



Holiday Edition



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New Beat

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**MARITZA MOHAMMED**  
PRESIDENT OF NEW COLLEGE COUNCIL

## What's Up Eagles!

First semester is coming to a close and I hope you all are staying safe and healthy at home. For those who do not know me already, I am Maritza Mohammed (she/her) and I am your New College Council President for the 2020/2021 academic year. This is my third year here at York as well as holding a position on NCC. Being on Council this year has been one of the challenging years as we all had to transition our lives to suit an online world. Myself along with the rest of my council made it our mandate to ensure that all New College students still feel like New College is their home. We strive to build and uphold bonds within our community to make your time here at York University worthwhile. It amazes me to see the love many of you have for this community and I'm very proud of what my Council has done as a team to make this year happen. Various events have been planned for November and we have much more to come once school is back in session in 2021.

## Among Us Wednesday

To start off the month our VP Social Kyle Fernandes hosted weekly Among Us Game Nights throughout November. Each week we all rallied together to find out who was the most 'sus' and gave away gift cards to the Eagles that attended.



## Virtual Club Fair

As for our Academics department, VP Academics Kevin Chan planned a club fair to introduce all of the clubs that have recently affiliated with New College. It was great to find people who are in the same programs as you, as well as a great opportunity to find a place where you can network and make connections in school. We'll be having a second clubs fair in January, so stay on the lookout for that.



## Virtual Lounge

The Lounge is where we build our community on a daily basis at Atkinson Building on campus. With the pandemic in place our VP Operations Matthew Mohammed and I wanted to recreate that space on Zoom. We started hosting our Virtual Lounge in November which is basically a drop in session once a week where everyone can meet new friends or catch up with old ones. As well for every session we are ordering uber eats for one lucky attendee to enjoy. This will be continuing into the Winter Semester so you have a place to study, socialize and take a break from your daily life.

## LAPS College Presidents Anti-Black Racism Series

Over the summer Black Lives Matter was trending all over the media due to George Floyd's death. Due to that tragic and unjust incident it sparked conversations of change worldwide including York. As Presidents of College Councils this year we wanted to start the conversation and create an open space for black identifying students to discuss their experiences and for others to listen and see what the black community goes through on a daily basis. Throughout the month of November we facilitated discussions for black female, male, and interracial identifying individuals. Along with that we also facilitated a discussion about discrimination in the classroom and ended off the Fall Semester series with a cultural celebration. This is just the start as we want to continue having students' voices heard since we are the future and are able to create change now.



## Frost Week

To start off the Winter Semester we will be hosting our annual frost week the first week back to class. Our Orientation Chairs Josh Raghurai and Victoria Hanna along with the Social Department are back with more events that both incoming and current students are welcome to join. We'll be hosting events like speed friending, Netflix party, and a scavenger hunt. So stay on the lookout for the schedule to be posted so you can join in on the fun!

My council cannot wait to be back for Winter Semester with more events for you Eagles! You can stay up to date with NCC on Instagram: @newcollegeyu, and on our website: [www.newcollegeeagles.com](http://www.newcollegeeagles.com).



**NATALIE CUNNINGHAM**  
PEER MENTOR



## Hump Day Cooking with Natalie

"I'm not a housewife" I told my friends as I pulled burnt brownies out of the oven. You may imagine it's hard to mess up a boxed brownie mix, where the only requirements are to add water, eggs and stir. But somehow, I had managed to do so. This wasn't the first time my attempts in the kitchen had led to a disaster and it definitely wouldn't be the last. Growing up in a home where my mother prepared my meals, I had never cooked for myself. Leaving home to attend York University was a harsh awakening that my skills in the kitchen were anything but sub par. I survived off microwave dinners and popcorn while watching my housemates make elaborate dinners each night. I wanted to learn how to cook but was horrified by the idea of it. Fast forward to third year, not much had changed. I had lots on my plate (no pun intended). Between online class, friends, and peer mentoring, I was too busy to think about food. Until one day when I was asked to fill an hour of the Virtual Hump Day Cafe, hosted by New College. I knew exactly what I wanted to do, bake.

