

THE SENTINEL



HALLOWEEN ARRIVES

SU ELECTIONS MSVU HAUNTED HOUSE FROSH WEEK PHOTO SPREAD

News from the Library

By Darrell MacLean

The MSVU Library, in conjunction with the Novanet Consortium and all public libraries in the province has launched a new initiative which permits MSVU students to borrow from any library in the province. This will be particularly useful for co-op and distance students. The Borrow Anywhere Return Anywhere (BARA) program provides access to material from Nova Scotia's public, university and community college libraries. The Borrow Anywhere Return Anywhere program includes over 100 library locations and is offered at no cost to the library user. Please see: <http://librariesns.ca/content/bara>

With mid-terms and term paper assignments on the horizon our reference staff are available for research appointments. Please visit the Circulation Desk and the staff will schedule the appointment with one of our Librarians.

On October 27th the Library will be presenting Stephanie Domet, host of CBC Radio's Main Street, at 7 p.m. in the MacDonald Room. Join Stephanie as she reads from her current writing project and takes us through her writing process. Learn how she balances a busy work life with an active creative life, and hear why the library figures so prominently in her book. Her first novel, *Homing*, was published by Invisible Publishing in



Lost? Confused? Looking for Students' Union merchandise?
The Information Desk is your one stop shop for all your needs. We do faxing (local, provincial, Canadian, International), printing, photocopying, laminating and binding, as well as sell paper (white, colored), make ISIC cards, and last but not least – give information!

Hours of operation are Monday - Friday 9:00am-4:00pm; Wednesday & Thursday open 'till 6:00pm! So stop by and let us help you! ☺

spring 2007 and won the Margaret and John Savage First Book Award in 2008. More about Ms Domet is available at: <http://stephaniedomet.com/about/>

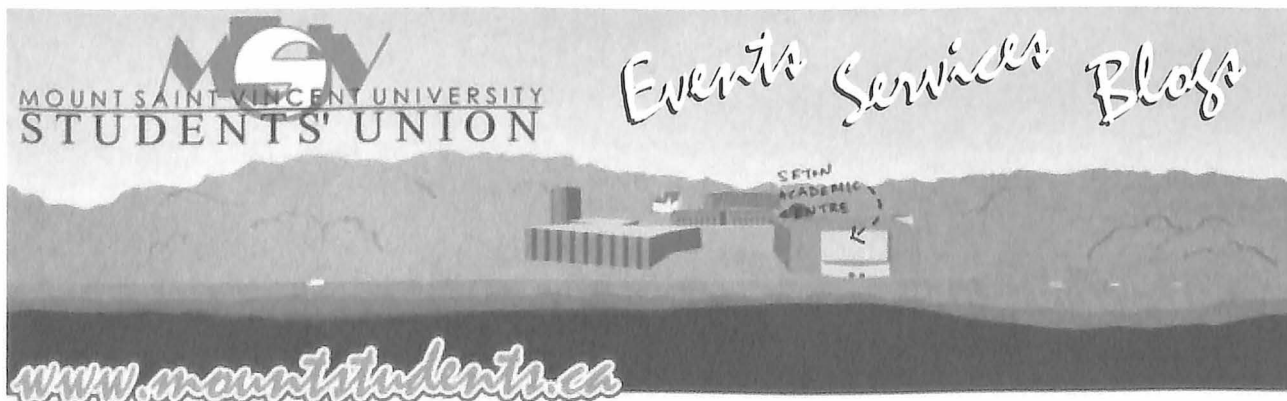
We will be open regular hours over the Thanksgiving weekend and reference service will be available on Saturday and Sunday afternoons.

Please visit our homepage, www.msvu.ca/library, to subscribe to the MSVU Library Blog and have up-to-date news delivered to your inbox. We welcome you to join our Facebook group which provides access to our services directly from your Facebook account.

Does your Group, Society, Charity or Club have an upcoming event?

Tell Us About It!

E-mail all submissions to Mary Jane at publications@mountstudents.ca



Your one stop MSVU Students' Union Website!

www.mountstudents.ca

2009/2010 Students' Union Executive Team & Student Representative Council

The Student Representative Council (SRC) is a governing body of the Students' Union made up of elected student Executive and Council members that represent various areas and faculty's at MSVU.

There are still a number of Council positions available. Interested students should contact the Students' Union at 457-6123 to inquire about running in the October By-Elections. By-Election nomination packages will be available at the Rosaria Information Desk.

Positions available during the October By-Elections:

International Students Representative, Professional Studies Students Representative, Residence Students Representative and First Year Students Representative

2009/2010 Executive Team

Jeremy Neilson
President
president@mountstudents.ca

Craig Walsh
Vice President Student Life
vplice@mountstudents.ca

Lindy Herrington
Vice President Advocacy
vpacademic@mountstudents.ca

Jody Blimke
Executive Vice President
executivevp@mountstudents.ca

Marcus Macalee
Chief Financial Officer
cfo@mountstudents.ca

2009/2010 Council Members

Matt Decourcey
Board of Governors Representative
bog@mountstudents.ca

Meghan Finney
Graduate Students Representative
gradrep@mountstudents.ca

Geoff Soloman
Arts Students Representative
arts@mountstudents.ca

Joanna Bull
Councilor at Large
counciloratl@mountstudents.ca

Stefani MacNeill
Off Campus Students Representative
offcampus@mountstudents.ca

Gerry McGovern
Mature Students Representative
mature@mountstudents.ca

Brian Morse
Science Students Representative
science@mountstudents.ca

Tutor Database

Need some extra cash? Sign up today to become a tutor!

