

the journal

Saint Mary's University's Independent Student Newspaper

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Find all 12 of the Snowman Emojis!
First one is easy!

Selamat Hari Raya!

5 astne svätky

Laelhantä saoire sonal

Sawadee Pee Mail

Vanuini vinaka Me Nomuni!

Multu Bayramlar!

Felices Fiestas!

Glade feriedage!

5 astne svätky

節日快樂

Gézuar Fiestal

Boas Fiestas!

Multu Bayramlar!

Fijne vakantie

Hyvää joulua

節日快樂

Boas Fiestas!

Selamat Hari Raya!

Masaya pista opisyal

5 astne svätky

Hyvää joulua

節日快樂

Boas Fiestas!

Multu Bayramlar!

節日快樂

Hyvää joulua

Hyvää joulua

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Boas Fiestas!

Multu Bayramlar!

Boldog Ünnepeket!

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Felices Fiestas!

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Hyvää joulua

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Multu Bayramlar!

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Hyvää joulua

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Multu Bayramlar!

幸せな休日

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Hyvää joulua

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Boas Fiestas!

Multu Bayramlar!

Selamat Hari Raya!

Boas Fiestas!

Hyvää joulua

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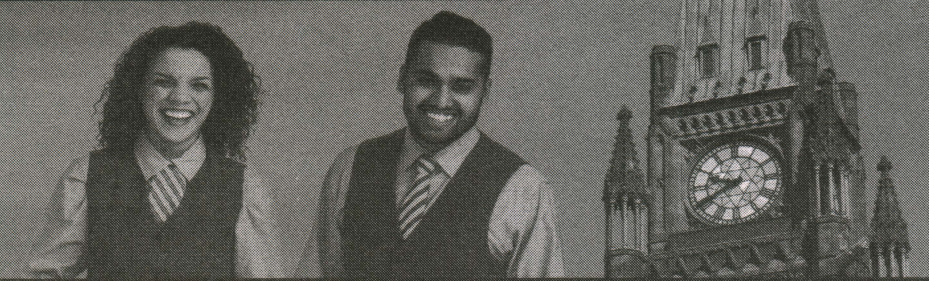
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6 Things to Do in Halifax over the Break

The Journal Staff

1. Go to Chritma-dome! Go ahead celebrate the holidays in THE MOST Haligonian way possible. Get your drink on, dance your butt off, and eat a donair. December 14th, 9pm-3:30am, The Dome

2. Go see "A Christmas Carol" at the Neptune Theatre. A classic live play! Shows start December 13th. Tickets start at \$23!

3. Attend the Holiday Market at Historic Properties. Pick up something home-made for your favourite Aunt and enjoy the lights. Happening every weekend until December 18th.

4. Complain about Global Warming when there is no snow on Christmas monrning.

5. Go see the Inuit Art Sale and Open House. Located at 5516 North December 10th and 17th, 10-5pm.

6. Attend a Paint Nite! If you're a fist time user you can get 30% making the \$45 admission fee much less. Visit www.paintnite.com to find a painting you like.

the journal

Saint Mary's University's Independent Student Newspaper
Suite 522, 5th floor, Student Centre
Saint Mary's University, 923 Robie St.
Halifax, Nova Scotia B3H 3C3

Website: www.thesmujournal.ca
Twitter: @thesmujournal
Facebook: thesmujournal

Editor-in-Chief
Neil Van Horne
editor.thejournal@smu.ca

Business Manager
Kazi Ahmed
business.thejournal@smu.ca

Layout/Features Editor
Erika MacDonald
erikamacdonaldsmu@gmail.com

News Editor
Zahra Dhubow
zahradhubow@hotmail.com



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"We're Not Safe Here"

Erika MacDonald

Features Editor

On the 29th of November, the Indigenous Students Society hosted the first ever forum to talk about issues facing Indigenous Students at Saint Mary's University. The forum took place in the new CLARI room in the Atrium and was well attended with representatives from every faculty, most of SMUSA was there, as well as Dr. Summerby-Murray.

The room was full of people but it was also full of emotion. It is very clear that Indigenous students on this campus feel left out, bullied, and racialized. Many students shared their experiences with blatant racism

and ignorance they have faced on campus. For example one student said there was no warning put forth by a professor before showing a film about residential schools. Other students expressed the pain they feel when people say anti-Indigenous things in front of them because they do not "look" Indigenous but are very much part of the Indigenous community in their values, traditions, and culture. Indigenous students also expressed anger for how this forum and the other changes on campus pertaining to Indigenous students came about. Many changes only came after the tragic death of Loretta Saunders in early 2015. Additionally, students who have attended other universities

say that other schools have a much better support system for Indigenous students than SMU.

One issue that was repeated multiple times was that there is no Elder on campus. An Elder is someone who has gained recognition as a custodian of knowledge and lore, and who has permission to disclose knowledge and beliefs. Indigenous students at other schools speak to Elders when they have any questions or concerns and many Indigenous students at SMU are currently going to DAL to talk to an Elder. Additionally, there is currently no Indigenous Student Advisor, which was promised to Indigenous Students back in May of 2015, after it was a recommendation in the President's task force report.