When I told my housemates, I would be livestreaming myself baking in the kitchen they laughed and told me not to burn the house down. I didn't burn the house down; however, I did manage to ruin the boxed brownies. Luckily, a zoom call means no one can taste the baked goods, and the first segment was a success. Following this I was given the opportunity to host this hour long baking segment once a week. I vowed to myself I would take this as an opportunity to not only entertain but to better my skills in the kitchen. I went to the grocery store and ventured into aisles I had never dared to before. I bought ingredients including flour and baking soda that I had never purchased in 3 years of living on my own. Having ingredients was the least of my worries and as I examined recipes I was overwhelmed. You'd think a third year university student could follow simple steps; however, baking is science and there's a reason I'm majoring in commerce.

The next week I baked cookies. They were dry and definitely not mixed properly, but this time my housemates ate them. I felt accomplished and decided the next week I would try something even more advanced, banana bread. The banana bread was a hit, and everyone loved it. I could tell I was getting the hang of this baking thing. As the weeks went on, I continued to bake cookies, muffins and loaves. Martha Stewart had a new competitor on the rise. I am not going to stop here. I will be continuing my segment Wednesday at noon. If you wish to watch, tune into the Virtual Hump Day Cafe to join me on an adventure as I continue with the challenges of baking in student housing, in a house where five others fight for the kitchen and the oven works at half capacity.



In the spirit of the holidays I will be sharing a recipe for my favourite  
**Christmas Cookies.**

### **Short bread cookies:**

- 1 1/2 cups butter *salted and softened at room temperature (3 sticks or 12 oz)*
- 1 cup icing sugar *same as confectioner sugar or powdered sugar (4.4 oz)*
- 3 cups all-purpose flour(13.2 oz)



### **Steps:**

1. Preheat the oven to 325 F degrees.
2. Add the butter to a large bowl and blend it until smooth using an electric mixer set at medium speed for about 30 seconds.
3. Add the icing sugar and continue mixing until well incorporated. Scrape down the sides of the bowl and combine thoroughly.
4. Add flour and mix at low speed until well blended. The mixture will be crumbled and soft.
5. Pat dough into an ungreased [cookie sheet](#), lined with [parchment paper](#), with the parchment paper hanging off the sides to make it easy to lift out the cookies. Alternatively you can roll out the dough so that it's about 1/4 of an inch in thickness, you can knead it a bit just so that the dough comes together, but don't overwork it, then cut into your desired shape.
6. Bake for 12 to 15 minutes, or until just done (slightly golden in colour). Do not let them get brown. Remove from the oven. If using a cookie sheet, lift out the cookies from the sheet using the parchment paper and cut into desired shapes. Finish cooling the cookies on a rack.

**Website recipe is from:** <https://www.jocooks.com/recipes/classic-shortbread-cookies/>



## Quarantining

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Just because concerts are pushed back, sports events, concerts, and parties are canceled, it doesn't mean that you can't have fun while quarantining. No one knows when this pandemic will end, but let's look at the bright side of it. That is the perfect time for you to start taking care of yourself more as well as focus on your mental health. Let's all enjoy the comfort of being able to take classes at home and not having to get ready and think about what you have to wear to go to school in the morning.

Instead of going out in your spare time, play that show or that movie you've always wanted to watch but haven't had time to do so. Learn some new dishes so you could impress your friends when you get to see them at gatherings again. Redecorate your room, GET THAT LED LIGHT, and put it up.

Work on your financial planning; you will need that after you graduate, and the sooner you start, the better. Create a list of all your favorite childhood movies and watch them (not in one night, get that beauty sleep instead).

Start focusing more on school; we all know how distracting it could get at the lounge. Learn a new TikTok dance ;) Sleep and get lots of it. Watch documentaries educate yourself. Clean Your Room Now! Declutter your closets and recycle them.

The options are endless. By keeping yourself safe and quarantine, you're helping and contributing a lot more to the world than you think.

**TRACY HOANG**  
NEW COLLEGE COUNCIL  
COMMUTER REPRESENTATIVE

