

the journal

April 2017 — Issue 10

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Recycling is still important

Georgia Pink
Concerned Student

As a second year Environmental Studies student, I like seeing people on campus trying to recycle, compost and sort their garbage accordingly. But the problem is, the blue bins around campus seem to confuse people more than help them. The lids to the bins do not always correspond with the signs. I have seen this almost everywhere on campus.

For instance, just yesterday I saw a lid that had pictures of organics on it, an apple core, tea bag and brown paper bag, but the label above the image read recyclables! How are students suppose to make an effort to recycle with misleading signs? Each time I look into a garbage I do not see any organization. I see Tim hortons cups in the organics, I see recyclables in the garbage, and I see people giving up in how to organize recyclables. We need to make the campus more green and put a larger effort into recycling, we may look like a green campus with blue bins everywhere, but if we cannot use them, what good is that?

I asked a lady cleaning out the out the blue bins why the signs were mixed up, but she said she had not a clue who controls those things. So who does decide which lid goes onto which bin and who decides which sign goes above each bin?

I also had a complaint from a faculty member stating that they saw the garbage collectors putting all of the four different bags of the bins into the same bag, that is atrocious! What kind of waste disposal system is this? I certainly care to fix it.

Take some free advice

Dana Doswell
Contributor

As I get close to finishing my last semester at Saint Mary's, I've taken the time to reflect on what the past four years have been like. Halifax is a city that keeps on giving, there's always a new adventure around the corner, whether it be a new restaurant opening, a new hike to try, or a new drink special at your favourite place, you'll never have an excuse to be bored. Sitting down to write this article was difficult. I couldn't figure out exactly what I wanted to say, did I want to give advice? Places to go? Things to do? I landed on a mix of the three: advice about places to go and things to do! So here are my top 5 places to check out, and what to do/bring while you're there.

HALIFAX SEAPORT MARKET

The oldest farmers market in North America, being founded in 1750, the Halifax Seaport Market is home to some of the best food and drinks in the city. The best time to go is Saturday mornings, you'll get the full experience of a bustling market and everything is still fully stocked. The MUST try is Bramosa's Breakfast Pizza coupled with a steaming cup of joe from Java Blend next door. You can find them upstairs with a great view of the harbour! Take the time to walk around and see all the different vendors that make their way into the city and enjoy the live music local musicians so kindly play for us.

POLLY'S COVE TRAIL

On the way to Peggy's Cove, Polly's trail is a lesser known hike down to the water. It's usually way less crowded, and personally, I think it is equally if not more beautiful than Peggy's! You get a mixture of the rugged coastline view and a beautiful view of the forest making your way through the trail. It's a great way to spend a Sunday afternoon (hungover or not!).

TWO IF BY SEA

Hali famous for their croissants, Two If By Sea is my go-to for a morning coffee with a friend. Their main location is in Dartmouth and is easily reachable by taking the Harbour Ferry across (free with a student card!). A coffee and a croissant is the perfect pairing to watch the sunrise on the harbour if you can get up in time!

MOKSHA YOGA

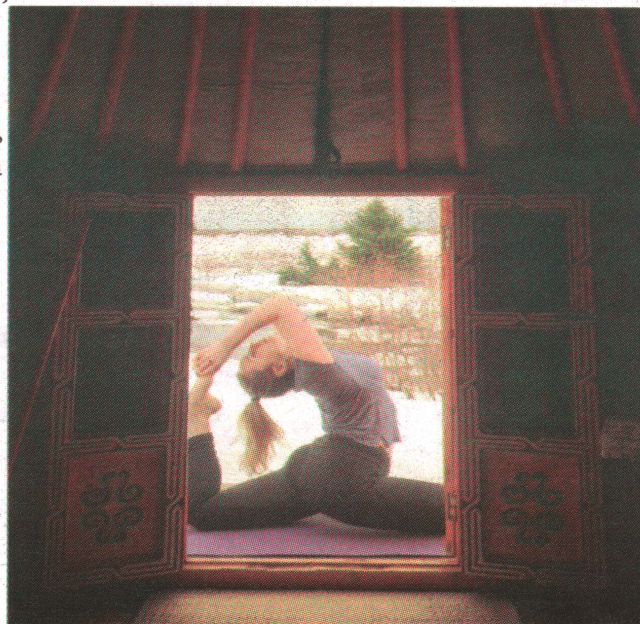
Hot yoga is a great way to clear your mind, do something great for your body, and experience the active culture in Halifax. Located on Dresden row off Spring Garden, you can try a class and donate to a local charity with their \$5 classes on either Friday nights at 9pm or Sunday's at 6pm. I usually head over to Pete's Frootique's smoothie bar across the street for a post yoga shot of delicious organic goodness.

BEER!

I couldn't pick just one place. The bar scene in Halifax is unparalleled and I suggest doing your best to hit all the great spots! Durty Nelly's, Good Robot Brewing Company, Garrison Brewery, Your Fathers Moustache, The Old Triangle, Maxwell's Plum...just to name a few!

Hopefully by the time you're reaching the end of your degree at Saint Mary's you'll have your own top 5 experiences that have stood out during your time in Halifax. One last piece of advice: get out there and explore this beautiful city, it has so much to offer you!

Dana Doswell is a graduating student who is an adventure loving, yoga and coffee junky who loves exploring her surroundings.



An Editors Goodbye

Erika MacDonald

Editor In Chief

So its that time of year and things get all emotional and sappy because things are ending for the year. The Journal is not exempt from this so if you're not about that, feel free to skip ahead to page 13 and learn about how to do the Millennial Side Hustle.