Having some trouble with a subject? Need some help? Request a tutor through your students' union!

To sign up to become a tutor or to request a tutor visit the students' unions website www.mountstudents.ca!

MSVU SUs tutor database is a great resource for MSVU students, as it provides another outlet for student employment on campus as well as a way for students to find help with challenging courses.



Monty's Music Machine

Monty may be MSVU's Mountain Lion Mascot, but Monty is also a real music lover. Monty is always on the lookout for new bands and music to listen to and likes to share that new music with you. Do you think you have the next big thing on your ipod? Let Monty know! Send your music suggestions to Monty so they can be shared with the rest of MSVU.

Send your suggestions to: publications@mountstudents.ca SUBJECT: Monty's Music Machine

This month Monty suggests:

The Boxer Rebellion

Album: Union

Key Tracks: Soviets, These Walls Are Thin, Evacuate, Semi-Automatic

Muse

Album: The Resistance

Key Tracks: Uprising, Resistance, Undisclosed Desires

White Rabbits

Album: It's Frightening

Key Tracks: Percussion Gun, They Done Wrong/We Done Wrong, Rudie Falls

Silver Sun Pickups

Album: Swoon

Key Tracks: Panic Switch, The Royal We

Gender stereotypes affect healthcare process

By Cat Wilson

The Brunswickan (University of New Brunswick)

FREDERICTON (CUP) – Both men and women are stereotyped when it comes to health care, sometimes preventing them from receiving the care they need, says a Vancouver-based researcher.

Dr. Joy Johnson, scientific director of Vancouver's Institute of Gender and Health and University of British Columbia nursing professor, spoke at the University of New Brunswick Fredericton campus last week, addressing implications related to sex and gender in medical treatment. She also discussed the ramifications of certain procedures and the need for further research.

"There are assumptions we as the public take for granted," said Johnson, "for instance, [that] everyone in Canada has equal access to health care."

Gender, explained Johnson, is considered a social construct that defines a person's characteristics based on stereotypes of masculinity or femininity – hence, brawny, muscular individuals are considered 'manly' while long-haired, well groomed, large-breasted individuals are 'feminine.' Rather than strictly classifying people as either male or female, gender ranges on a continuum from extreme masculinity to extreme femininity, as measured by a scientific scale called the Bem Sex Role Inventory.

Johnson told the audience that gender characterizes the way we interact with each other; it defines our dress, our posture, our opportunities and even the availability of monetary means. As for the distinction between gender and sex, Johnson elaborated: "Sex is a biological construct . . . it's not a single thing. There are a number of factors that make up who we are." In terms of physiology, organs define one's sex.

However, like gender, sex ranges on a continuum and those who are not strictly a man or woman fall under the category of intersex persons.

Johnson suggested that it should come as no surprise that gender influences the way doctors and patients interact. A study conducted by Robert A. Fowler and reported in the Canadian Medical Association Journal (CMAJ) in December 2007 investigated treatment of patients in emergency rooms in relation to their sex.

Fowler found that men were more readily attended to and received more rigorous treatment than

women. In addition, procedures like knee replacements were found to take longer to heal in women than in men. When further researched, the knees of men and women were found to be structurally different, leading to the commercialized "Gender Knee" now available for knee replacements, designed to account for physiological variances.

Gender Knees appear to fit some male patients better than standard replacements, which leads to the question of whether the Gender Knee is simply better designed, or

Want To Be Scared?



THE 4TH ANNUAL MSVU HAUNTED HOUSE TAKE A TRUE TOUR OF TERROR

FRIDAY, OCTOBER 23RD - 7PM TO 11:30PM
MOUNT SAINT VINCENT UNIVERSITY
ROSARIA STUDENT CENTRE
\$5 FOR STUDENTS WITH STUDENT ID
\$7 FOR NON-STUDENTS

PLEASE NOTE: THIS EVENT IS INTENDED FOR
MATURE AUDIENCES AND MIGHT BE TOO
FRIGHTENING FOR EVERYONE.

RATED R FOR
RIDICULOUSLY
SCARY!

whether the continuum of sex plays a role in the physiology of the knee and its healing process.

Other concerns Johnson raised about sex and gender included the diagnosis of depression, for instance, in which there tends to be a greater bias toward diagnosis in females. Reported rates of depression in women exceed those of men, despite the significant numbers of male suicides. Johnson suggested that this might occur due to societal pressures that push men to avoid displays of emotion.

Societal norms may also account for the discrepancies between genders of patients seen at health clinics, said Johnson. More women tend to go for treatment while men feel largely out of place, making interactions with their general practitioner challenging. "Your doctor's office is a feminized space. Think about the magazines and think about the colour of the walls. When you look around, most of the people are women," Johnson said.

Sex and gender play roles in many other medical areas, ranging from drug dosages to reactions to surgery and treatment – exposing the need for further research and integration of such knowledge into medical schools and treatment methods. The scope of repercussions in sex-alteration procedures, the effects of testosterone on female bodies and estrogen on male bodies, and the psychological benefits of such procedures in transgendered individuals demand more investigation.

When asked about the lack of investigation of the H1N1 virus with respect to gender, Johnson said there was lack of meaningful difference in the reaction of either gender during preliminary tests. She also mentioned the recent discovery of heightened susceptibility to H1N1 in pregnant women.

