for FREE!

04

Student Learning & Transitions (SLT)! Visit us today and find out how we can support your academic journey.

[Click on the ASP Logo to Checkout our Academic Skill Resources.](#)



This spring, fill your bucket by getting involved

Best Practice Spotlight Organizations (BPSOs) are health-care and academic organizations selected by the Registered Nurses' Association of Ontario (RNAO) to implement and evaluate the RNAO's best practice guidelines. The BPSO designation was awarded to Nipissing University in our efforts in education to support evidence-based nursing in Ontario and beyond. Students, administrative staff, and faculty are collaborating together to develop educational opportunities that aim to improve patient experiences and optimize health outcomes. As a BPSO we are part of a global network that is transforming health care. Our School of Nursing BPSO Steering Committee meets monthly and offers an open invitation for students to participate, which is an excellent professional development opportunity. For more information about our BPSO initiatives, please contact Louela Manankil-Rankin: louelam@nipissingu.ca or Steve Cairns: stevenc@nipissingu.ca

For more information on how you can become involved through the RNAO, please consider exploring the BPSO Champions Network by visiting: [Best Practice Champions Network® | RNAO.ca](https://www.bestpracticechampionsnetwork.com)



Nipissing University Nursing Society



The Nipissing University Nursing Society (NUNS) is a student-run organization that serves students in all nursing programs affiliated with Nipissing University. The group is made up of four executive members (president, vice-president, treasurer, and secretary) as well as 8 year representatives, 2 distance-blended representatives, 1 peer mentorship coordinator, and a social media manager. Together, the team meets regularly to discuss issues affecting the nursing program, as well as plan events such as giveaways, guest speakers, clothing orders, etc. Executives on NUNS frequently meet with staff at the University to discuss issues brought up within the various programs served by the nursing office to ensure that student voices are being heard and respected. Any student who has concerns regarding the nursing program, or has ideas for events they want to see happen is encouraged to reach out to a member of NUNS, or to contact the NUNS email or social media directly.

Vanessa Cimino (President) and Hayden Lloyd (Vice-President)
Nipissing University Nursing Society 2023-2024

Email: nuns@nipissingu.ca

Facebook: [Nipissing University Nursing Society](#)

Instagram: [@nunursingsociety](#)

Top 10 Tips: How To Pass The NCLEX The First Time

1. UNDERSTAND THE NCLEX FORMAT
2. STRESS MANAGEMENT
3. KNOW YOUR STUDY STYLE
4. MAKE A STUDY PLAN
5. DON'T DRAW FROM PAST CLINICAL OR WORK EXPERIENCES
6. TEST-TAKING SKILLS
7. INVEST IN RESOURCES
8. PRACTICE QUESTIONS
9. TIPS TO PREPARE FOR EXAM DAY
10. BELIEVE IN YOURSELF

Read the full article at:

<https://nurse.org/articles/how-to-pass-nclex-the-first-time/>



nurse.org

If you need someone to listen,
we're good to talk.



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or connect through 2-1-1

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24/7/365

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Ontario



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Student**

THE MISSING PIECE



**Academic
Support**



LEARN MORE



DID YOU KNOW?

**Canadians consume the most donuts per capita
- more than a billion donuts each year!**



**Time
Management**



**APA Citations
& References**



**Discussion
Posts**



**Study
Schedules**



Organization



Note-taking

Social Media Use: Common Expectations for Nurses

6 'P's of Social Media Use

Professional — Act professionally at all times

Positive — Keep posts positive

Patient/Person-free — Keep posts patient or person free

Protect yourself — Protect your professionalism, your reputation and yourself

Privacy — Keep your personal & professional life separate; respect privacy of others

Pause before you post — Consider implications; avoid posting in haste or anger.

Click here to read the **International Nurse Regulators Collaborative** full Position Statement <http://www.cno.org/globalassets/docs/prac/incr-social-media-use-common-expectations-for-nurses.pdf>

Harris Learning Library



We're here to help!