I was raised to always say thank-you to those who have helped you along the way and there is a long list for the Journal but there are some specific people that require a shoutout. First, Sandra C. Hannebohm for being the EiC last year, bringing the Journal back to life, and continually sending in GOOD content for us to publish. Kazi Ahmed, who is a damn gem, he not only sold ads like a pro, he makes for good company in our office while we bash Trump and his ridiculousness. Neil VanHorne, who produced the

first ever Welcome Week issue aimed at new students but also has been my co-conspirator on many occasions for the stories that don't get published. Zahra Dhubow, who came on the team this year eager to learn and write and has been a reliable writer over the last 6 months improving her reporting skills tenfold. Kala Rafuse, for her financial aid info in every issue and Lauren Perry, our resident sports reporter for the Journal. Megan Wright, for all the side work she did for the Journal such as the activities from our last few issues. Kazi Rahman, who as President of SMUSA was always willing to give a comment on any issue at SMU. SMUSA and their staff for helping when we needed it and for being a government that we can hold responsible for students. All of the SMUdents who I reached out to looking to do a story who responded with kind words. And finally, I'd like to thank YOU READING THIS,

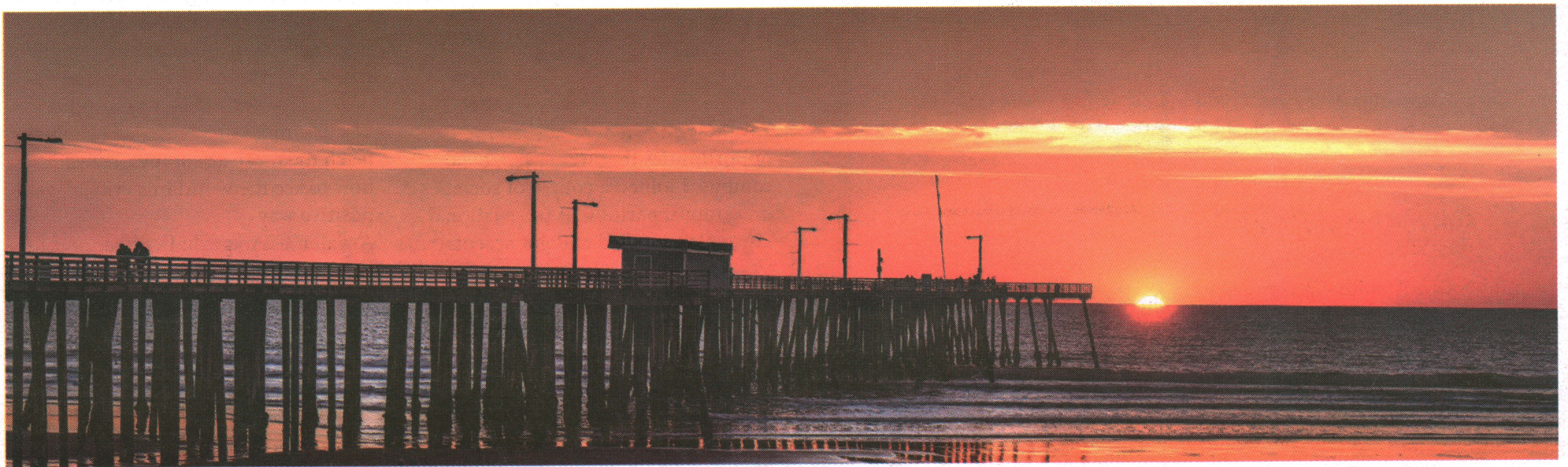
WHOEVER YOU ARE, because if people didn't read this crap that I write, I wouldn't have a job, so thanks fam. But in all seriousness, in today's day and age, the media is under attack. Student Journalism is an important aspect of all campus life across the country and I am happy to say that the SMU Journal has been revived on campus. I encourage you to continue reading this publication while you send your time at SMU.

My (short) time as Editor in Chief and my whole time with the Journal have been the most stressful, fun, and skill-building time in my university career. Im not going to talk much about myself because that's boring but I do want to say a few things about my time at SMU. I have met some of the kindest individuals while at SMU, I have also met some of the meanest; I have met students from countless countries, attended events, book launches, and

parties; I have played on the SMU turf for the Huskies wearing my maroon and white proudly; I have traveled with other SMUdents abroad; I ran in the SMUSA elections (twice!), and lost (twice!); I have interviewed many of our SMUdents about their lives; I have been working for the Journal for two years and have learned about the media in a whole new light. All of this and I have only been on campus for five years. Tldr; you can make waves at SMU because our campus is so active in the community, filled with interesting people, and with our small size, we truly do become a family.

In the words of Kanye West: "They say people in your life are like seasons, and anything that happens is for a reason," so take the woes as the come, there's a plan for everyone, and don't take people too seriously.

Peace and love.



CASA Budget

Erika MacDonald
Editor In Chief

The Federal Government recently released their 2017 Budget and CASA, the Canadian Alliance of Students' Associations released their thoughts on the budget and what it means for post-secondary students in Canada. CASA praised the budget, saying that it fulfills promises that Trudeau made for students during the election and that the government is branching out to First Nations students and non-traditional learners such as mature students.

As a member of both CASA and StudnetsNS, SMUSA also supports this budget. President of StudentsNS and SMUSA VP of Equity and Wellness, Collette Robert says "This year's federal

budget includes many important investments for students in Nova Scotia including more funding for the Youth Employment Strategy, closing the funding gap for the Post-Secondary Student Support Program that supports indigenous students, and more financial assistance for part-time and mature learners. In general, the budget also recognized investments in research and innovation, a National Strategy to Address Gender-Based Violence, and paid work-integrated learning opportunities."

The budget will be gone through line by line over the next months to determine if it will pass or not, which it likely will as Trudeau has a majority government.

Wearing My Heart on My Sleeve

Zahra Dhubow
News Editor

This past year I've been incredibly sentimental and emotional (in a good way). I'm sure it has a lot to do with me graduating this year and coming to terms with the fact that this may be my last chapter with Saint Mary's University. I came into this University after hearing about the stellar International Development Studies program. I was especially excited to go to a smaller university with a smaller campus because I knew that I was more comfortable with intimate classrooms that were more likely to make students feel like they had a presence. In my first year at SMU, I was overwhelmed as any student would be, and I didn't get involved on campus. Still feeling my comfort level and well into my second year, I made a decision to take some time off school and work full-time. I think it was the best decision I made because it allowed me to explore my other interests and gave me an opportunity to really take a breath and collect my thoughts on what exactly I wanted to do the following school year. I entered my 3rd year with an objective to really take advantage of the school year and the opportunities that were available on campus. I joined a couple of societies on campus, partook in International Hijab Day, applied and got accepted to do an overseas internship, and worked on a campaign to run for the opening positions that were available on the Board of Directors. It was the literally the most thrilling year and equally stressful. All in all, my time at Saint Mary's University is literally a testament to the wonderful students and administrators. I have to give a

shout out to Dr. Summerby-Murray for being an incredibly engaging and personable University President, and to Kazi Rahman for being an amazing SMUSA President this past school year! Also, big shout out to The Journal for giving me a platform to vocalize my million and one thoughts :)

When people ask me how it feels to be graduating soon I always reply by saying that I'm excited, when in reality that doesn't encapsulate how I truly feel. The best words to capture my feelings would be: bittersweet. There's this happiness that comes with knowing that I'll be done with my undergraduate soon, but also this tinge of sadness that I feel knowing that I'm moving on. Knowing that the connections I've made in the 4 years I've been here may not be long-lasting, makes me somewhat anxious about the future.

