

the Sentinel

msvu student newspaper

November/December 2010



Letter From the Editor

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It's a Cold Winter Wonderland ...

It is that time of year again, last minute assignments and the anxiety of final exams mixed with anticipation for the upcoming Winter Break. As the lights go up and the weather turns cold it seems that there is so much to do, even as time flies by.

With the chill in the air, it's hard not to think about the warmth of a fireplace and the mouth-watering aroma of a good meal. Even as we start preparing for the vibrant holidays, there are people preparing for the bleak and painful reality of surviving life on the streets this winter. Living in constant hunger and cold is no one's idea of spending the holidays but it is the only option for over 150 000 Canadians who are homeless.

Homeless can strike anyone under dire conditions - conditions such as the loss of a loved one, the advance of a chronic illness, or the loss of employment, just to name a few. It takes real courage and will to survive life on the streets because without support or means of protection, it's just one hit after another. Homelessness is not a choice; no one deserves to live this way. Being without a home is not an indicator of someone's personality or moral values - that is why it is important to remember to respect the dignity of people on the streets.

So this holiday season, let us consider reaching out to someone in need. Homeless shelters are always looking for donations, as are food banks, but if that's not possible, just remember that all it takes is a word of kindness or a friendly smile to boost the human spirit.

Have a safe and happy holiday!
See you next year,

Negar Sakhai
Publications Editor
publications@mountstudents.ca



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Round: 4488
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Double: 5488
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Booking Code: MTE2011

Feature

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The Issue of Homelessness



November 22 is National Housing Day, a day of awareness about the issue of homelessness in Canada and the deep-seated poverty that is causing it. Poverty is about human suffering and unfortunately it is not a distant reality present only in industrializing nations, it is right here in our own backyard. You cannot walk through downtown Halifax without encountering homeless people who stand shivering in the cold. They are always there, throughout the change in seasons, young and old, from all walks of life. In March 2009, it was reported that 1 in 10 food bank users were visiting for the first time. Since then the number of food bank users has increased by over 20%. Even more devastating is the fact that 300 000 of food bank users are children. The state of homelessness in Canada is so devastating that both the left and right ends of the political spectrum agree that something has to be done.

In order to address this issue, it is important to understand some of the hidden factors involved. According to Criminology Professor, Winston Barnswell, from Dalhousie University, "Of the homeless, there are definitely many people who have mental health issues. They are released from Mental Health Care Centres without proper help with housing, employment, etc. and so they end up on the street. People with mental health issues may have a job but find it difficult to maintain because of absenteeism connected to their mental health issues and so they get fired and often end up on the street."

Similarly, Doctor Stan Kutcher, the Director of World Health Organization Collaborating Centre at Dalhousie University and professor at the Dalhousie Medical School explains, "Research shows that mental disorders are related to less earning power overall."

The issue of maintaining employment with the presence of a debilitating chronic health condition is a crucial factor, but this is only one of the thousands of reasons why people end up in the streets. Wayne McNaughton, an anti-poverty activist and former Co-Chairperson of Community Action on Homelessness (CAH), explains, "The only thing that all homeless people have in common is that they are homeless. An overwhelming portion of the working people of Canada is no more than two pay checks away from being homeless. All it takes is one family crisis or breakup, this vulnerability is especially true for women."

Likewise, Canadian Conservative Senator Hugh Segal has gone on record to say that, "Far too many Canadians continue to live below any measure of a poverty line, live without a home, and struggle to provide the basic necessities for their families."

It's disturbing to know that poverty is indeed a major part of our society, but why is it so prevalent? McNaughton explains that over the years, we have lost the social safety services that were once offered to assist people during times of crisis.

"People don't realize it but Canada's current Unemployment Insurance does not cover all kinds of workers and for those who are covered, the compensation is half of the individual's original income." Consequently, the current Unemployment Insurance does not cover part-time workers, the self-employed, new immigrants, or people who have been unemployed for a longer period of time. This gap in coverage leaves many segments of the population vulnerable to poverty.

As McNaughton explains, although the unemployment rates are relatively stable here in Nova Scotia, our food prices are unbelievably high compared with other provinces. One reason for this is that other provinces have independently owned local food companies whose presence creates a competitive market that drives the cost of food down for consumers. With no control of food prices here in Nova Scotia, many people have to choose between buying food or paying rent; this is why food banks have become vital to many communities. Unfortunately, food banks are run by private donations only, they are not government funded or operated which leaves families vulnerable to food insecurity, if donations stop. In addition to food costs, rent is also high and the cost of power is skyrocketing, but of course these are only some of the factors behind homelessness. "The needs are so urgent." McNaughton emphasizes, "You can't tell people to wait for a better day."