The researcher concluded by acknowledging that doctors and nurses should act upon their current knowledge and methods and that researchers should make it a priority to address issues of gender in medicine in order to change the policies. "It is the job, certainly, of researchers to think about these things," Johnson said.



AN INVITATION

You are cordially invited to attend a private after hours shopping experience for MSVU students, staff & faculty

NO TAX EVENT!

Sunday, October 18 - 5:30pm to 7:00pm

Glow Parties Costume & Party Store

3600 Strawberry Hill Street, Halifax, NS

*Halloween is just around the corner, so prepare early by attending!
Cut out this invite and bring with you.*

MSVU
MOUNT SAINT VINCENT UNIVERSITY
STUDENTS' UNION

ATTENTION STUDENTS: ACADEMIC ADVISING IS IMPORTANT FOR EVERYONE!

Do you need help choosing your courses?

Have you gone more than a year without meeting with your Academic Advisor?

Would a program checklist help you figure things out?

Are you confused as to what your degree requirements are?

Are you a current Mount Saint Vincent Student?

If you have answered YES to any of these questions, visit **MSVU.CA/ADVISING** today!

MSVU.CA/ADVISING is a brand new Advising Website that is full of helpful tools, a guide to finding our advisor and useful advice for new and returning students. The site features an Advising Toolbox, which includes a GPA calculator, advice on choosing your major/minor/concentration and the best part - downloadable checklists for all Major and Professional Programs! These checklists will help keep you on track by making sure you are taking the proper courses you need to graduate.

Student Academic Advisors, Heather Graham and Lindsey Ingraham are available to meet with you each weekday between 9:00am and 3:30pm. To book an appointment visit the advising website, call 457-6400 or email advising@msvu.ca. We look forward to seeing you!

So what are you waiting for? Click on msvu.ca/advising to find the information you've been searching for!

One snap and you're a burlesque star Montreal burlesque photographer gives clients the royal treatment

By Valeria Nekhim
The Concordian (Concordia University)

MONTREAL (CUP) – Andrea Hausmann knows women. For instance, she knows that when you feed a woman champagne and chocolates, hire a team of professionals to style her hair and apply her makeup, and place an endless array of lingerie, cocktail dresses, whips, wigs, furs, masks and costume jewelry before her eyes – she is bound to get in touch with her sultry side. “If they’re shy on the first or second frame, by the third one they’re not anymore,” said Hausmann.

A professional photographer specializing in burlesque and boudoir portraits, Hausmann says she built her reputation on her ability to make female clients feel comfortable enough to let go of their inhibitions and unleash their inner diva.

“The clients trust me,” she said. “They know that I’ve done it before and that I’ve seen everything. No one is too fat or too skinny for anything; our goal here is to just to help them feel fantastic in their own body.”

Pausing to think for a moment, she recalls the time an actress came to her studio because she wanted to become more in tune with her sexuality and to be able to audition for the “sexy” roles. “It took her some time to open up,” she said, “but before long she had dropped her dress and was screaming ‘boobs!’”

While it is considered business as usual when a woman removes her top during a photo shoot, it wasn’t always the case. When Hausmann was studying photography at Dawson College in Montreal a few years ago, she was planning on a career in fashion photography. When it came time to build her portfolio, she turned to her friends for help. It just so happened that many of them were burlesque performers, and before long their vintage costumes became the main inspiration for her work. Word spread quick and soon ordinary women were hiring her for burlesque and boudoir portraits.

“I would get asked to do lingerie, boudoir, nudes and vintage looks over and over again because that’s what I was good at,” said Hausmann. “I didn’t even have to ask, and women just started stripping for me during photo shoots.”

By graduation, Hausmann had already established a strong client base and found a niche in the photography market.

“I delved in head first. I graduated school and I wanted to open up a studio, so I opened up a studio. You know when you have that gut feeling that it’s going to work out? That’s what I had,” said Hausmann.

Upon walking into the studio, your eyes are immediately drawn to the metallic gold wallpaper and retro gold couch that make up the set. Scattered across the room is an assortment of velvet-upholstered chairs, sofa beds and antique tables with crystal lamps and rotary telephones – a stark contrast to Hausmann’s sleek glass desk and Mac desktop computer. In her mid-twenties, and no taller than five feet, the petite photographer gets lost amidst the sea of papers.

After showing her new studio manager how to prepare a final package for a client, Hausmann explains how a typical photo shoot works.

The first step is an in-person or phone consultation to determine the artistic direction.

“Everyone can associate themselves with something, be it a movie or a celebrity,” she said. “For instance, tomorrow, I have a shoot with an older woman who wants to look like Raquel Welch for her anniversary because her husband loves Raquel Welch.”

Once the concept is finalized, Hausmann and her studio manager construct the set.

Imaginus

Print &
Poster Show

9am - 4pm

October 16th

Imaginus On Your Walls

Fine Posters And Prints

Rosaria Student Centre



Everything from the wallpaper and flooring, to the curtains and furniture are tailored to the customer's needs. Clients are invited to play in the massive closet and select their costume. With over a dozen boxes filled with lingerie, a closet overflowing with dresses, accessories and props, and shelves lined with jewelry, it's quite the decision. Finally, they are placed in the hands of a hair and makeup artist who will complete their transformation.

Hausmann says her clients are all ages (but typically over 18) and sizes and run the gamete from nurses who wear scrubs all day and want to feel sexy, to tomboys looking to connect with their femininity. On rare occasions a man will pose in an elegant suit for a vintage portrait. Everyone comes for a unique reason.