Anywho, enough about me, here are some other students' thoughts on graduating!

Sara Little: As excited as I am to graduate, I am also terrified. Not because I am scared about not finding a job or not using my degree, but because it's hard to believe another place or institution could possibly teach me more about myself and how to see the world in a critical, yet positive way.

Ardalan Gharagozli: I've been waiting for this day to come for the past 5 years and now that it's here I wish I could go back to spend more time as a student to enjoy the things I could, but I didn't since I always postpone them till after graduation, but after all I guess it's just my excuses. I think I just don't feel like entering the real life and stop living on student loans.



Ada Chisholm, *Untitled*, ink jet print on paper, 22 x 28 cm

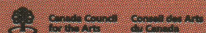
tell me where to go
curated by julia mcmillan

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Enactus launches Token Program through existing project

Valerie Caswell
Contributor & Enactus Member

Over the past few months, Enactus Saint Mary's has been working hard towards developing a new initiative called the Token Program. The program will be an extension of a current Enactus project called Square Roots. The project focuses on finding innovative ways to reduce food waste, while offering affordable solutions to a healthy food supply. The Token Program was formed from conceptualizing how to combat food waste specifically in restaurants, finding a solution for people in need of nutritional assistance, and increasing local restaurant's profit margins.

The idea behind the Token Program is to partner with local restaurants, where Tokens can be used a method of payment to receive a decent meal. One meal is redeemable with one

token. These meals will include menu items that were prepared in advance, overestimated to sell, and would otherwise go to waste at the end of the day. Participating restaurants will show their involvement with the program by displaying an image of a token in their entrance.

Tokens will be available to purchase on the Saint Mary's University campus for \$5 each. Tokens can be either gifted to individuals in need of nutritional assistance or redeemed personally. So far the Token Program has been able to secure a partnership with Basha (on Inglis Street), and is currently in the process of gaining more participating local restaurants.

If you would like to get involved with the Token program or any other Enactus SMU projects, please contact us at squareroots@enactusmu.ca



SMU Attends Model UN in NYC

Zahra Dhubow
News Editor

New York, the concrete jungle where dreams are made of. The city of lights that never sleeps. And the city that also happens to host the United Nations.

As part of the Model United Nations course, offered at the University, I and 19 other students were lucky enough to partake in an international conference known as Model United Nations (MUN), held in none other than New York City. MUN is basically a simulation of the United Nations (UN) and is structured around how the UN functions. Various committees and subsidiary bodies of the UN are replicated for students from various universities, that span all over the world, to attend. Each university that attends represents one of the 193 countries that make up our world, as well as NGO's and non-member states that may not be recognized as official countries (Holy See, State of Palestine... etc). Saint Mary's University has been partaking in this conference for the past 14 years, with Dr. Marc Doucet as the instructor of the course. SMU represented the country of Portugal this year with student delegates sitting on 10 committees such as the GA1, UNHCR, HRC, and many more. The conference consists of students discussing real world issues in a diplomatic setting. Students are required to work collaboratively with other delegates representing other countries in hopes of drafting a resolution.

In a large committee working papers are merged with other working papers,

and delegates have to work together to compromise in the omission and addition of various clauses. Sounds quite complex right? At the end of the conference, which spans the course of 4 days in total, draft resolutions are voted on by the committee as a whole and if the majority of representative countries favor the resolution, it passes and gets adopted.

This conference is literally the most hectic, draining, exhilarating and beneficial couple of days that I've been privileged to experience during my time in university. It's literally the best replica of what it's like to work in the United Nations. Collaborating with people you've never met on a couple of working papers in the matter of a couple of days is literally the best way to test your teamwork skills. Student delegates are conditioned to represent their countries to the best of their capabilities, therefore it is only natural that there be discrepancies when it comes to coming to a consensus. Over the course of the 4 days you learn to compromise in some capacity and produce a solid draft resolution. More than anything the greatest part of this entire experience is getting out of your comfort zone and reaching out to people that enjoy discussing real world issues. And to be a part of this conference in a city such as New York is literally the icing on the cake.

If you're interested in this course don't hesitate to contact Dr. Marc Doucet: marc.doucet@smu.ca

Enactus lands federal funding

Erika MacDonald
Editor In Chief

An Enactus program aimed at helping at-risk youth develop better employability skills has received almost \$500,000 in funding from the Federal Government.

"The Government of Canada is proud to support Saint Mary's University's project to provide employability skill training and work placements for at-risk youth in Nova Scotia. Our government is committed to addressing the broad range of labour market challenges facing youth, including at-risk youth and investing in Saint Mary's University's OPTions program is an excellent step in that direction. This project will help at-risk youth find meaningful work experience in their areas of interest, preparing them for future success," said Andy Fillmore, Member of Parliament for Halifax.

The OPTions (Overcoming Poverty) Youth Program works with at-risk youth through employability skill training and work term placements. The program partners with local businesses to offer young Nova Scotians opportunities to develop their career skills through mentorship, entrepreneurship training, and on the job training.

"The funding is a huge accomplishment for the SSBDC and Enactus Saint Mary's. Through this support, 48 youth participants will have the opportunity to complete the program where they can outline attainable goals relating to their career,

education or business aspirations. OPTions Youth has been a strong pillar of Enactus Saint Mary's for years, and our team is excited to see the new levels of impact the program will achieve through the support of the Federal Government" said Mitch Harrison, Co-President of Enactus Saint Mary's

The OPTions program is divided into three phases:

1. The Personal Development phase, where participants will be equipped with essential life skills from goal setting to presentation, business and leadership skills.
2. The Professional Development phase, where participants begin to understand essential professional skills such as communication, networking and interviewing techniques. They will also, as a group develop and launch a social enterprise as a component of this phase.
3. The Work Experience phase, where participants will be placed in career-related job experience for 12 weeks.

School Spirit a Focus for SMUSA President-Elect

Megan Wright

Contributor

Somewhere between the Enactus Regional Exposition, Students Nova Scotia Transition week, and the National Model United Nations Conference, Ossama Nasrallah found time to discuss his plans for next year.