Right now, a student is working 15hrs/wk to act as the Indigenous Student Advisor until one is put in place, but there are clearly more than just a few students seeking help. Additionally, there are a few faculty members who are unofficially acting as advisors for Indigenous Students. Another issue was the lack of Indigenous related classes at SMU.

There are solutions coming to all of these problems according to the administration

in attendance. According to the administration, the hiring process for the Indigenous Student Advisor is around the corner, the Associate Dean of Arts says that they are developing a Minor in Indigenous Studies program for SMU, and Dr. Summerby-Murray says that they are looking into the idea of having an Elder on residence.

The Co-Presidents of the Indigenous Society, Elora Gehue and Boyce Campbell, say that they believe the event went well and they were happy with the turnout and the conversations that took place during the forum. The Indigenous Society is a new society this year. If you would like more info on their society you can send a message to Elora or Boyce at SMUIndigenous@gmail.com or look them up on Facebook, the group is entitled "SMU Indigenous Students Society" and they post local Indigenous events as well as updates on the changes SMU is making pertaining to Indigenous Students.

There was clearly a lot of topics discussed in this meeting and as important as it was that this forum was happening, there are still many steps to be taken by everyone. How can you help? Educate yourself (Watch for the Indigenous Society's next event set for January 11th), think before you speak, ask an Indigenous person about their traditions and holidays, and most importantly, be kind to everyone.



HMT Guide to Finals

Taylor Jamieson
SMU Healthy Minds Team

It is that time of year: exams are on their way, we are all knee-deep in final papers and projects, and our holiday break seems miles away. For some, this will be your first time writing exams. For others, it might be the first time you have been home in a long time. From now until the end of the semester can be a very daunting and stressful time. The thought that you are so close to the end can seem a bit overwhelming; you may be feeling burnt out, tired, and you may not have even begun to study for your finals.

During this time it is not uncommon for students to feel like we will never make it to the semester finish line. The feelings of fatigue and stress can build up until we say, “whatever – I’m going to watch Netflix – I’ll just wing it!” We have been there. We want to go home to be with our families and friends. We want exams to be over and all our papers to be handed in. We know that hiding in our room and watching Grey’s Anatomy is much easier than heading to the library and opening our textbooks. However, it is unlikely that Meredith Grey is going to help us pass our Accounting or Physics exams. We know, we know... It surprised us too that after 13 seasons we are not certified surgeons.

Take it from an experienced and realistic fourth-year student: studying is important, but what is most important is taking care of ourselves.

We need to take time for ourselves, even during the exam period, to do things we enjoy. Whether that is watching Netflix, an occasional gaming session, going for a walk, working out, or having a snack – do what makes you feel good (in moderation of course). The way we refresh our minds and relax is different for each of us. Figure out what gives you energy, what helps clear your mind, and what makes you feel ready to take on the world.

Arguably, the most important thing to do during the exam period is to get some sleep. More often than not, those who pull all-nighters to study do

worse than those who study for short periods of time for a few days before the exam. Writing an exam requires a lot of energy as we need to focus for several hours. Sleep is important for memory retention; research suggests that sleep and

having short naps after studying helps retain information in our long-term memory.

Out of all the exam tips you might hear over the next few weeks, remember this: take care of yourself. Do not feel guilty for watching that episode of your favourite show. Do not think that you need to stay awake all night to do well on your exam the next morning. Treat yourself with kindness this exam period, because the holidays are just around the corner.

Good luck from everyone on the SMU Healthy Minds Team!

Study

(Verb)

The act of texting, eating, and watching TV with a textbook open nearby



Meet the Grad Class Executive

Erika MacDonald
Features Editor

On November 24th SMUSA hosted the grad class AGM for the graduating class of 2017. The event was well attended and there was food and drink provided by SMUSA for the attendees.

Tom Brophy, SMU’s new Director of Student Services, acted as MC for the event. And he did a very good job.

After the end of four rounds of voting, the SMU Grad Class Executive is pictured above.

From left to right we have Vice President, Brady Reid, a 4th year student who has been heavily involved in SMU Habitat for Humanity, you probably recognize him from the library where he works.

Next is Lukundo Nakazwe, but you can just call her Lu. She is an RA and an RSO in residence. Lu was elected

as the treasurer which is great because she has experience doing this job for the other

Next is the new President, Anna Ferguson, a 4th year Commerce student who is involved with Enactus and works behind the bar at the Gorsey too! Anna is very excited to make this upcoming semester the best for the Grad Class of 2017.

Finally, we have Sahil Ahuja, an accounting major who was the perfect fit for the treasurer position. Sahil echoed Anna’s hopes for the best semester yet.

If any graduates missed the meeting but wish to be involved with the planning, organization, or execution of Grad Week 2017 at SMU, you can contact Ossama at vpstudentaffairs.smusa@smu.ca and he will point you in the right direction.