"It usually starts out as 'I want to give a gift to my boyfriend,' but you'd be surprised at how many people break up with their boyfriends the week before, or the day before a shoot," said Hausmann. "When it comes down to it, it's all about them and them wanting to feel beautiful."

But all this pampering comes at a price. A shoot can cost anywhere from \$430 to over \$1000 depending on the duration, the type of set, hair and makeup, and the amount of prints and retouches requested. While business was dead during the spring, Hausmann says all of September has been booked, and she already has appointments for October.

Despite her busy schedule, she remains very involved in the burlesque community and tries to see a show once a month.

"I love the shows because they're fun. There are a lot of interactions with the crowd and the performers are just hooting and hollering," she said. "It's also safe. Women get to express themselves in a creative way and it also accepts women of all sizes and ages." Developing a calendar with burlesque performers, and doing a body art shoot with a contortionist are next on her list. But for now, Hausmann says she just feels lucky to have a job that she loves and that brings joy to her customers.

"I had a 50-year-old client who got the photo shoot as a gift from her daughter and I was asking does she want to feel pretty? Cute? Sexy? And she just started to cry and said 'I just want to feel beautiful.'"

Something Wicked Comes This Way

October is upon us! A time associated with pumpkins, costumes, tricks & treats...in short, Halloween! But here on the MSVU campus there is another familiar tradition that generates excitement for students and community alike: the annual MSVU Haunted House!

Once a year in October, MSVU students transform the Rosaria Student Centre into a full out, screamific, terrifying Halloween Haunted House Horror-fest! More than 50 students from a variety of departments, societies and interests come together to create an event that entertains and frightens you from the moment you enter until you finally make it out!

Started 3 years ago by the Students' Union, the Haunted House has grown and changed each year to avoid repeating the same scares and thrills as the year previous. To date, the Haunted House has seen such classic Horror film faces as the Wolfman, Freddy Kruger, Jason Vorhees, Michael Myers, Leatherface and SAW villain Jigsaw. Students have travelled through corridors containing the famous shower scene from Psycho, exorcisms, rabid gorillas, insane clowns, scarecrow filled corn fields, murder scenes and mad scientists. The House actually extends from within the Students' Union offices and into and throughout the entirety of the service areas including the MSVU Diversity Centre, Vinnie's Pub, the Crows Nest, and the Fountain Playcentre, and can take up to 25 - 30 minutes to complete depending on how fast you move through it.

The question on everyone's mind this year is "what next?". "That", of course, "would be telling!" says Students' Union General Manager, Kenney Fitzpatrick. When pressed for some clues or spoilers regarding what perils students may encounter upon entering the Haunted House this year, Fitzpatrick was cagey at best revealing only that "we've had three year to work the kinks out of the system and build a nice arsenal of supplies to use. So we're going to be turning things up this year to really make the Haunted House something everyone will be talking about". He concluded that "there will be some familiar faces and returning themes that worked really well in the past", but would the House would "also have a whole new bag of tricks. We actually surprised ourselves when we came up with them".

All in all it looks like this October will be a Halloween MSVU won't soon forget.

The 4th annual MSVU Haunted House takes place on Friday, October 23 starting at 7pm. The last group will enter at 11:30pm. Entrance fees are \$5 for all students with a valid student ID and \$7 for all non-students. The Haunted House is open to all students as well as faculty, staff and community members but may not be appropriate for all audiences. Some scenes may be too frightening for younger ages.

By: Peter Pumpkin Head



MSVU Students in make-up preparing for and during the 2008 Haunted House.



**MSVU Haunted House
Friday, October 23 starting
at 7pm. The last group will
enter at 11:30pm. \$5 for all
students with a valid student
ID and \$7 for all non-
students**