www.nipissingu.ca/library

libraryhelp@nipissingu.ca

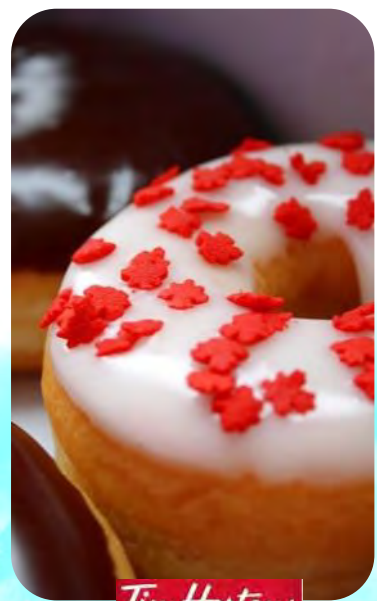
705-474-3450 ext. 4222

1-800-655-5154



Canadian Fun Facts

- In 2021 there were 312,000 Registered Nurses in Canada.
- Canadians consume more than twice as much Kraft Dinner than Americans annually.
- Canadians consume 1 billion donuts per year
- In some provinces, doctors can prescribe Parks Canada Passes to encourage more time spent outdoors.
- Canada has more lakes than the rest of the world combined. 9 % of Canada's surface area is covered by fresh water.
- Bananas are the most consumed fruit in Canada
- Sam Panopoulos from Chatham, Ontario invented the Hawaiian Pizza in 1962. Yumm-o
- Disney animator Charles Thorsen based the character Snow White on a waitress he met in Winnipeg at the Weevil Cafe.



Tim Hortons



Artificial Intelligence (AI)

Highlights from Generative AI Guide for Students

What is Generative AI?

Artificial Intelligence (AI) is a general term to describe the use of computer hardware, software algorithms, and existing data to make decisions, discover patterns, and/or perform some sort of action.

New AI applications are emerging rapidly which can create original text, images, music, mathematical computations, computer code, etc, with increasing capability and sophistication. Generative AI use in some fields and employment sectors is already widespread, and many students will need to learn how and when to use them appropriately and ethically.

Can students use Generative AI?

It depends. Some instructors may allow you to use generative AI (or allow you to use it only in certain situations) and others may not. It is important that you should not assume that AI tools are permitted unless the instructor of your course specifically states when and how these tools are permitted. If you are permitted to use generative AI in your course, and you choose to do so, it is important that you cite the tools you use.

Importantly, students are reminded that Nipissing University's policy on Academic Integrity defines plagiarism as "submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not."

Are there issues students need to be aware of?

There are several important concerns that students need to know:

Text and content created by generative AI may be incorrect and reproduce the underlying biases in the source material it was trained on. Students must critically review the output of these tools and cross-reference the information provided with reputable sources.

Be aware that AI tools sometimes go 'down' or offline, so it is important to plan ahead if you use them.

Be aware that most AI tools claim rights to any content you upload to them, and therefore you should not upload confidential, sensitive, or information that does not belong to you. Additionally, the terms of use for generative AI tools may change (frequently) without notice.

What if students have other questions about Generative AI use?

Students should always speak first with their instructor with regards to information and guidance about the use of Generative AI in their coursework.

The complete guide can be found here [Generative AI Guide for Students - July 7, 2023 \(nipissingu.ca\)](https://www.nipissingu.ca/generative-ai-guide-for-students)

Program Manager Corner

“Dear Wenda”



Dear Wenda:

I have started my degree in September 2023, but I see that the new curriculum will start in September 2024, can I switch to the fast track option?

Freddie Fastrack

Dear Freddie

There is an option to fast track following your current curriculum. Students are all required to complete the same number of credits to meet their graduation requirements. The new curriculum will be rolled out as students work their way through the program, so not every course in the new curriculum is available yet. Any student who is not following the standard study plan, for any number of reasons, is encouraged to meet with an academic advisor to help lay out a plan that considers co- and pre-requisites requirements, course offerings as well as your desire to fast track.



Here are my words of caution about ‘going faster’

Although 'going faster' and taking a full time course load may be what some students want to do, I always caution them that it's not for everyone. A decision to go to full time (3 courses per semester) has to respect the pre-and co-requisites, as well as the course offerings in each semester. In taking 3 courses, there is an expectation that you are able to handle the workload - this means meeting deadlines, not asking for extensions, full participation etc. We want students in this program to learn effectively and be successful in their degree, and moving too quickly through courses is not realistic, nor consistent with our goals for student success.

Dear Wenda:

When is the best time to book a trip?

Hannah Holiday

Hello Hannah

Balancing work, school and life can be challenging, and self care is important. We all need a holiday every once in awhile to rest and recharge. Students are encouraged to plan vacation between semesters, after the end of the exam period, or during reading week. Students should not plan vacation during a semester with a clinical course since clinical courses occur at a set day and time and missed clinical time cannot be made up. Sometimes clinical courses will occur during reading week too. Plan carefully and enjoy your vacation!





Dear Wenda

I am having trouble with math and note taking.