SMU Acquires Missing Piece to "One City Block" Puzzle

Erika MacDonald

Features Editor



Last month we reported on the rejection of the SMU bid for the Martyr Church Property in the North East part of campus. Well, SURPRISE, SMU signed the legal documents on Monday making the Martyr Catholic Church on Inglis street officially a property owned by SMU. The sale will be finalized in the spring and SMU takes official possession in late February/early spring. "This has been a long time want," said Margaret Murphy, Associate VP of External Affairs. SMU has always said that if the property came available, they would like to acquire it and complete our "one city block." But don't get your

hopes up to see changes any time soon. "We are in no rush," said VP Murphy, "there is a process and we want to follow it." The price tag on the property is legally disclosed until the sale goes through but the last bid was around \$1 million. Kazi Rahman, SMUSA President, said that he didn't like the idea of an external company, such as Ashcroft Homes, owning such a large part of our campus. As for students, there will be an open town hall where students can express their ideas for the property. SMUSA is also going to be a part of these negotiations.

Hurtin' Holidays

Kala Rafuse

Financial Aid & Awards

It's that time of the year again, holiday season. As December arrives, the daunting realities of spending become clearer. Holiday parties, gifts for loved ones, and that gorgeous New Year's Eve outfit. According to the Huffington Post, Canadians on average spent a total of \$1810 in 2014 on holiday expenses. Despite the frightening realistic thoughts I'm throwing your way, there is no need to panic because I can teach you how to avoid sinking into holiday debt.

There are 7 simple steps to reliable budgeting, while still enjoying yourself. These steps can be applied to this holiday season or to your regular monthly expenses.

First, you need to be realistic about your budget. To be realistic, you must

estimate how much money you will have coming in each month and how much you think you'll be spending. Be sure you can differentiate between "needs" and "wants" in your budget. Is that NYE outfit really worth the \$100 or could you find something better AND cheaper elsewhere?

A great way to pleasantly surprise yourself when budgeting is to guess low for income and guess high for expenses; that way, if your income exceeds the amount you factored into your budget, all the better! But you don't want to be caught short because you were overly optimistic.

An incredibly keen way to stay ahead of your budget is to include a miscellaneous category in your budget. To do this, take all of your expenses and total them. Then, take

10% of that total and put it into a "miscellaneous" category. This adds even more flexibility to your budget and is potential savings!

Speaking of savings, be sure to include savings as an expense in your budget. Your savings can depend on your financial goals. Decide on an amount you'd like to save each month, and include it as an "expense" in your budget.

Hey! Speaking of goals, align your budget with your goals and values. Once you've completed your budget, study it and see if you're spending your money in alignment with your values and goals. If you're having difficulty adhering to your budget, you may be overspending on things that aren't really aligned with your goals.

Finally, you must remember to forgive yourself for small transgressions. It's almost impossible to follow a budget 100% of the time. No matter how disciplined you are, you may overspend now and again. Forgive yourself for small errors and get right back on track, as soon as possible. Stick to these tips and you'll be set! Remember, budgets sound boring; however they are what allow you to have fun!



Introducing Tom Brophy, Senior Director Student Services



Neil Van Horne
Editor-In-Chief

Tom Brophy is just wrapping up his second month as Senior Director of Student Services at SMU. One of the first things you notice about him is his distinct accent, which is unmistakably Newfie.

After spending the last few years as Associate Vice-President, Student Services, Enrolment Management and University Registrar at Brandon University in Manitoba, he told *The Journal* some of the things that appealed to him about SMU. “Being an east coaster, moving back closer to home was an enticing factor for me and my family.”

He also touted Saint Mary’s as having a good reputation for student services. “I would like to see Saint Mary’s

become the gold standard across the country that leads the way in regards to student experience.”

Brophy says that he believes in Alexander Astin’s theory of involvement for the ideal student experience at Saint Mary’s. The theory, which follows the IEO (Input, Environment, Output) focuses on recognizing the backgrounds of students that are coming into your institution, the environment you are creating for them during their time as a student, and what kind of graduates you are producing.

He has been taking the time in his first two months here to try and understand the institution and the climate, the organization. “It’s been about talking less and listening more, I am proud that I have been able to do that because it is sometimes easier to talk than it is to listen.”

“One of the foremost things for me has been about forging a strong relationship with our Students Association.”

The position of the Director of Student Services is now reporting to the VP Academic, as supposed to the President. This means that we could see stronger integration between the academic and student service areas of the student experience.

At Brandon University, Tom Brophy did a great deal of work trying to foster a better University climate for Indigenous students.

The *Journal* interviewed him just prior to The Indigenous Students Forum, where many concerns about the shortcomings of Saint Mary’s were raised. Brophy said he is trying to understand the climate more and

more in Nova Scotia, since the heritage and circumstance of First Nations communities varies from province to province.

He made mention of the plan to hire a full time staff support for Indigenous students, and there has been talk of having an Elder available on campus.

Another key concern for students that is growing is the demand for mental health services on campus. Student Services is responsible for personal counselling, career counselling and academic coaching. The Healthy Minds Team and Peer Support also fall under the same umbrella.

“We’ve seen demand for these services increase exponentially in many cases across the country, and I think we have an opportunity to grow and improve our services.”