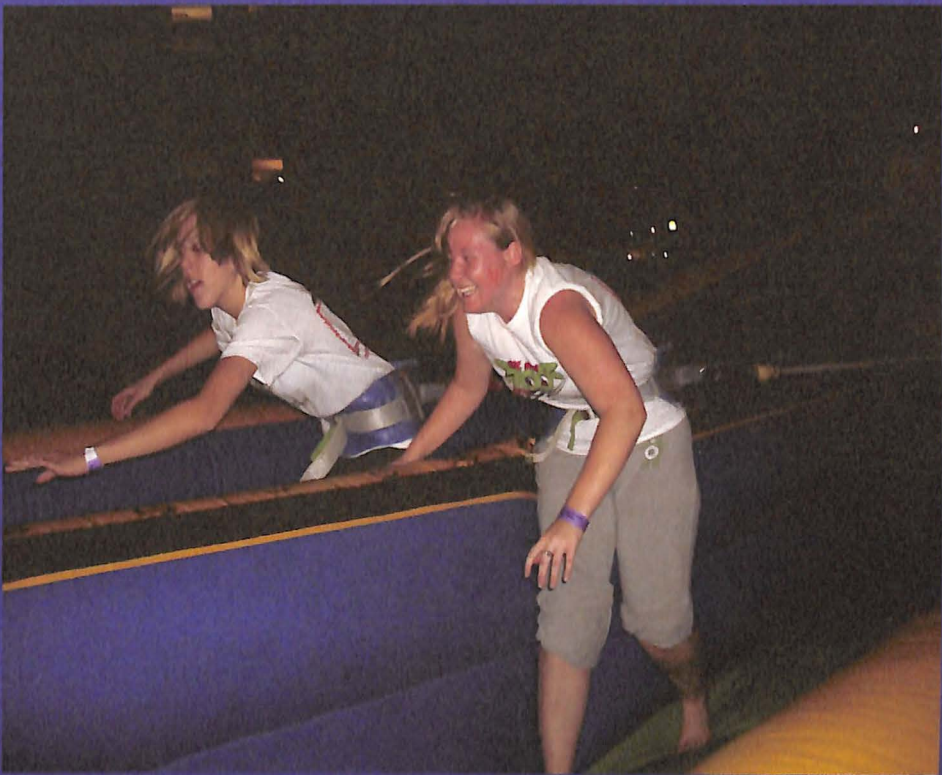


Frosh Week





2009



Secret Meat: Not so sweet

By Stacey McLachlan
The Peak (Simon Fraser University)

VANCOUVER (CUP) – There are many reasons you may have become a vegetarian. Perhaps you simply love animals and wouldn't want to subject them to your stomach acids. Perhaps you are an altruistic showoff. Perhaps you've realized that you yourself are made of meat. Whatever the reason, you may have noticed that choosing to live this vaguely alternative lifestyle isn't always simple.

Sure, it's easy enough to stock your cupboard with beans and other, different-coloured beans, or to bring your own Tofurky in an embarrassing little Ziplock bag to your grandma's for Thanksgiving

dinner and then patiently explain to all your relatives that no, you don't want to spice it up with a little gravy, thank you. The real veg-test, however, begins where hamburgers end: sometimes the meat department isn't the only place animal bits are hiding.

Fear not, fellow herbivores, for with upwards of two years of soy-based imitation meat under my belt (not literally, thankfully) and the Internet at my carrot-stained fingertips, I am most certainly the right person to advise you of what seemingly innocuous household products to avoid.

[Subhead] Nana's fancy dinner plates

I feel slightly ridiculous admitting this, but I didn't know until way too recently that bone china is made of bones. No one is even hiding this fact from you: it's right in the name. I discovered this via an alarmingly boring experimental film viewed in an art history class. Ideally, I should have been considering the plight of Canada's Aboriginals as

plates were smashed and buffalos stampeded (as they are wont to do) in 35mm, but instead I couldn't stop thinking about the fact that eating off of animal skeletons is considered classy.

[Subhead] Your bathroom soap

The year: 1996. The book: Fight Club. Another year followed by a colon: 1999. A movie produced in this aforementioned year: also Fight Club. The happy-go-lucky '90s screech to a halt as author Chuck Palahniuk and then some director guy share with the world a terrible secret — soap may contain traces of fat. Although there are some soaps out there containing fat from veggie or olive oil, rendered beef fat (or Sodium Tallowate, if you're feeling fancy) sneaks into many, if not most, big commercial brands, including Lever, Irish Springs, and The Beef Fat Soap Company.



Financial Consumer
Agency of Canada

Agence de la consommation
en matière financière du Canada

Make your money go further

(no money was hurt in the making of this ad)

(aucun billet de banque n'a été maltraité dans la création de cette publicité)

Tirez le maximum de votre argent

Having trouble stretching your money? Our free tools and publications can help you keep more cash in your pocket. Visit www.KnowledgePays.ca. It pays to know.

Des problèmes à étirer votre argent? Nos outils gratuits et nos publications peuvent vous aider à économiser. Consultez www.CaRapporte.ca. S'informer, c'est payant.



Canada

STUDENTS' UNION 2009 FALL BY-ELECTIONS

Run for an Elected Student Council position during the October
Students' Union Fall By-Elections!

Positions Available:

International Student Rep.
Residence Student Rep.
First Year Student Rep.
Education Rep.
Professional Studies Rep.

Reasons to Run:

Earn Extra Cash
It's A Great Resume Builder
Helping Your Fellow Students
Meet New People
Get Involved On Campus

You get to sit on University committees, take part in fun events, learn more about the inner workings of the University structure and help make decisions that will affect the future of MSVU!

Nomination Packages Available
October 5th - 16th at the Rosaria Information Desk



If you're serious about this vegetarian thing, you should take a careful look at the ingredients list the next time you're shopping for soap, and try and pick a brand that will get you clean without requiring you to rub dead animal lard all over your bare skin.

[Subhead] Pretty much anything squishy and fun

Oh gelatin, you meat-enriched devil in disguise. Why must you tease and torture us so? You make our Jello Jigglers wiggle, and our Jello Wigglers jiggle; you hold both our s'mores and lives together. You are the gummy in our bear! And yet, we cannot (well, should not, if we're doing this thing right) accept your loving, nutritionally-void embrace.

Gelatin – of pigs and cows and ponies too, of skin and bones and an intestine or two. This love affair with marshmallows and the like has to end if we are to be true to our quest. But be wary, my heartbroken comrades, for gelatin does not hide in delicious things alone, oh no. It's used to produce the shell of pharmaceutical capsules and is used in stabilizing photo paper. There may be no use in hiding – it's even used to coat playing cards.

[Subhead] And in the near future, apples?

Scientists, those wacky dudes, are at it again; bored with the same old genetic modifications, rumours are swirling that there has been some dabbling in adding fish or bovine hormones to apples. While it's all just in the name of fun these days – we have no business in the bedrooms of scientists – we've all seen enough episodes of Degrassi to know how social experimentation can spiral drastically downward.