Who can I talk to for assistance?

Winston Writer

Hello Winston

Nipissing University Student Learning and Transition (SLT) is a group of services and programs aimed at helping students. They teach essential academic skills and study techniques. They can help with math and science skills, academic reading and writing, and academic skill development. They also host academic success workshops. Check out the website for more information and connect with them. They are here to help you succeed.

[Student Learning and Transitions | Nipissing University](#)

Dear Wenda:

I recently found out that I am expecting and would like to take time off school when I have my baby. Can I pick up from where I left off in the program when I return from maternity leave?

Freida Family

Hello Freida

Congratulations on welcoming a new baby to your family! This is a very exciting, and potentially exhausting time. We encourage students to take some time off when a baby arrives as we have found that students struggle to keep up with schoolwork while caring for a young baby. How much time you wish to take off is up to you, but you can take one semester off or up to 18 months off and still remain an active student. If you take more than 18 months off then you will need to apply for readmission consideration to resume your program. If you take less than 18 months of then you can potentially just pick up where you left off with a few considerations. You will need to consider your clinical clearance and clinical commitment form submission in the fall if you want to proceed with clinical courses in the following year. You are also encouraged to meet with an academic advisor. They can help you plan for your return and the next several semesters to make sure your transition back into school doesn't have any bumps.



Check your school email regularly!

Friendly reminder: Always use your Nipissing email account for school related emails.





NIPISSING IN THE NEWS



Lakers hosting third annual Shoot for Change anti-racism game

January 18, 2024

<https://www.mynorthbaynow.com/97301/news/lakers-hosting-third-annual-shoot-for-change-anti-racism-game/>

Canadore and Nipissing invite community to The Witness Blanket exhibit

January 23, 2024

<https://www.mynorthbaynow.com/97378/news/canadore-and-nipissing-invite-community-to-the-witness-blanket-exhibit/>

Nipissing U and Canadore respond to new international student cap

January 24, 2024

<https://www.baytoday.ca/local-news/nipissing-u-and-canadore-respond-to-new-international-student-cap-8148165>

Back Roads Bill: What's in a location – part two

January 27, 2024

<https://www.timminstoday.com/column/back-roads-bill/back-roads-bill-whats-in-a-location-part-two-8156047>

New children's book inspired by the art of beading

January 29, 2024

<https://www.windspeaker.com/news/windspeaker-news/new-childrens-book-inspired-art-beading>

Fertility rates are falling – what does that mean for Canadians?

January 31, 2024

<https://www.cbc.ca/listen/live-radio/1-84-up-north/clip/16039212-fertility-rates-falling-mean-canadians>

Understanding adaptive tasks in cardiac rehabilitation among patients with acute myocardial infarction: a qualitative study

February 5, 2024

<https://www.tandfonline.com/doi/full/10.1080/07853890.2024.2311227?af=R>

Moose Cree artist adds to new poetry collection

February 13, 2024

<https://www.timminstoday.com/local-news/moose-cree-artist-adds-to-new-poetry-collection-8299222>

Prince Edward County Registered Practical Nurse awarded bursary

March 1, 2024

<https://www.quintenews.com/2024/03/01/326276/>

[Visit our *In the News* webpage for more headlines.](#)

CNO authorizes first Registered Nurse with prescribing authority:

A milestone in healthcare

CNO is marking a significant milestone in healthcare as we begin to authorize Registered Nurses (RNs) to prescribe medication in Ontario.

Under regulations approved by government in Nov. 2023, RNs in the General Class who meet specific requirements gained the authority to [prescribe certain medications](#) and communicate diagnoses for the purposes of prescribing those medications.

“RN prescribing represents a forward leap in nursing practice, empowering RNs with the knowledge, skill and judgment to assess, diagnose and treat defined non-complex conditions,” said Silvie Crawford, CNO’s Executive Director and CEO.

To qualify for prescribing authority, RNs must meet specific requirements and complete CNO-approved education. Georgian College, one of the schools offering an approved RN prescribing program, is currently seeing RNs graduate from their program.

“We are thrilled to offer this groundbreaking new program aimed at enhancing local patient care by expanding the capabilities of Registered Nurses. This innovative course is a testament to Georgian’s enduring commitment to fostering excellence in nursing education and cultivating a strong nursing workforce within our community,” said Kevin Weaver, President and CEO, Georgian College.