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Huskies beat StFX, finish first term with 7-0 record

St.FX Communications

The U Sports #7-ranked Saint Mary's Huskies (7-0) remained undefeated in Atlantic University Sport (AUS) basketball regular season action with a 60-42 victory over the winless StFX X-Women (0-7) Saturday evening at Oland Centre.

After a low-scoring opening five minutes of the first quarter, the teams were tied 5-5, with Korenda Colley (Dartmouth, NS) scoring four quick points for the X-Women.

From there, the Huskies made a 5-0 run to take a late 10-5 advantage.

On a buzzing-beating three-pointer from freshman guard Jessica Miller (Mount Denson, NS), the X-Women trimmed the lead to 10-8, after the first quarter.

Keyed by junior guard Kennisha-Shanice Luberisse (Montreal, QC), Saint Mary's completed a 14-2 spurt to take a 24-10 advantage.

On another late shot from beyond the arc from Miller, the X-Women cut the lead to 24-13 at halftime.

In the third quarter, veteran guard Angelina Carvery (Halifax, NS) led a 10-0 burst, with five consecutive points, including a three-pointer, to give the visitors a 34-13 edge.

After sophomore forward Jamie McCarron (New Glasgow, NS) hit a jumper to stop the Saint Mary's run, guard Holly Scott scored six straight points for the X-Women, on a hoop-and-harm and a three-pointer, to keep the home side within striking distance. Off a dish from Luberisse, Katrina Murrell (Markham, ON) banked in a lay-up to give the Huskies a 46-22 lead, after three quarters.

Early in the fourth quarter, on the strength of a pair of three-point shots from freshman guard Jasmine Cain (Halifax, NS), the Huskies extended their advantage to 52-24.

Led by Scott and point guard Chelsea Provo (East Preston, NS), the

X-Women finished the game with an 18-8 run, but they could not carve the Saint Mary's lead to less than 18 points. Shanieka Wood (Ajax, ON) of the Huskies, who finished with 11 points, seven rebounds, three blocks and one assist, earned Subway player of the game honours, while Kim Taylor (Toronto, ON), who contributed nine points, seven rebounds, two assists and one block, was named top player for the X-Women.

Carvery finished with a game-high 12 points, while Luberisse scored 11, along with chipping in eight rebounds, six assists and five steals. Murrell topped both teams, with 12 rebounds, while adding six points.

Scott led the X-Women with 10 points, while collecting six rebounds and two assists. Provo added three points, five assists and six rebounds.

The match-up served as the wrap-up to the pre-Christmas schedule for both teams.

The X-Women will return to action Friday, Jan. 7, at 6 p.m., when they host the Acadia Axewomen.

On the next night, the Huskies will visit the Memorial Sea-Hawks in St. John's, NL, in a 6 p.m. NST start.

Huskies finish first half with loss to UNB

Andy Campbell
UNB Athletics

The UNB Varsity Reds ended a two-game losing streak by ending the Saint Mary's Huskies five game winning streak. Philippe Maillet (Terrebonne, QC) scored twice and added two assists to lead the Varsity Reds in an 8-3 win over the Huskies.

Along with Maillet's four-point night, Matt Boudens (Pembroke, ON) added two goals, Stephen Anderson (Morell, PE) had a goal and two assists, and Colin Suellentrop (Plantation, FLA) and Mark Simpson (Fredericton, NB) each had two assists.

Varsity Reds head coach Gardiner MacDougall acknowledges the Huskies are a hard-working team. "They've got a young group," he said. "You have to play a structured game against them and I thought we... you like to have a lead, they bounced back a couple of times, but I thought we showed some perseverance in the third."



"They Could Live Anywhere"

Adam Faber
Former Editor-in-Chief

With the time it takes to bus from Sackville to SMU, Michael Kennedy thinks public transit is limiting students' living options.

"An hour and a half to go twenty kilometers, that's a big problem," says Kennedy, Director of the Building Owners and Manager Association (BOMA).

"That limits where people can live, where people can work, and where they can go to school."

The association has proposed a system of rail transit they have dubbed the Green Interconnected Rapid Transit (GIRT). It is being offered as a blueprint to bring the areas surrounding the Halifax peninsula a more effective way to commute, combining the paths carved by existing rail lines with green commuter rail technology.

"All we want is a study from the HRM on our proposed system," said Kennedy, who has spoken to multiple levels of government to gauge interest. Kennedy is turning to students and residents to make it known better transit is needed. "The mayor seemed to believe all students wanted to live on the peninsula anyway." According to the Canada Mortgage and Housing Corporation (CMHC)'s latest

report on housing prices, a bachelor apartment on the south end of the peninsula averages just under \$800/month, while similar properties in Dartmouth average \$570/month. Kennedy is hoping to open up even more areas as feasible student rentals – ultimately driving prices down. "If students had reliable service to get back and forth from school they could live anywhere," he said. The proposal starts by connecting the peninsula with Dartmouth, Windsor Junction/Beaverbank, and Eastern Passage, with later phases including Timberlea, Enfield, and Mt. Uniacke/Windsor. On top of transportation for students, Kennedy asserts there would be increased employment options for those without a vehicle.