The Saint Mary's University Students' Association president-elect began his university career at the Language Centre at Saint Mary's University, and through his transition into the university his goal was to get involved.

He applied to be a pack leader in 2015, along with joining Enactus, Students Acting for Global Awareness (SAGA), and the Sobey School of Business Commerce Society. After being a pack leader during Welcome Week, Ossama was successful in applying for the position of Vice President Student Affairs in November of the same year. He started overseeing all of the SMUSA societies, while trying his best to stay involved on the other side.

In May 2016 Ossama was re-hired on the executive team of SMUSA by outgoing president Kazi Rahman. Ossama stayed involved in his interests from the previous year, found a new experience in Model UN, and became the Welcome Week Coordinator.

On March 9, 2017, less than two years after applying to become a Pack Leader, Ossama was elected President of SMUSA with over 40% of the vote.

One of Ossama's plans as president is to create a Student Involvement Committee. "We want to make sure all of students' voices are being heard," he said about the committee. His vision includes 20-30 students from around campus who meet either biweekly or once each month to discuss what students would like to see. Ossama believes this will help the SMUSA team create more opportunities for students to get involved.

When asked about the hiring process, the president-elect expressed his surprise that students believe the students' association usually hires their friends. He spoke about his welcome into the association as a pack leader. When he applied for VP Student Affairs the first time, he had no full-time experience with SMUSA and was only familiar with the VP Student Affairs at the time, Kaitlyn Sobey.

Still in the process of deciding who will be on the hiring committee for vice president positions, Ossama was unsure whether the full-time staff at SMUSA will be included or members of the Board of Directors. He is sure though, that hiring his friends or supporters is not on his mind. "I want to build a strong team," said Ossama. "I want to build a team who will be able to work together. I focus on the experience, but I really care more on the personalities. The experience can be learned. I focus on their personalities and how they approach people, on how outgoing they are. I want them to always be there for our students. I want to select a team where we work together as a team – as one

family."

Ossama will be hiring four vice presidents for the 2017-18 term. While keeping the Student Affairs and the Equity and Wellness positions, Ossama is also adding

**IF YOU DON'T
KNOCK ON THE
DOOR, NO ONE
IS GOING TO
OPEN IT FOR
YOU.
- OSSAMA
NASRALLAH**

a Communications position and adapting the Academic position to include Advocacy. The position that is being eliminated is the VP University. When asked about this, Ossama explained that the VP University sits on high committees. His plan for many of these committee seats is to sit on them himself, as president, but also plans to delegate to the VP Academic and Advocacy and the VP Equity and Wellness.

In creating a vice presidency role for

Communications, Ossama hopes to address the complaints he heard during the campaign about transparency. From experience, Ossama knows that the VP Student Affairs takes on a lot of work, managing over 60 societies and creating events for students on campus. He says that "the VP Communications will be sitting at the table with my VP Student Affairs taking the message right outside to the students." The VP Communications will also work with other vice presidents to get the messages out, manage social media, create posters, etc.

Ossama is also advertising for the roles of Chief Returning Officer and Deputy Returning Officer. He says the main reason for hiring the CRO and DRO now, rather than in January, is because they were hired "too late" for the 2017 election. Hiring the CRO and DRO early is going to ensure a longer election period in the future.

In his interview for The Journal's Election issue, Ossama expressed that one of his main focuses for the upcoming year is mental health. "This year was a really good year from the Healthy Minds Team, working with SMUSA through VP Equity and Wellness, to our peer supporters it was a really good, productive year as how I saw it from different events all over the school. And the new awareness feels really good."

Ossama says he wants to start with educating our students by offering mental health first aid (he would like to offer this every month or two). Another thing Ossama would



like to see in terms of mental health are events to focus on mental health during Welcome Week. He says this was a great year, but that he wants to use that momentum to make sure next year is even better.

Another priority for Ossama as

president is to work closely with the SMUSA Board of Directors and try to have them set meetings every two weeks, or come to an agreement to increase access of these meetings to students. Ossama said he would like to see the meetings happening in the same room and advertised for the

whole year so that students are able to attend.

It is possible that students are unaware of the roles of their SMUSA executive in their entirety as a lot of the advocacy work is done behind closed doors at committee meetings. Ossama plans to increase transparency and accountability by requiring his vice presidents to complete a report at the end of each month. At the end of the month he would like to upload the reports to the SMUSA website and post them on social media so that students can see what their student representatives are doing for them.

From the beginning of his experience with SMUSA, Ossama has learned that having a good relationship with the university is a good thing. He plans to continue that positive relationship throughout his term. He says that having a good relationship with the administration is an asset to make changes as the voice of the students.

“The best way to get involved is to go and knock on the door. That’s what I learned from my first year. If you don’t knock on the door, no one is going to open it for you.” Ossama urges students to get involved. With lots of plans to give students opportunities, he acknowledges that students need to ‘knock on the doors’ and engage with their students’ association, their on-campus societies, their university, and their community if they want to make the most of their education.

WHAT TO EXPECT NEXT YEAR:

-Creation of the Student Involvement Committee

-A new executive position: VP Communications

-A longer election period

-Increased availability to Mental Health First Aid training

-Increased advertisement for Board meetings

-Monthly Executive Reports

-A positive relationship between SMUSA and the university

HMT Round-Up

Tessa O'Donnell

Member, Healthy Minds Team

As the end of semester finally comes into view it is a good idea to take a breath and reflect on this past academic year before being launched into the exam period. Are you happy with where you spent your time and look forward to some much-deserved sunbathing on the beach this summer? Or are you feeling like you were barely keeping your head above water and just can't wait for summer to get here? If you are in the first group, congrats, you've cracked the code of surviving this craziness we call university, and if you are in the second group, take some comfort in knowing you're not alone.

A lot of students feel that trying to find balance between school, work, extra-curricular, and having a social life is nearly impossible to manage. But now that most of our course work is behind us it's a great chance to really look back and see how our last seven months played out. If you're the type who saw your grades slip in-between parties and the Gorsebrook's new Husky Howler maybe its time to map out how you could hit the books instead of the bars next year. Or if you're the type who built a second home of study snacks and syllabi on the 3rd floor of the library, maybe its time to take a scroll through the contacts on your phone and catch up with some old friends. Whatever you've been neglecting this year, end of semester means your about to have a bit more 'me' time in your life.