Cyril Lee Turley, who completed the program at Georgian College, is the first RN to become authorized. “It’s really rewarding to be able to prescribe and save our patients some time. Why not expand so our patients have easier access to vaccines and certain medications that they need in a timely way?” he said, adding to be the first person with this authority is “exciting and pioneering.”

There are currently [four CNO-approved RN prescribing programs](#) offered in colleges and universities across the province. Programs are offered using a virtual/hybrid format, making them accessible to nurses, even those in remote communities. This flexibility allows RNs to independently progress and complete the program at their own pace.

“Our government has been taking bold action to ensure more Ontarians can conveniently connect to the care they need, closer to home,” said Sylvia Jones, Deputy Premier and Minister of Health. “I’m delighted to see our innovative changes coming to life by congratulating Lee Turley as the first Registered Nurse in Ontario authorized to prescribe medication, which will mean faster and easier access to care for families.”

Patients, healthcare professionals, employers and others can confirm that an RN is authorized to prescribe medication by checking CNO’s public register, [Find a Nurse](#). They will find a notation confirming the RNs prescribing authority.

Employers play a key role in ensuring that RN prescribing is appropriate and safe in the practice setting. This includes providing the necessary resources to support RNs with this authority. In some cases, legislation or employer policies will not permit RNs to prescribe. For example, the *Public Hospitals Act* prevents RNs from ordering treatments for hospital patients. RNs will need to work with their employers to ensure that RN prescribing meets with employer requirements.

Continued on next page

CNO authorizes first Registered Nurse with prescribing authority

continued from previous page

With this new authority increasing accessibility to healthcare, CNO encourages patients and caregivers to inquire about an RN's authority to prescribe and engage in conversations about their healthcare options. The public can also look up information about a nurse on the public register.

[CNO authorizes first Registered Nurse with prescribing authority: A milestone in healthcare](#) Page last reviewed February 28, 2024

Up North with Jonathan Pinto



Registered nurse in northern Ontario receives prescribing powers

March 5 2024

Lee Turley is a graduate of the Nipissing University RPN-BScN Blended Learning Program.

The first nurse in Ontario to receive prescribing powers is a Northerner. We'll meet Lee Turley, an RN on Manitoulin Island.

[Registered nurse in northern Ontario receives prescribing powers](#) | [Up North with Jonathan Pinto](#) | [Live Radio](#) | [CBC Listen](#)

Prince Edward County Registered Practical Nurse awarded bursary

Belleville, ON, Canada / Quinte News—[John Spitters](#) - Mar 1, 2024

One of Prince Edward County Memorial Hospital's (PECMH) Care Champions is the recipient of the newly created "The County Guys Local Love Bursary."

In a special presentation, The County Guys Real Estate Group and representatives from the Prince Edward County Memorial Hospital Foundation (PECMHF) presented an inaugural \$2,500 bursary to Mikayla Williams-Mills, a Demorestville resident who works at PECMH as a Registered Practical Nurse working on both the inpatient unit and in the Emergency Department. Williams-Mills is completing her Bachelor of Science in Nursing (BScN) at Nipissing University while working at the County hospital.

PECMHF, in partnership with The County Guys Real Estate Group, has launched a bursary for Quinte Health employees pursuing education that will benefit health care, who are motivated to help and heal others, and who are passionate about nurturing a healthy quality of life in Prince Edward County.

Williams-Mills was chosen to be recognized for this inaugural bursary because of her commitment and dedication to caring for her patients, being a positive influence on her colleagues, and giving back to her County hospital.

She was inspired to advance her career to help widen her scope of practice and to allow for more opportunities. Williams-Mills is on track to graduate with her degree in 2027 and is committed to continuing her nursing career at the County hospital to serve the local community.