"There would be an incredible social and economic benefit," says Kennedy. "Transportation is the single biggest issue facing business owners – tenants can't get employees to their buildings." For example, in April a CBC article featured Mark Clare, a resident who asserted 10 jobs he applied for wouldn't consider bus commuters.

"The definition of crazy is trying the same thing and expecting different results," Kennedy said in regards to the city's reliance on buses over rail. "The entire public in HRM really needs this kind of system."

Scott Neily, HEX Mag



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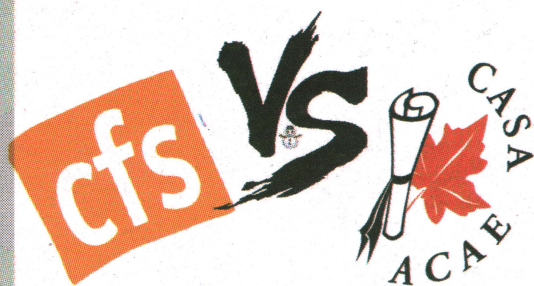
CLARI Opens at SMU

Zarah Dhubow
News Editor

It has been opened for only a month or so, but lots of excitement seems to be stirring from CLARI. CLARI stands for Change Lab Action Research Initiative. This innovative center aims to introduce two components, one of which is called Action Research, which encourages discussion and activity based on, "a cycle of try-measure-improve" (<http://smu.ca/research/clari/>). The second component of the center called Change Lab, promotes a space for like-minded individuals to freely discuss their collective concerns and issues. I had the wonderful opportunity to visit the space, located on the 3rd floor of the atrium, and really take in its character. Something about the space speaks to my creativity, whether it's the pot light fixtures that highlight the room, the orange accents that spice up the flow of color, the large beige walls panelled by computer screens, or the local art pieces throughout the space that capture the essence of Nova Scotia. The openness of CLARI stimulates visualizations of what meetings in the space could potentially look like. Liz Galbraith, the Network Manager of CLARI, really took me under her wing and gave me what she called a "two cent tour" of the space. CLARI was established with the collaboration of 7 educational

institutions that include: Acadia University, Cape Breton University, Mount Saint Vincent University, Saint Francis Xavier University, Saint Mary's University, Nova Scotia Community College, and Université Sainte-Anne. Through the joint efforts of various academic experts, CLARI was brought to fruition with funding from the Minister of Labour and Advanced Education. The idea of CLARI evolved from a need to allocate space to community groups that would appreciate an innovative location to collaborate and develop strategies to improve the social and economic situations of Nova Scotians. Currently, ENACTUS – an active entrepreneurial driven society, that makes an effort to reach out to communities – has made a great deal of use of the room. Peering through the sign in book, I could see that multiple groups of people have already accessed CLARI. I can see this space being a hub of great discussions and breakthroughs. To my surprise, I was informed that any community action driven society/group that needed a space for idea creation could access the room! That being said, if you have any questions regarding CLARI you can always contact Liz Galbraith: liz.galbraith@smu.ca.

CASA vs CFSA - WYD SMUSA?



Zarah Dhubow
News Editor

Tuition, tuition, tuition. Where does one even begin to emphasize this ginormous sum? StudentsNS, a network of post-secondary associations working together to address the concerns of students in Nova Scotia, estimates that on average each Nova Scotian graduate has a debt totaling \$30,200. With an incurrence of debt that is equivalent to a new car, it makes one question what exactly we are doing collectively to help offset these costs and make sure the level of tuition does not incrementally rise every year.

On the federal level, student bodies are represented by interest/lobby groups that aim to ultimately advocate for student issues with a predominant interest in addressing tuition. SMUSA, as well as other student associations, is affiliated with the Canadian Alliance of Student Associations (CASA), an institutional interest/lobby group that aims to work alongside the federal government to develop policies that favour students. CASA represents more than 300,000 students nationally. Another equally effective student organization, the Canadian Federation of Students (CFS), which is well-known nationally for rallying students for the recent AllOutNov2, represents 650,000 students. These two student organizations focus on defending the needs of students through quite

different strategies, but ultimately in hopes of acquiring the same objective.

CASA adopts a more round-table approach in lobbying. Which generally means that CASA chooses to see the government as an entity that will help facilitate student financial needs, therefore their pragmatic approach aims to engage with government officials in helping to come up with alternative solutions to ensure benefits for students. CASA sees that the best way to provide opportunity for students is to create strong relations between policy makers and the student body in hopes that there is effective change, but within the scope of mutual understanding. Critics say that this approach waters down the robust mobilization of students to really tackle the needs that pertain to them. CFS's central aim is to challenge tuition hikes, but also maintains attempts in addressing the multifaceted problems faced by students. On the society website, under the banner "issues", one can see a list of relevant concerns that range from water rights to sexual violence. CFS believes that it is fundamentally important to represent all student matters on the federal level, whether or not these issues are associated with tuition. Critics of CFS's manifold approach claim that it is in students' best interest for representative bodies to stick to the issue of tuition as opposed to dividing up the objective in attempts of addressing multiple issues. CFS is also well-known for its highly optimistic goals that include the implementation of public and free post-secondary education. These goals have reflected into active initiatives on student campuses that range anywhere from protests to various social campaigns. The consciousness raising and more passive aggressive

method of CFS versus the pragmatic and balanced method of CASA, really sets a divide amongst student national representatives.