What it really all comes down to is asking ourselves: what can we do to improve. Its important to keep pushing

ourselves to become better in our own lives, because even if we can't achieve perfect balance all the time, we can still work towards making our time here at SMU more enjoyable and rewarding.

The Healthy Minds Team has been working all year to try to help students become more aware of their mental wellbeing. We kicked off the year by teaching students that hard times are 'Better When Your Laughing' by showing that a bit of humour can help make even the darkness moments a little brighter. We let you know there's no topic too intense to share with others during 'Strength from Loss Week' when we dove into conversations about grief, depression, and suicided. We brought you the stress relief of a furry friend with 'Therapy Dogs' throughout the school year. We talked about how different perspectives shape our experiences with events like "Men's Mental Health Week' and 'Eating Disorders Awareness Week'. We came together as a campus and raised money and awareness on Bell Let's Talk day. We showcased the healing power of music at our 'Mental Health Coffee House' where students could show off their amazing talents. We used all of these events and more to help you understand that there's always something or someone here to help you get through the year.

So what can you take from this year? That's up to you. But if you ask us, this year has been full of amazing students and faculty who have shown our team that kindness, inclusivity, balance, and support are all things that can be achieved when we work together. We hope you have a happy summer, and of course, a healthy mind.

Peer Support



Winter 2017 Drop-In Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	12:00 - 2:00 PM with Megan		12:00 - 2:00 PM with Megan
	2:00 - 4:00 PM with Collette		2:00 - 4:00 PM with Collette
3:00 - 5:00 PM with Nik		3:00 - 5:00 PM with Nik	

What the Heck is Peer Support??

Peer Support happens in a relationship between people who have experiences in common. This could be a mental illness, stress or anxiety, a difficult time in life, or university adjustment. Peer Supporters offer their fellow students emotional and social support as they too have struggled. This support is grounded in hope, empowerment, and recovery.

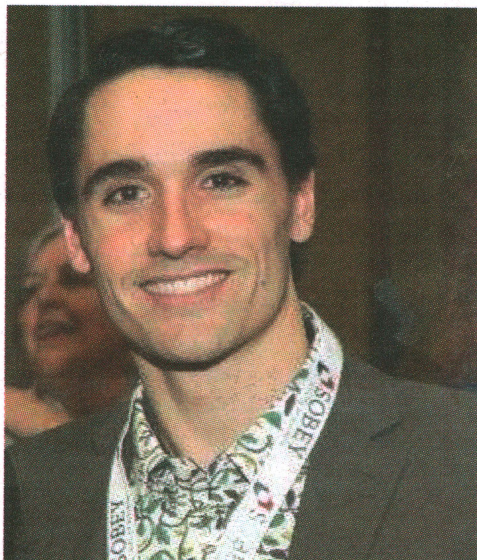
Peer Support focuses on health and recovery rather than on illness and disability. Supporters can help individuals move towards a greater sense of self-confidence and wellbeing.

All students are welcome to visit a Peer Supporter during drop-in hours. Peer Support can be an additional resource from students already seeking treatment as well as a safe, confidential space for students to talk to a trained peer.

Peer Supporters are students who have experience dealing with mental health concerns. These students are trained within the Stay Connected Mental Health Project and The Counselling Centre to support their peers through active listening, goal-setting, and resource referral. As students, Supporters understand how stressful university life can be. Peer Supporters are here to help with a lot of mental health concerns including managing stress, coping strategies, relationship problems, and referrals to other important resources.

Check out the profiles on the next page to meet your peer supporters for 2017/2018.

Meet Next Year's Peer Supporters



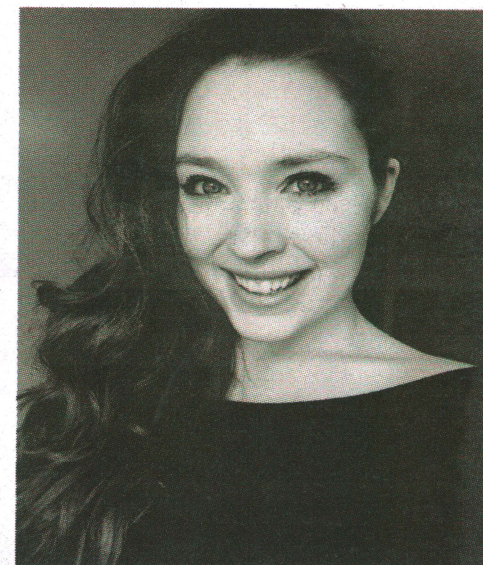
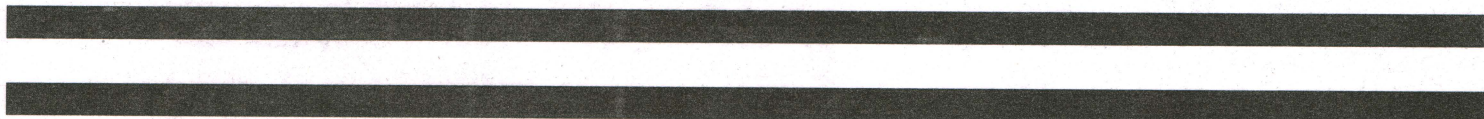
Nikolas Shymko

It has given me great pleasure to work as a Peer Supporter over to 2016/2017 academic year. I've learned a lot this year about concerns students have on campus regarding mental health and feel that as a school community we've made good leeway in breaking down stigma associated with mental health. Peer Supporting has been a very rewarding experience and nothing quite compares to the feeling that you are making a positive impact on your fellow peers. I'm looking forward to working as a Peer Supporter next year and continuing to enhance mental health services on campus.



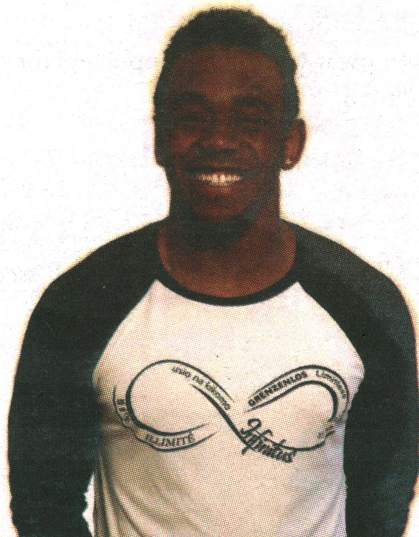
Shelbi Deglau

The Peer Support program gives students the chance to talk with someone they can relate to and focuses on mental health and personal growth. I am excited to have the opportunity to provide this for students at Saint Mary's, and am looking forward to meeting with students and making new connections!