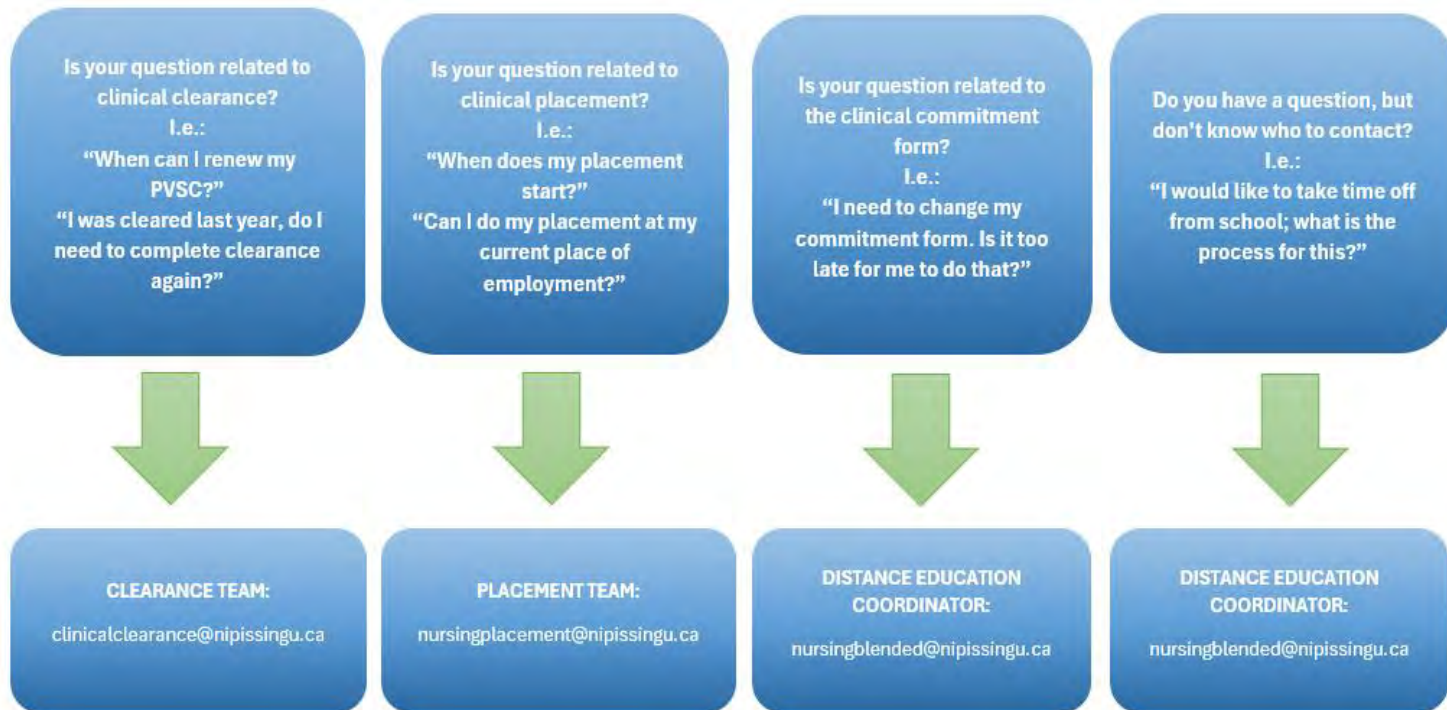
Fueled by donor support from The County Guys Real Estate Group, this bursary will recognize and financially support staff at Prince Edward County Memorial Hospital to assist with pursuing continuing education or completing certifications.

[Prince Edward County Registered Practical Nurse awarded bursary](#) | [Quinte](#)



Pictured presenting Mikayla Williams-Mills (centre) with the inaugural County Guys Local Love Bursary are The County Guys Real Estate Group team and representatives from the Prince Edward County Memorial Hospital Foundation. Photo credit: Arda Sahin, James Media Co.

Have Questions? Need answers?



National Nursing Week 2024

[National Nursing Week - Canadian Nurses Association \(cna-aicc.ca\)](https://cna-aicc.ca)



The theme recognizes the contributions of the tremendous impact that nurses have on individuals, communities, and the future of health care. We hope you embrace it as you show your support for Canada’s nurses this year.

1. **Changing Lives:**

- **Patient impact:** Nurses play a crucial role in directly impacting the lives of patients. Through their care, compassion and expertise, they contribute to positive changes in the health and well-being of individuals.
- **Advocacy:** Nurses often advocate for their patients, ensuring they receive the best possible care and support. This advocacy can bring about transformative changes in people’s lives.

2. **Shaping Tomorrow:**

- **Innovation:** Nurses are at the forefront of health-care innovation, contributing to advancements in treatments, technologies and patient care practices. Their commitment to learning and adapting helps shape the future of health care.
- **Educational influence:** Nurses, as educators, have a significant impact on shaping the next generation of health-care professionals. Their knowledge and mentorship influence the future of the nursing profession.