On behalf of Saint Mary's University students, SMUSA recently partook in the annual Advocacy Weeks that ran from November 7th – 18th. As outlined in a press release, SMUSA targeted the addressment of key concerns which included, "increasing grants to students, international student healthcare, and funding for unpaid work terms". According to Kazi Rahman, our SMUSA President, the Nova Scotia Advocacy Week was filled with multiple discussion with government officials that included: Darrell Samson (MP Sackville-Preston-Chezzetcook), Andy Fillmore (MP Halifax), Terry Mercer (Senator), Sean Fraser (MP Central Nova), Scott Brison (President of the Treasury Board of Canada), and

many more. The Advocacy Week held in Ottawa brought to the table key concerns that impact students on a national scale. Under the umbrella of CASA, SMUSA advocated for, "the establishment of an interest-free grace period, the increase of funding for master's and doctoral students, funding for a mental health disability assessment, investment for full funding towards the Post-Secondary Student Support Program, the creation of the Reconciliation through Post-Secondary Education Program, investing in experiential learning opportunities, the adoption of the Canada Training Incentive, support from the government for graduate research, and government investment in OERs" (CASA: Inclusivity and Innovation, pg. 2). Through these collaborative efforts one can hope that student voices are being heard and that there continues to be progress in generating better outcomes for students.



Your International Health Plan, the easy way.



CALL+SWIPE+GO

internationalhealth.ca/smusa

Winter Crossword!

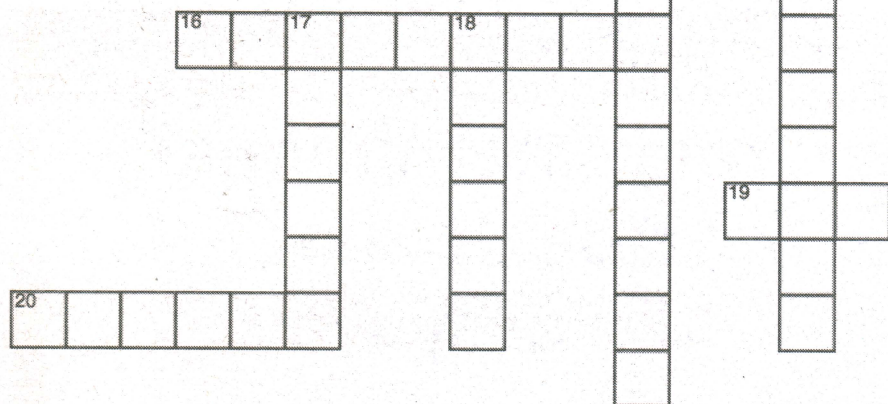
ACROSS

4. A plant that you put in your house which is hovering between life and death and results in pine needles scattered throughout your house until July.

6. Traditionally something people want to see on Christmas, but any other day of the year they see it as a real pain in the ass.

8. The spiritual embodiment of Winter; the guy who creepily nips at your nose.

10. This Canadian comedian says that if they don't find you handsome, they should at least find you handy; also the colors that represent Christmas.