Kanaar Bell

I'm looking forward to being a Peer Supporter next year because it gives me the opportunity to make a real impact in the lives of those who are struggling by being able to connect with them on a one-on-one level, to let them know that I hear them, and that they're not alone. Helping others to see the light within themselves when it seems like all they're surrounded by is darkness is one of the most rewarding feelings I could ever receive. So now that I am in a position to connect on that same level with more people, I'm honoured, humbled, and excited.



Legalization is real, and on its way

Congratulations millennials, you've done it! We have collectively elected a Prime Minister who is young, cool, and hip and when he flashes that winning smile while uttering the word "feminist" I'm sure there's many of you whose hearts grow three sizes. I'm also positive that many of you voted for him because of that Liberal Party promise to legalize marijuana. This article was supposed to be about the effect that the legalization of cannabis would have on university campuses, specifically SMU, but instead here I am talking about the PM. Why? Well, long story short, it's because Canadians have been left in the dark as to when or really how this major change in Canadian way of life is going to come about until this week.

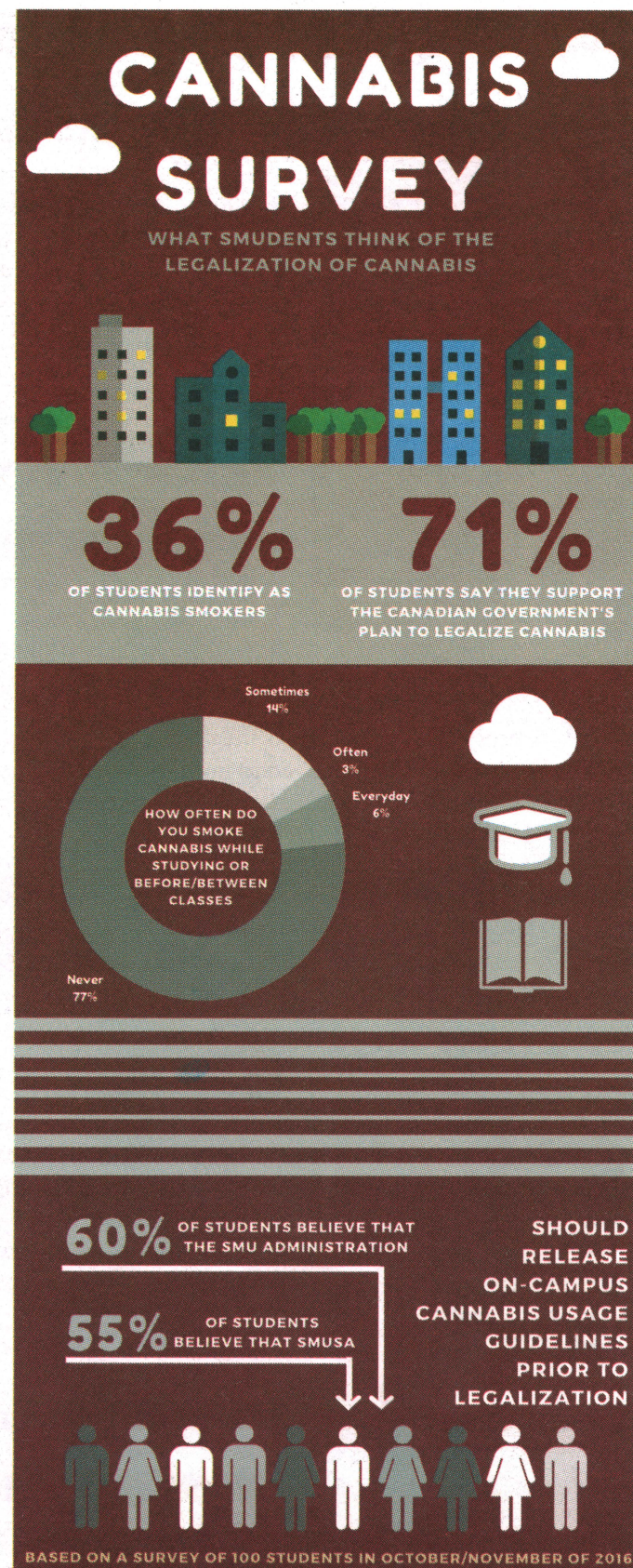
The task force that Trudeau put together as one of his first acts as Prime Minister finished its report, including over 80 recommendations, at the end of November 2016. So when the Federal 2017 budget dropped last week and the only mention of marijuana was a recommitment of \$9.6 million to support "public education and surveillance activities in advance of legalization." This is not what people were hoping for. But then, SURPRISE, Trudeau releases a timeline citing that by Canada Day 2018, you will be able to celebrate using more than just Molson Canadian and fireworks.

Trudeau is rumoured to drop the legislation in the House of Commons on 4/20 and he will undoubtedly be the hero at the end of the movie, only instead of all the girls who normally

swoon over the main guy, its stoners. Politically speaking, this might be his saving grace. If the Trudeau government can pull this off, it will be a big part of the 2019 election as a promise that Trudeau kept and his campaign team will utilize it as much as possible. Also, with the projected numbers this could allow the Trudeau Government to clean up his quite sizeable deficit as estimates from the parliamentary budget officer says that tax revenue could increase anywhere from \$618 - \$959 million within the first year.

The most concerning question in regards to this legislation is the age limitation. Officially, the government says that cannabis in Canada will be for those 18 and over with the provinces having the ability to raise it if they feel necessary. This is worrisome as many of the negative side effects of marijuana use, such as psychosis and addiction to harder drugs, normally happen to those who use cannabis prior to their brain developing fully and at 18, the brain is not fully developed. This is also an issue as mental health services, specifically in the Maritime Provinces, are not working now let alone if more people experience mental health issues due to a national increase in cannabis use.

All we can hope for is some more answers at this point, until then keep supporting your local dealer because those days are coming to an end real quick. #ThanksTrudeau



4 Ways to Work the Millennial #SideHustle

Sandra C. Hannebohm
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speculandra.wordpress.com
Twitter: @speculandra

A recent CBC article reported that although a university degree improves the chance of landing a job, ‘The millennial side hustle,’ not stable job, is the new reality for university grads. ‘Hustle’ is a dance, a strategy, a tactic, and a command. ‘Let’s hustle’ means ‘let’s hurry’. In billiards, hustling is tricking a less skilled player into playing with a highly skilled player. The Millennial side hustle however, is a competitive career strategy that upstarts use to cover their butts in the long and short term. It might mean working several jobs at once, but the side hustle is a large part of building a sustainable career.