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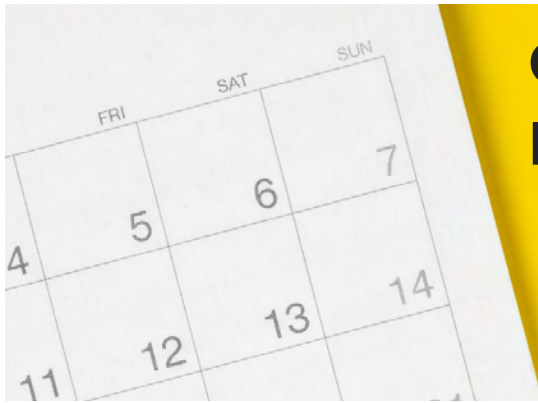


@NUSUtalks

MENTAL HEALTH RESOURCES

As nursing students it is extremely important to make sure your mental health is a priority.

Visit nusu.com/mentalhealth for resources and supports



CHECK OUT EVENTS & TIPS

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HAVE ACADEMIC CONCERNS?

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VPADVOCACY@NUSU.COM

OTHER CONCERNS?

EMAIL
INFO@NUSU.COM



JOIN A CLUB OR SOCIETY!

NUSU supports over 20 clubs and societies!

Check out nusu.com for more details!

The Nipissing University Nursing Society (NUNS) is also a great resource if you need support during your time as a nursing student.



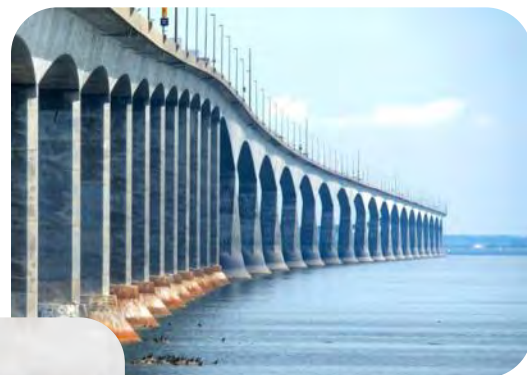
Canadian Trivia – Prince Edward Island edition

Wenda lives in North Bay Ontario but she calls Prince Edward Island home. It holds a special place in her heart.

Q1: How long is the Confederation Bridge linking PEI with New Brunswick?

Q2: In what year was Anne of Green Gables first published?

Q3: How old can Atlantic lobsters live?