12. The traditional dinner of the Christmas holiday; known to put people into a deep, coma-like sleep.

14. According to @stats_canada, appreciation for this Canadian singer-songwriter increases by 384% in December.

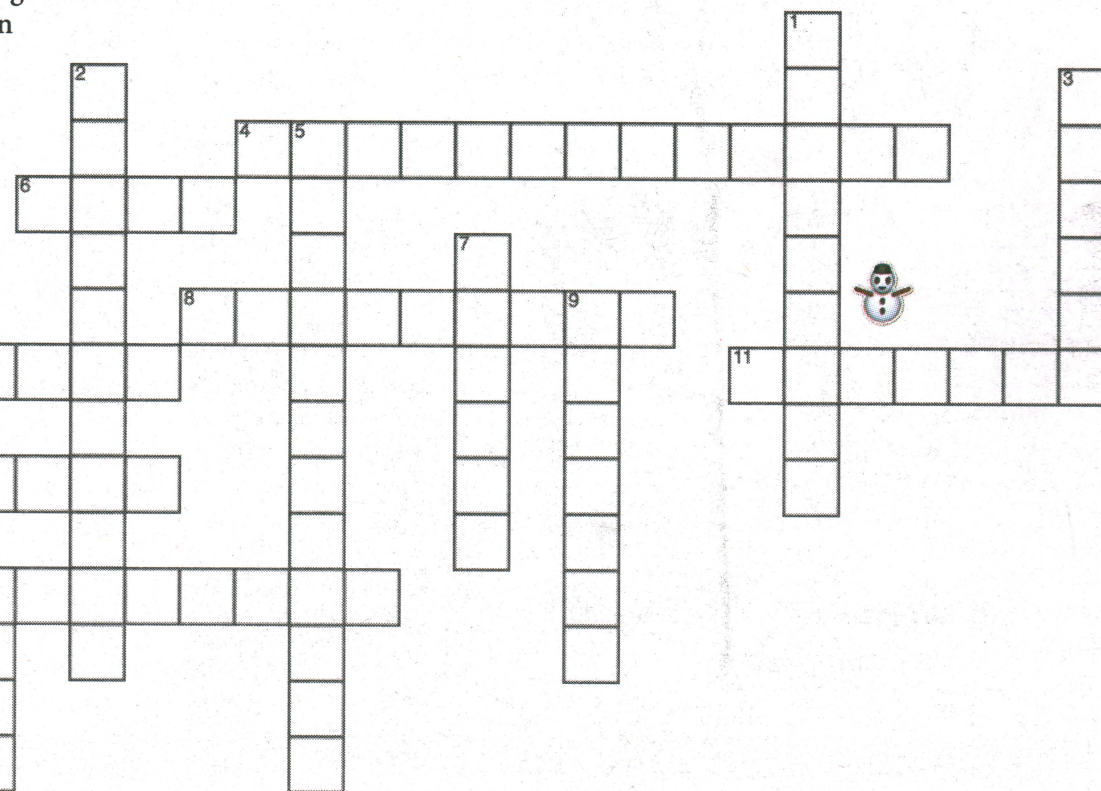
16. A plant that low-key forces people into awkwardly kissing their co-

11. A symbol for the simple goodness of the world, especially when combined with hugs.

workers at Christmas parties.

19. Will Ferrell taught us that the best way to spread Christmas cheer is singing loud for all to hear in this movie.

20. Many of us can now relate to Jim Carrey's portrayal of this Christmas villain; he stole Christmas.



DOWN

1. An actual town in Alaska; also where Santa lives.

2. The holiday song that all children know and scream loudly on repeat; rhymes with "batman smells".

3. The things you put on your house to show all your neighbours just how festive you are; a way to judge people they don't know based on how many are on their house.

5. Melted chocolate and cream in a cup; our former SMUSA president's DJ alias.

7. Made from milk and rich cream, this delicious treat from Wendy's is hard to beat; a famous snowman.

9. A person who hates Christmas (at least until hallucinating three ghosts who show them the real meaning of the holiday).

13. "Run, run, as fast as you can! You can't catch me, I'm the _____ man!"

15. Anyone who has binge-watched Friends will remember the time Ross made Christmas really weird by dressing up as this "holiday" mammal.

17. Beyonce came to do this; what Santa drives while delivering gifts.

18. A delicious holiday beverage made from eggs, cream, and lots of other stuff.

The Wait for the 14



Mahmudur Rahman Shovon
Contributor

The number 14 has a whole new meaning when you're a SMUdent. It's the magic college bus that goes everywhere around town where you may need to go. In your first week, the number 14 represents dependence, but soon enough you will know that lucky times two actually equals dread. The dread of waiting and realizing but not accepting the fact that you're going to be late. Late to class, late to work or late for that warm meal waiting for you when you're returning home. Ever stopped to wonder though, if this wait signifies something more?

We wait 9 months to be born, our parents wait for us to speak our first

words, take that first step. We wait to understand how to tell time and make sense of other things we later take granted in life. We wait to grow up only to realize that it's not as fun as we thought it would be. We wait for that lunch break in high school, that last Harry Potter book and for graduation. For our first kiss, to get over our first heartbreak and to find "the one". For that college acceptance and then very quickly, to get back home for Thanksgiving. For that long week to be over, to see that one friend and for that one moment when we can just take a breath and enjoy the moment we are in. We keep looking for that moment but life keeps throwing things at us, distracting us and desensitizing us. Our life is always a wait for one thing after the other. In the midst of it all, maybe that extra 5 minutes we

wait for the 14 isn't so bad. It at least got me thinking, that I've waited all my life to be in a beautiful city like Halifax and now that I'm here, I'm in more of a rush than I'd like to be in. It is during this wait for the 14 on a certain evening that I realized that the leaves are turning red. It's when you shiver and realize that winter is near. It is when you can stop and look at the clouds, the grass or all the beautiful people around you. When you feel like you're part of this great concept of existence.

My thoughts and connections to the dreadful wait may be too far of a stretch even for me when I read this again in the next couple of weeks, but right now I wanted to take a moment and write this down. But I hope at least one person that reads this can appreciate the wait next time and appreciate the moment.

Happy waiting.



Suddenly I had trouble.

**I didn't know how to deal with it.
I heard about 211 so I dialled the number.
My call was confidential.
They listened and they helped me.**



Call 211 when you don't know where to turn.