The Journal spoke with Hali-famous videographer, Dave Culligan, about four concepts he used to move his hustle from social media consulting to a career in videography: the side hustle, community, working for free, and reaching out.

1. Have a Side Hustle

The millennial hustle is the thing you do for money — working multiple jobs, taking small contracts, temporary work terms, or paid internships—the millennial side hustle is doing the thing you love until you prove you’re one of the best people doing it. Eventually, your side hustle becomes your main hustle, and you’ve created a job or started a career. By the time Dave Culligan was ready to leave the clothing company he was working

with, he had video contracts waiting. “I’d spent long enough generating interest and business that I was able to leave and feel safe in the video world”. When Clair Parker was interviewed by CBC about her side hustle, she told them that between her political science degree and public relations certificate, she hoped to grow along with the restaurant where she bartends. The hustle is her bartending job, and the side hustle is the prospect of customers and her current employer becoming her first contracts as a media professional. Like Culligan, Parker tries to build connections in her current job that will be waiting when she starts her career.

2. Bring Something New to your Community

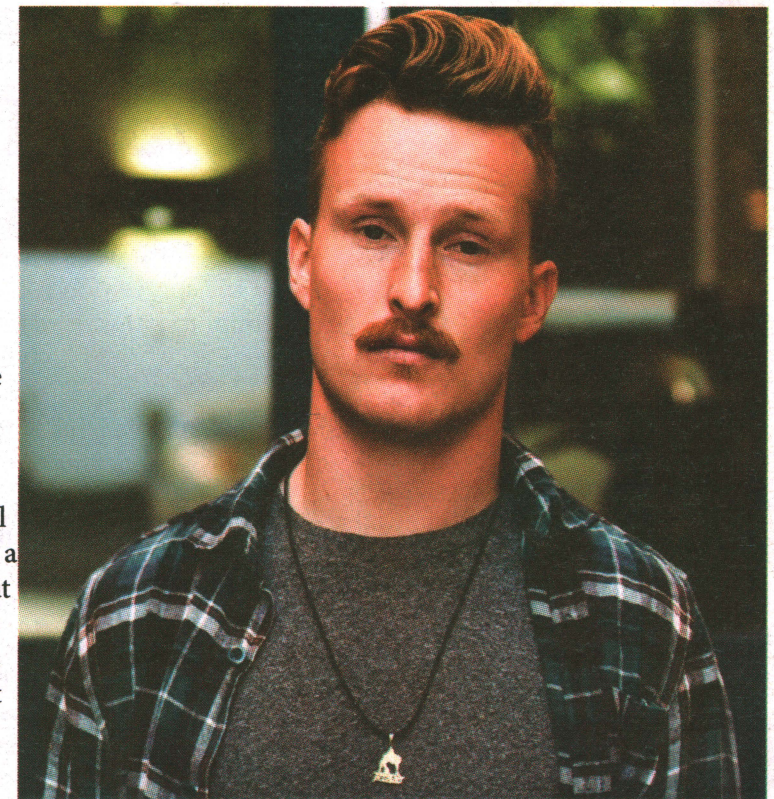
Nova Scotia is a small province with a small, ageing population. If someone in San Francisco is filming their day for 365 days and posting it on Instagram, you can bet no one is doing it in rural Nova Scotia. That’s what Dave Culligan thought when he used his iPhone (and later a camera drone) to start a year-long film project featuring Nova Scotian landscapes, while he also worked as a freelance social media strategist.

Halifax blogs are an example of local hustles and side hustles. “Built Halifax” has less than a thousand followers on Twitter, and in Nova Scotia that is a successful blog. Written by an amateur architectural historian, the site recently drew attention to a court case that was revived by an Africville descendent for compensation. The blogger used a mapping tool to document Africville

land titles he found in the Public Archives. Mapping tools can be found for free online. Do you follow a food blog that mixes humour with veganism? Bet there isn’t one featuring Halifax restaurants. Have you rented in Halifax for several years and learned a thing or two about tenancy law? Lots of students would love to hear about it.

3. Work for Free

If you enjoy it, you care about it. Nobody wants to work for free, but we all do it when it’s for someone or something we care about, even when we have a lot on our plate. Working for free means learning how valuable your experiences are to others. If you’re really brave, you can build a portfolio by offering your time to a business or organization lacking expertise. According to Culligan, “you can go to a company, literally show up a their door with a resume and a business plan and say ‘hey, I’d love to take over your social media and do some consulting for you. If you see value in it after a month, then you could either pay me or refer me to a friend’. At the same time, don’t work yourself beyond a comparable standard of self-care and mental health. It isn’t necessarily a sacrifice to donate your time if it proves your skill is worth paying for.



4. Reach Out

Social networks are super social! If you reach out to someone who does what you love, they might actually respond, and often do. If you’re thinking about starting a website, use LinkedIn to connect to website designers. I’m not saying Taylor Swift will give you her agent’s phone number, but she does respond to fans on social media. In a professional microcosm like Nova Scotia, the person you’d want to reach probably won’t be struggling to keep up with millions of teenage fans.

Follow @dave.culligan on Instagram

To read the entire interview about Dave Culligan’s journey and why he quit his job running a successful clothing company, visit *speculandra.wordpress.com* or follow @speculandra on Twitter

Hey, The Coast, Look No Further, Here's Your Best Server!

Neil VanHorne
Web editor

Carol Silvia has been working at the Gorsebrook for the past four years. She is a favourite among students, and with good reason. When you go through your university experience you will have a few favourite professors, a favourite TA, info desk worker, or librarian. What we are incredibly lucky to have at Saint Mary's is staff with such a strong sense of community and love for the students. Carol is everyone's favourite server, and this is about giving her the thanks she deserves.

She works for Aramark, but serves at the campus bar, The Gorsebrook and was recently recognized by SMUSA at the Charter Day awards where she was congratulated by a long standing ovation and a long line of hugs on her way to the stage. The Journal thought of one other way we can give Carol the recognition that she deserves, and openly nominate her for Best Server in this year's Coast, Best of Halifax. Carol tells The Journal that it's the people who keep her coming to work every day.