Sure, they're just adding animal hormones to fruit at parties on the weekend right now, but soon, they'll be adjusting some apple DNA every night, staying out late and hanging out with seedy (unintentional but highly awesome pun!) characters.

They'll ignore their responsibilities, turn on their families, and resort to a life of crime to support this filthy habit. And where does that leave us, your average student apple aficionados? Eating cow-infused Golden Deliciouses, that's where.

So while it may seem pointless to bother trying to keep animals alive, we've got to hang in there, tiger(s). Without us, there would be several dozen more animals killed yearly. Even if you can't help playing cards while eating Peeps off your mom's fanciest dinnerware, simply choosing chick peas over chicken is a big step towards doing something to help the planet, standing up for creatures great and small, and gently inflating our tiny-yet-smug sense of superiority.

Carleton University women's soccer team ends suspension Rookie initiation causes team to forfeit two games

By Andrew Hawley
The Fulcrum (University of Ottawa)

OTTAWA (CUP) – Carleton University's women's soccer team is resuming play following a two-game suspension after an incident on Sept. 13 led to the hospitalization of one of its players.

After an alleged rookie initiation party, one player had to be taken to hospital by ambulance due to excessive alcohol consumption. In an interview with the Ottawa Citizen, Carleton Athletic Director Jennifer Brenning provided some details of the incident.

"It was a get-together of the entire team, to hold a rookie initiation. The team met without [head coach Andy McNutt] on Sept. 13 and it involved the entire team. The coach found out about [the incident] on Sept. 16 and contacted [the athletic department]. We started an investigation and found a breach of the code of conduct. We met with the entire team on [Sept. 18] and outlined the severity of their actions."

She said that in the situation at hand, all of the team had participated, and as a result, all were suspended.

The incident was a breach of the athletic department's code of conduct, which condemns players for "unsporting conduct or behaviour," examples of which include "participation in any form of hazing, or any initiation rite, which would be considered demeaning, humiliating or disrespectful."

The suspension caused the team to forfeit their games against the University of Toronto and Ryerson University on Sept. 19 and 20. On Sept. 21, Carleton issued a release stating that the suspension would not be extended past Sept. 20.

Campus Life



WANTED New Members

Thursdays 4:30-5:00pm Ath/Rec Rosaria 127
All Welcome



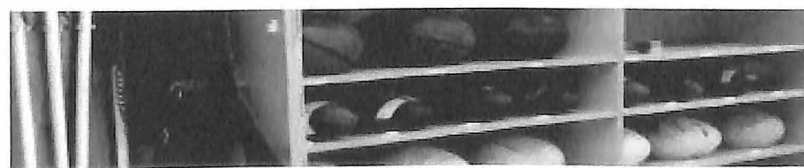
RAISE THE FLAG

Wed., Oct. 7 at 7:30pm
Come in Teams of 2
Everyone Welcome
Meet in Rosaria Lobby by
Students' Union
Dress Warm



DABBLE IN DANCE

with the Mount's NEW
Collective Dance Group.
Dancers, musicians and
enthusiastic movers welcome
DATE LOCATION



Monday Open Rec Night

OCTOBER'S ACTIVITY IS **LEARN TO PLAY**
ULTIMATE FRISBEE
MONDAYS FROM 9:30-11:00PM
FREE FOR MOUNT STUDENTS

FREE MOVIE NIGHT

Date: Sunday, October 18 at 7:00pm
Seton Auditorium D



HAUNTED HOUSE



ENTER IF YOU DARE!

ROSARIA STUDENT CENTRE

FRIDAY OCTOBER 23

\$5 COVERAGE

ALL WELCOME!

NOTE: EVENT IS NOT
RECOMMENDED FOR
YOUNG AUDIENCES

FITNESS NEWS

Fitness is FREE for full time students
and ONLY \$40/term for part time students!

- For core conditioning, stretching and relaxation follow the noon hour program of Pilates & Yoga-fit Mondays-Thursdays 12:15.
- Try Strength 'n Tone, Toning Express or B.A.S.E. for muscle conditioning and circuit work.
- You can **dance with** BellyFit (Mondays 6:00pm) or get your heart rate up with STEP classes (Mondays 5:15pm, Tuesdays & Thursdays 7:00pm).

Don't forget,
a Trainer is available
to help with your
Weight Room goals
and fitness.
Contact the Mount
Fitness Centre at
457-6420 for
appointment times.



Dollars & Sense

Volunteering...Value it for life

It is fascinating to watch the markets and people who choose to invest in them today. As some people are seeing huge returns on their investments, others are committing to work an extra year in order to fund their retirement. Seeing people give up their first year of travel with their spouse that they had planned for years is heart breaking. Especially because it is entirely preventable! They were simply exposed to too much risk.

As much as people claim to be able to predict future market swings, by picking their favorite stocks or mutual fund managers, they cannot. Hopefully the latest market swing will convince young people that diversification is the key, along with investing properly according to your time horizon. Because let's face it, this is not the first time the markets have taken a dip and caused a couple prepared to retire to postpone, and it won't be the last time!

Let's say a couple had \$1,000,000 set aside for their retirement and the market dropped 40%, their current market value for their RRSP (Registered Retirement Savings Plan) would be \$600,000. Now, in order for their savings to recover back to the million they had held they need to see a gain of 66%! This is because although they lost only 40% of the million, they now receive percentage gains that are based on less money. The lower the base the lower the monetary gain and the longer you have to work to see your retirement.