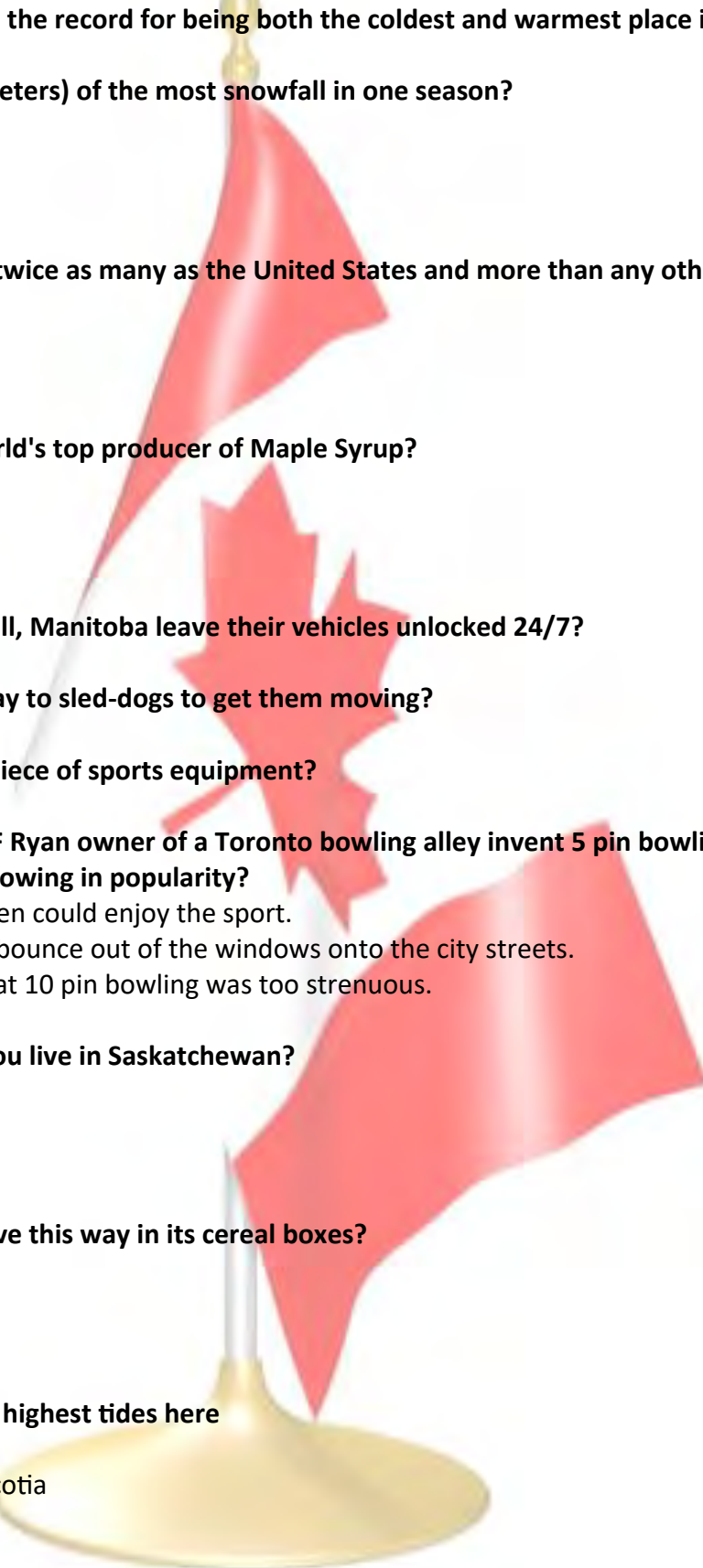


A1: approx 13 km long – Fun fact, it opened to traffic in May of 1997. It's the longest bridge in the world over frozen water

A2: 1908. Fun fact – Lucy Maud Montgomery wrote it in 1905 but couldn't get a publisher so she put it in a cupboard for a few years!

A3: They can live to be over 100 years old! Fun fact – the ones we eat are approx. 5-7 years old.

Canadian Trivia

- 
- 1 – What Canadian City holds the record for being both the coldest and warmest place in Canada?**
- 2 – What is the amount (in meters) of the most snowfall in one season?**
A – 20 meters
B – 22 meters
C – 24 meters
- 3- Canda has 2,860 of these, twice as many as the United States and more than any other country.**
A – Tim Horton restaurants
B - Lakes
C – Hockey rinks
- 4 – Which province is the world's top producer of Maple Syrup?**
A - Quebec
B - Ontario
C –Nova Scotia
- 5 – Why do people in Churchill, Manitoba leave their vehicles unlocked 24/7?**
- 6 – What command do you say to sled-dogs to get them moving?**
- 7 – What is Canada’s oldest piece of sports equipment?**
- 8 – In 1909 why did Thomas F Ryan owner of a Toronto bowling alley invent 5 pin bowling as an alternative to 10 pin bowling that was growing in popularity?**
A – So that women and children could enjoy the sport.
B – So that the pins wouldn’t bounce out of the windows onto the city streets.
C – Customers complained that 10 pin bowling was too strenuous.
- 9 – What is a Bunny Hug, if you live in Saskatchewan?**
A – Chocolate bar
B – Slippers
C – Hooded sweatshirt
- 10 – In 1955, Quaker Oats gave this way in its cereal boxes?**
A – Small plastic toys
B – Small packages of candy
C – Real estate in the Yukon
- 11 – You can find the world's highest tides here**
A – Halifax, Nova Scotia
B – The Bay of Fundy, Nova Scotia
C – Coffins Point, Nova Scotia
- 12 – In 2007, the Royal Canadian Mint issued a coin worth how much?**

IMPORTANT—Textbook Validity



Textbooks promoted on websites that claim to offer exceptional discounts should be highly scrutinized by students to assess the legitimacy of these sources. When purchasing textbooks online, students **must** be diligent in assessing the textbook site to ensure it is a legitimate source. Such sites are purposefully designed to be misleading and it can be challenging to assess the legitimacy.

Such sites are offering PDF versions of textbooks at a fraction of the cost and it is highly possible that such sites did not obtain permission from the publisher to sell texts at such reduced prices. If this is the case, this is a copyright violation and is illegal.

Students are advised **not to purchase textbooks from such sites.**

Before purchasing texts, assess and evaluate the information on the site. If you are not sure: please contact Nancy E. Black, Executive Director, Library Services nancyblack@nipissingu.ca or 705.474.3450 ext. 4220 for guidance.

Canadian Trivia—Answers

1. Regina, Saskatchewan lowest recorded temperature –50 C February 1893 and highest recorded temperature 43 C July 1937
2. 24 meters of snow fell in one season in 1971-72 Revelstoke, British Columbia
3. Hockey rinks
4. Quebec
5. It is one of several local strategies designed to reduce Polar Bear attacks
6. “Mush”
7. A hockey stick of course!!! This hockey stick dates back to 1830 Cape Breton, where it was carved from a single piece of sugar maple wood.
8. 5 pin bowling was invented because some of Ryan’s customers complained that the ball was too heavy, making bowling too strenuous.
9. A hoodie
10. Each box of Quaker Oats in 1955 included a deed for a one-square-inch plot of land in the Yukon
11. The Bay of Fundy in Nova Scotia. They can range from 3.5 to 16 metres
12. A loonie worth 1 million dollars and weighs 100 kilograms.