"I come to work and I feel like I'm home. I'm a server; I have the best gig in the world. I'm happy when I arrive on campus."

Carol is from Halifax and has worked over 30 years as a server.

"The connection you can have in two minutes, I just love it. It's not like a job."

She estimates that she knows at least 1000 students on campus, if you stop by and watch the way she interacts with everyone you will see why. She knows everyone's name, but what is even more impressive is how she remembers important things about student's lives. Carol will ask you about class, your friends, work and in general show an interest in your life. On top of this, she is an absolutely BOMB waitress. She remembers all my favourite things that I like to order, and even knows my tastes when giving me recommendations or telling me what the daily special is. All I need to do is say hi to Carol and the kitchen will start working on my ever so delicious 'spicy fries.'

When The Journal met with Carol, she talked about how special it was to be at Saint Mary's.

"Saint Mary's is a way of life. You know students when they start. You get to see them grow while they're here. You know them from the time they start until the day they graduate."

"I've loved the atmosphere since I started. Everyone just let me be me. Everyone makes you feel at home. The staff at Aramark and SMUSA have made me feel so welcome."

Carol talked about how lucky we are to have students from all over the world, and the unique opportunity for learning that that provides.

The Journal wanted to get to know a bit more about Carol's life. She had lived in Boston for a while, and came back to the Halifax area in 1999. She started working her first job as a

server when she was 16. She says that when she was younger she was always looking for adventure. "One day you realize you're living the adventure. You realize you have everything in front of you, and I'm just trying to share that with some people."

Good people remind us what is important in life. Carol puts every ounce of her goodness into her work.

"It's about being kind, who you are, listening to everyone . . . It's about treating people like human beings. That's what I see every day."

Carol is one of the wisest people all of us have ever had the pleasure of meeting. We should all thank our lucky stars that all we have to do to share in some of this wisdom and kindness is stop by the Gorsebrook and order a Husky Burger with Spicy Fries on the side. And make sure to vote for Carol when it comes time to recognize The Coast's Best Of Halifax!



Huskie Women's Hockey Coach Given Top Honour

USports
www.smuhuskies.ca

Saint Mary's head coach Chris Larade is the U SPORTS Women's Hockey Coach of the Year for the second consecutive season, in his sixth year with the Huskies program.

Larade and the 2015-16 Huskies squad won the AUS championship title—their first since 2010. The team went on to capture a bronze medal at the national championship.

This season, Saint Mary's finished first in the regular season standings with an 18-3-3 record and earned a bye through to the Subway AUS Women's Hockey semifinal round.

Larade's past coaching experiences include three years as head coach of the Metro Boston Pizza Female Midget AAA program of the NSFMHL, where the team captured three provincial and league titles and two Atlantic silver medals, and where he was twice named coach of the year.

He was an assistant coach for Team Nova Scotia at the 2011 Canada Winter Games, which were held in Halifax. He has also been heavily involved with Hockey Nova Scotia's High Performance Program at the U18 and U16 levels, winning five Atlantic Challenge Cups.

Larade is the second Saint Mary's coach to earn U SPORTS Coach of the Year honours, joining former Huskies bench boss Lisa MacDonald, who won

the award in the 2002-03 seasons.

"Saint Mary's University congratulates Coach Larade on receiving this prestigious award for the second year running," said Saint Mary's athletic director Kevin Downie.

Coach Larade is a low maintenance, high integrity professional who epitomizes our university's Latin motto 'Age Quod Agis,' meaning 'Do what you are doing.' We are very proud that Coach Larade has been recognized by U SPORTS and his peers for not only doing what he does but doing it for all of the right reasons.

The other nominees were Julie Chu of Concordia, Rachel Flanagan of Guelph, and Jon Rempel of Manitoba

Huskies Ringette Ready to Lead the Pack After its First Season

Lauren Perry
Contributor

The SMU Ringette Club has finished its first season on a high note after playing at the inaugural Ringette Nova Scotia University Cup at the BMO Centre in Bedford on March 11 and 12, 2017. Competing against St. FX, Dalhousie, and Acadia, the Huskies showed how far they had come as a team by finishing second in the round-robin, beating both X and Acadia. However, they fell 5-3 to eventual tournament champions Acadia in the

SMU Women's Hockey Finishes 5th in the Country

USports
www.smuhuskies.ca

The AUS champion Huskies close out their season with a fifth-place finish in Canada after the victory over the Gaels, having entered the tournament as the third-ranked squad finishing with 2-1 record. For the Gaels, they close out their season as the highest remaining team from their conference claiming sixth in the nation.

"It was a good game for the fans, there was a great crowd here," said Saint Mary's head coach Chris Larade. "I'm not sure either team played their best game, but we'll be able to enjoy the day and head home with a few wins." Larade thanked his graduating class for their contributions to Huskies hockey following the game.

"Programs like ours don't move

forward unless you have quality people, and our graduating class is that," said Larade. "We always say we recruit people, not just hockey players, and they've been great for us."

Stephanie Pascal finished with 19 saves for the Gaels in the loss while Rebecca Clark had 29 saves for the Huskies. Rebecca Weagle was also given a taste of action in the final minutes for Saint Mary's, stopping four of five shots.



semifinals.

Playing in the Provincial & University league of the Central Region Ringette Association, the Huskies have become a fierce competitor on the circuit, with most games being decided by a single goal. On March 19, the Huskies tied crosstown rivals Dalhousie 4-4 at the Halifax Forum, despite losing to them 5-0 only a week earlier. The team has improved so much since October, and with only two graduating players, is ready to continue its success.

The Huskies finish their season on March 26 against Nova Central, but will be ready to take the ice again come September. Anyone interested in joining the SMU Ringette Club for the 2017-2018 season is encouraged to contact smuringette@gmail.com for more information.

SMU BINGO

SMU stays open during a snowstorm	Grammar school kids cut you in line at the Sub	Spot a first year with a lanyard	Find a typo in the Journal
Wifi goes down	Write a test in one of the way too small desks in ME Basement	Late for class because of the Tims line	Go to an event just for the free pizza
Have a prof that scares the sh*t out of you	Ossama goes live on FaceBook	Own a piece of clothing that is SMU branded	Parking ticket
Get lost in McNally	Carol gives you a compliment	Run out of print credits before your term paper is due	Meet for a group project and at least one person doesnt show up