From this simple example of the implications of investing your money outside of your risk boundaries you can see that while gambling with the stock market may pay off big, it may also cost you a few years of your retirement. Is it worth it? I doubt it but ultimately it's your decision. These kind of decisions are what professional financial advisors and investment representatives spend their career dealing with, chances are working with one will help you reach your goals and dreams more efficiently and with much less stress.

Morris MacLeod
Comments can be sent to:
Morris.MacLeod@Freedom55Financial.com

Being a volunteer is an exciting and rewarding experience! The Mount's Career Planning Services (Ev 218) presents to you the Seventh Annual Volunteer Fair on October

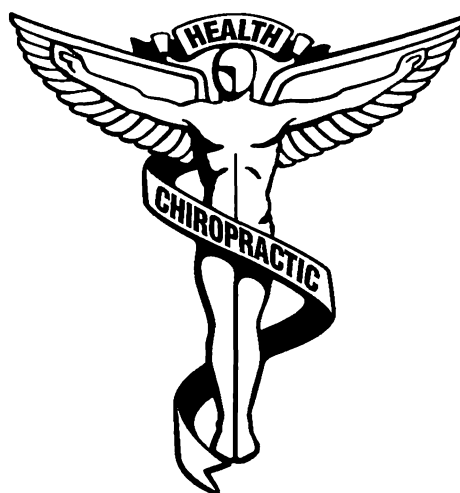
6, 2009 starting from 11.00 am-2.00pm at the Royal Bank Seton Link. The fair will be a great way for you to meet and connect with volunteer organizations here in Halifax.

Volunteering provides a great learning experience for personal and professional development. It is a fabulous way to gain job experience, and broaden your social and employment contacts. It is an opportunity for you to give your time and skills to help others, and build self-esteem and confidence.

Overall, it creates a sense of satisfaction that can only come from making a difference in the lives of others. Not to mention it looks GREAT on your Resume!

This year we have 22 organizations attending the Volunteer Fair, including Career Planning Services who will be launching the Volunteer Society, and present opportunities for volunteering on campus. We hope to see you there!!!

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What Really Grinds My Gears

What grinds my gears this week has grinded my gears for a really long time, and I swear I'm going to pull no punches this week. The current state of music these days is fucking brutal. When I was growing up we had this nice stereo in my living room that on every Saturday and Sunday my parents would play their favorite music as we all did house work.

My dad is a classic rock and roll guy with his Led Zeppelin, Black Sabbath, Aerosmith, Super Tramp, and some Eagles. My mother likes the same music but enjoys some more modern stuff, or at least the modern stuff that has its roots in the old stuff.

Does anyone else think its sad that when we reach the age of parenthood, the classic music we'll play could potentially be fucking Britney Spears and Flo-rida?

I'm not speaking for everyone here, and yes it's a debatable fact that stars like Miley Cyrus and Britney Spears are bonafied pop stars reminiscent of Donna Summers and MJ (may he rest in peace). But seriously, what fucking value have they brought to our society? Zeppelin, Hendrix, the Beatles, they all came upon or after the wave of a music revolution. Britney Spears might be clinically insane, and stars like Kevin Rudolph sound like a mac computer voice over on LSD.

Don't get me wrong, I'll listen to the modern stuff too. Some of its ok and the bad shit's not just regulated to pop music and top 40 hits either. All genres have this misguided identity crisis. Just make fucking music and be genuine.

My favourite band, Thrice (check them out, fucking sick), has evolved in so many different ways over the past 10 years and gets no air time. Although they are multi platinum and play big shows like warped tour, Kerrang, Download, etc. But they aren't shit, they don't sing about the size of their dick or that their milkshake brings every fucking neighbor to the yard.

Seriously, we need to get back to the old stuff. Get back to the good music, not the music that actually paints stereotypes on physicality or self esteem. And our first act of revolution in the music world should be

the expulsion of Flo-rida. He. IS. THE. WORST. ARTIST. EVER. BORN. I would like to extend him credit on grammer, as it is obvious he took a thesaurus and picked one word and then wrote a song about that and all its phonetic substitutes because alllll hhhiiissss ssssoooonnnngss arrreee tttthheee ss-saaammmeeee. Its just a shame we have to expose our children to crap when we were blessed with the fruits of amazing.

-Draino

Students at 13 unions petition to leave CFS

By Erin Hale
The McGill Daily (McGill University)

MONTREAL (CUP) – Members of 13 student societies across Canada have started petitions asking their peers if they wish to leave the Canadian Federation of Students (CFS), Canada's largest student lobby group.

The development comes almost two years after student unions at the University of Cape Breton, Simon Fraser University, and Kwantlen Polytechnic University in British Columbia tried unsuccessfully to leave the federation because either the student unions failed to meet CFS's referendum by-laws, or students ultimately chose to stay with CFS following litigation.

Students circulating the petitions expressed strong disenchantment with CFS, and some felt that the fees their union pay to the group – ranging from \$40,000 to \$300,000 annually – could be better spent elsewhere.

[Subhead] Litigation

Many student petition organizers expressed frustration with what they feel is a track record of aggressive litigation by CFS. In recent years, many of the student unions that have tried to de-federate from CFS have found themselves in hot legal water when they failed to follow CFS bylaws.

Simon Fraser University's independent student

paper the Peak reported that a case between CFS and their student union, on whether it had the right to leave the federation, went to the Supreme Court of B.C.