Nova Scotia

Welcome Week 2017 Calendar of Events

smusa
SAINT MARY'S UNIVERSITY

SAINT MARY'S
UNIVERSITY SINCE 1972

SMU
ALUMNI

Tuesday January 3	Wednesday January 4	Thursday January 5	Friday January 6	Saturday January 7	Sunday January 8	Monday January 9	Tuesday January 10	Wednesday January 11	Thursday January 12	Friday January 13
classes in session										
<p>University and Residences Open Begins at 10:00am</p> <p>Global Welcome Luncheon 12:00 - 1:00pm Sobey Unilever Lounge (4th floor)</p> <p>Discover Student Services 1:00 - 1:30 pm Sobey 415</p> <p>SMUSA Health Insurance Plan 1:30 - 1:45 pm Sobey 415</p> <p>SMU Health Clinic 1:45 - 2:00pm Sobey 415</p> <p>Scholarships, Bursaries & Awards 2:00 - 2:15pm Sobey 415</p> <p>Campus Tours 3:00 - 4:00pm Sobey Building Lobby</p> <p>Shopping Trip 5pm Meet in the Student Centre 3rd Floor, Room 300 - Transportation provided *Halifax Shopping Centre Register at internationalcentre@smu.ca</p>	<p>Safe at SMU Seminar 10:00am TBD</p> <p>Shopping Trip 5:00pm Meet in the Student Centre 3rd Floor Room 300 Transportation Provided *Halifax Shopping Centre Register at internationalcentre@smu.ca</p> <p>Welcome Back Movie Night 7:00 - 9:00pm Gorsebrook Lounge</p>	<p>Welcome Back Breakfast! 10:00am - 11:30am TBD</p> <p>Off Campus Session 4:00 - 5:00pm Sobey 255</p> <p>Amazing Race 5:00 - 7:00pm Meet at Student Centre Lobby</p> <p>Shopping Trip 5:00pm Meet in the Student Centre 3rd Floor Room 300 Transportation Provided *Halifax Shopping Centre Register at internationalcentre@smu.ca</p>	<p>President's Luncheon/Santamarian Ceremony 12:00 - 1:30pm McNally Theatre Auditorium</p> <p>Dean Welcome Sessions Faculty of Arts - MM 214 Faculty of Science - AT 216 Sobey School of Business - L290 2:00-4:30 pm</p> <p>Ice Skating at the Oval 6:30pm Meet at Emera Oval Weather Permitting</p> <p>Shopping Trip 10:00am & 2:00pm Meet in the Student Centre 3rd Floor Room 300 Transportation Provided *Halifax Shopping Centre Register at internationalcentre@smu.ca</p>	<p>Women's Hockey Game vs. MTA 3:00pm in the Alumni Arena Free with ID</p> <p>Shopping Trip 10:00am & 2:00pm Meet in the Student Centre 3rd Floor Room 300 Transportation Provided *Halifax Shopping Centre Register at internationalcentre@smu.ca</p>	<p>Women's Hockey Game vs. VdeM 2pm in the Alumni Arena Free with ID</p> <p>Shopping Trip 1:00pm Meet in the Student Centre 3rd Floor Room 300 Transportation Provided *Halifax Shopping Centre Register at internationalcentre@smu.ca</p>	<p>Dodgeball in the Homburg Centre Gym 8:00 - 10:30pm Homburg</p> <p>THE BOARD ROOM GAME CAFE</p>	<p>Society Expo 10:00am-3:00pm Loyola 290</p> <p>Gorsebrook-Boardroom Cafe 7:00 - 9:00pm Gorsebrook Lounge</p>	<p>Mawio'mi - Indigenous Cultural Gathering 11:00 - 4:00pm Student Centre/Loyola 290</p> <p>Safe at SMU Seminar 2:30pm TBD</p> <p>Volleyball Game SMU vs. DAL 7:00pm Homburg Free with ID</p> <p>Harry Potter Trivia 7:00 - 9:00pm Gorsebrook Lounge</p>	<p>Discover Student Services 10:00 - 10:15am International Centre, Student Centre 3rd floor</p> <p>SMU Health Insurance Plan 10:15 - 10:30am International Centre, Student Centre 3rd floor</p> <p>SMU Health Clinic 7:00 - 11:30pm International Centre, Student Centre 3rd floor</p> <p>Scholarships, Bursaries, & Awards 10:45 - 11:00am International Centre, Student Centre 3rd floor</p> <p>Immigration Information 10:45 - 11:00am International Centre, Student Centre 3rd floor</p>	

Get Ready, Get Set Things to do

- Health Plan Card/ or. Opt out
5th floor, Student Centre, Room #522 Starting
Tues. Jan. 3rd, 9am - 5 pm
- SMUfit Pass
Reception Desk of the Homburg Centre for Health and Wellness
Jan. 3 - Jan. 13th,
6am - 10:30pm
- Upass
"Info Desk" first floor of the Student Centre
Tues. 3rd, 9am - 5pm
Wed. 4th - Friday, 6th,
9am - midnight
- Student ID
Patrick Power Library, Room 117
Tues. 3rd - Thurs 12th
9am - 4pm
Fridays 10am - 2pm

For more info go to: smu.ca/welcomeweek

In case of inclement weather, please call 902.491.6263 for updates

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Enjoy your holiday break!
See you in the New Year!



love, the journal