Looking for Canadian trivia ...check this out

Landau, E. (July 2023) *The Great Canadian Trivia Quiz*. Readers Digest Canada.

[https:// www.readersdigest.ca/travel/canada/canadian-trivia](https://www.readersdigest.ca/travel/canada/canadian-trivia)

Did you know that in Dawson City, Yukon, you can order a
Sour Toe Cocktail?

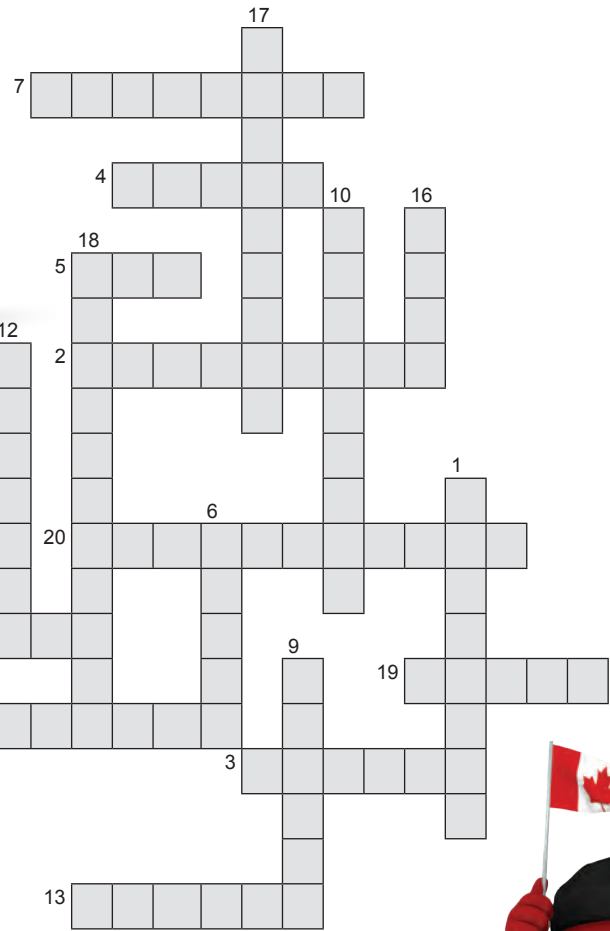
It is made with a shot of whiskey and a donated
(removed due to frostbite) toe.

If you swallow the toe, you must pay a \$2500 fine.

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CLUES

1. February 15 is _____
Flag of Canada Day.
2. This famous symbol of Canada is found on the national flag.
3. _____ is the only country with a maple leaf on its flag.
4. Color on the flag that represents Canadian winters.
5. Color on the flag that represents maple leaves in the fall.
6. The National Flag of Canada is _____ as long as it is wide.
7. The maple leaf on the National Flag of Canada was initially supposed to have _____ points instead of eleven.
8. Cylinder to which a flag is attached or from which it is hoisted.
9. This animal was the best-known emblem of Canada before the maple leaf became a popular symbol.
10. Before the National Flag of Canada Day was created, the Canadian _____ was used by many and widely recognized as a national symbol.
11. He was Prime Minister when the National Flag of Canada was adopted in 1965.
12. Flags are heraldic _____, otherwise known as a symbols.
13. When several flags are flown together, the most important flag occupies the position of _____.
14. The National Flag of Canada always takes _____ over all other national flags when flown on Canadian soil.
15. Five flags fly on Parliament Hill in Ottawa: one over the _____ Tower, one on each side of the Centre Block, one over the West Block and one over the East Block.
16. To express a collective sense of sorrow, flags are lowered to _____-mast.
17. Moving forward, the National Flag of Canada will be half-masted to mark the National Day for Truth and Reconciliation every _____ 30.
18. Every November 11, on _____ Day, the National Flag of Canada is half-masted to honour all who have fallen.
19. The National Flag of Canada is half-masted on December 6 to mark the National Day of Remembrance and Action on Violence Against _____.
20. There is an official procedure for folding the National Flag of Canada. Once folded, the flag has a _____ shape.