Derek Robertson, director of external affairs with the Kwantlen Student Association at Kwantlen Polytechnic University in Surrey, B.C., confirmed that his society was taken to court for similar reasons. Similarly, the Acadia University Students' Union in Nova Scotia spent almost 10 years in litigation after they tried to leave CFS in 1996.

Former Canadian University Press (CUP) president and Maclean's OnCampus writer Erin Millar said that legal threats from CFS have extended beyond student unions to student journalists in the past.

"In my experience, working as a student journalist, and my work at CUP and Maclean's, CFS has consistently been the most aggressive organization I've ever covered as a journalist," she said. "They've done that by employing legal means. They spend a lot of money using lawyers . . . which I think is a completely inappropriate way to spend students' [dues]. . . "Journalists, particularly student journalists who are inexperienced, are intimidated."

[Subhead] Revolving doors

Other student organizers were concerned with what they saw as a revolving door policy between pro-CFS student politicians and the CFS national or regional headquarters. Robertson pointed to the example of Hamid Osman, the pro-CFS president of the York Federation of Students who became the CFS national executive representative for Ontario after his time at York University in Toronto, during which students tried to impeach him.

"Instead of him facing the students for reelection he became the national executive representative for Ontario," said Robertson. Concordia's independent student newspaper the Link reported that Noah Stewart-Ornstein, CFS national deputy chairperson, kept his job after being caught on security tapes tearing down a slate's posters during Concordia's Arts and Science Federation of Associations' (ASFA) general election campaign last year.

Sabotaging a campaign violates the CSU's election rules, though Stewart-Ornstein was not a candidate in the election and could not be reprimanded. He was the chair of CFS-Quebec, a separate provincial entity, at the time of the incident, and had previously been the VP Communications for the Concordia Student Union (CSU).

[Subhead] Transparency and reform

Many student leaders stated that they felt CFS was not completely transparent and accountable to its member organizations. Both Robertson and Veronique Dorais, president of the Graduate Students' Association of the University of Calgary – both of whose schools are holding petitions to leave CFS – said past executives had become frustrated with CFS for these reasons.

“One of our executives last year went to a [CFS National Graduate Caucus] meeting and . . . every motion he proposed, asking for financial audited statements or minutes from the meeting were defeated,” Dorais said. Devin Alfaro, former VP External with the Students Society of McGill University (SSMU), said that during SSMU's time as a prospective member at CFS – from fall 2006 until fall 2007 – its executives found it very difficult to pass motions they hoped would improve CFS's accountability.

“SSMU presented a series of motions at one [annual general meeting], that were not well received. One was accepted – that executive reports list resolutions [from previous years] and what [the executive] had done to follow up on them. One motion wasn't well received, that gave student media full access to the [meeting] – most of it happens behind closed doors. The final motion [would have] posted meeting minutes online,” Alfaro said.

[Subhead] CFS responds

Though CFS National Treasurer Dave Molenhuis said that he could not comment on some of the litigation between the CFS and its members because it predated his tenure at the CFS, he said that as a democratic organization, any problems members had with the CFS could still be fixed internally.

“The CFS is the common democratic framework under which the student movements in

Canada make decisions on campaign lobbying and services decisions. The bylaws of the federation are voted on by delegates at general meetings. Student unions vote on their common democratic framework; it's up to them,” he said.

Molenhuis also said that CFS is a transparent organization, and ready to provide its members with any documents they require. “With [regard to] financial records, the audited financial statements are presented in budget committee. They are handed to absolutely every delegate who attends a federation general meeting. They're sent to every member local of the federation who does not send delegates to a national general meeting,” he said.

“All the financial records are available to students who wish to access them, because they are housed in the student unions of schools who are members. [It's] the same with copies, by-laws, and constitution of the federation for every student to see and review.”

Molenhuis added that a member of CUP is invited to CFS annual general meetings to represent the press.

[Subhead] The road to referendum

If the petitions at the 13 student societies achieve a 10 per cent quorum, their supporters will have to wait up to five months before CFS recognizes their petition, and a date for their referendum can be set. During that time, CFS will first have to acknowledge their receipt of the petition, then within three months decide on whether to acknowledge its legitimacy. If the CFS chooses to approve it, they have 60-90 days to set the date themselves.

A student organizer at Guelph University highlighted some of the obstacles the system posed to student societies attempting to de-federate.

“You can't campaign from April 15 to Sept. 15, and can't campaign over winter holidays,” he said. “In six and a half months, you only have a window of half a month to initiate a referendum campaign.” Dorais said student organizers at her society were nervous their petitions could lead to legal action by the CFS.

“We're going to try to work with the CFS to follow the referendum and guidelines point by point, if this is what the student body wants,” she said. Societies can expect CFS supporters to arrive on campus during their referendum. When the Graduate Students' Society of the University of Victoria successfully left the CFS in March 2008, the university's student paper *The Martlet* reported that pro-CFS supporters flew in from across the country to support the pro-CFS campaign.

Students at Post-Graduate Students' Society of McGill University, the Concordia Student Union, the Graduate Student Association of Concordia, the Dawson Student Union, the Society of Graduate Students at Western Ontario University, University of Windsor Students' Alliance, Carleton University Students' Association, the Central Student Association at Guelph University, the Trent Central Student Association, the Kwantlen Student Association, the University of Victoria's Student Society, the Graduate Students' Association of the University of Calgary, and the University of Regina Students' Union are all circulating petitions to leave the CFS.



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