Apathy is indeed a dangerous thing. By expecting each individual to care for themselves, we end up blaming victims and criminalizing the vulnerable for circumstances that are beyond their control.

"If the economic crisis has taught us anything, it's that poverty in a land of plenty diminishes us all -- and costs us all. This in turn depresses productivity, economic expansion and social progress." states Senator Segal.

Hunger, poverty and homelessness are symptoms of a social crisis. Society cannot exist without the people who live in it and when a growing number of them live in poverty and become homeless, it means that the current social structures are failing to meet the needs of its people. When asked to comment on this predicament, McNaughton had this to say,

"We need to tear down labels and prejudices that act as barriers to helping those in need. We have to stop pretending that that we are divided. We blame individual victims of tragedy instead of looking at the actual causes of the problem, but this is everyone's problem and it is everyone's responsibility to get involved. The government, of course, plays a central role here because they are supposed to represent all of us. When they make financial or policy decisions about housing or food market regulations, their decisions impact everyone -- yet no one outside of corporations and government officials have a say in it. This is important because corporations are not people; they are business organizations with economic motivations aimed at making money. They don't care how the average person will be impacted by their decisions so it is up to the government to regulate the business models -- such as rent control, quality control. With the current neoliberal policies, corporations receive huge tax-cuts which shift the tax burden to individual taxpayers."

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So what can be done? Well, for immediate relief to the sting of poverty, food banks and shelters are vital – also, they rely on volunteers and donations to function. The Out-of-the-Cold shelter at St Matthew's United Church, for example is a grassroots response to growing homelessness in Halifax. It is a volunteer-based organization that operates every night starting November 22 until the end of April. This shelter is modified for homeless individuals whose needs are not met by the year-round emergency shelters in Halifax, but again donations and volunteers are vital to keep such efforts going.

According to McNaughton however, emergency shelters and food banks are band-aid covers for a deeper wound that needs to be addressed. "Helping people find a place to sleep at night or have enough food to eat is important but we need long term solutions to get people off the streets. We encourage people to get involved with their elected officials and urge them to address the issue of poverty in this country. The only way the government will take action is if citizens pressure them. Government officials do respond to public pressure; we have to work on restoring some sense of democracy and voter rights. Remember, Canada is a G20 country and we have the resources to solve this, what we need is the will to try."

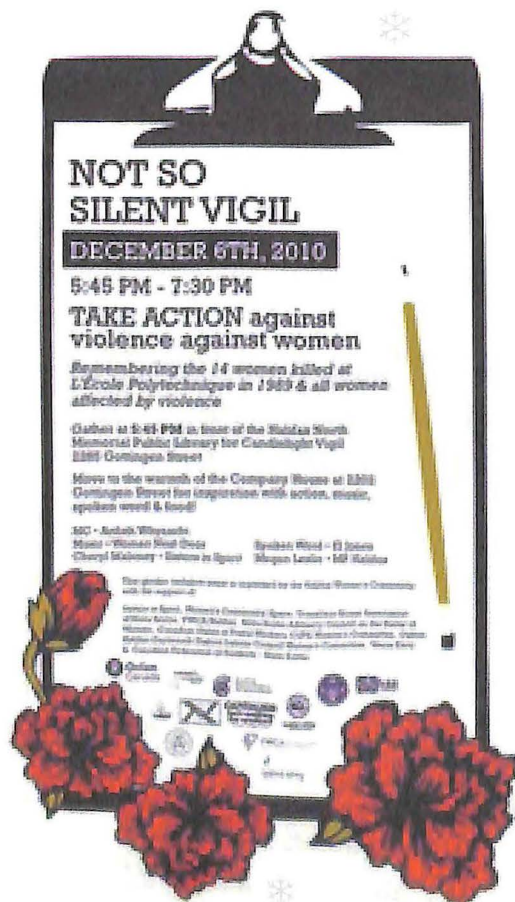
Provincial Government Looks at Domestic Violence

On Friday December 3, 2010, the Provincial government announced the initiation of a pilot project that aims to address the issue of domestic violence in Nova Scotia. This new program has different components: one aim is to promote public awareness of this issue in our communities; the program will also offer more integrative training for public service employees, support for victims of domestic violence, as well as counseling services for children who have been exposed to this environment. Some of the other services include preparing men for parenthood and rehabilitation services for offenders regardless of their gender, to name a few.

According to a Statistics Canada survey, 21,000 females have reported to being victims of domestic violence in Nova Scotia between 1999 and 2004. So this project is a great start to addressing this issue, however in order to seriously impact the roots of domestic violence we need to look at the social acceptability of violence in our society. Violence victimizes everyone, when one person is victimized, that person's family, friends, neighbors, and colleagues are all impacted. Whether we want to accept it or not, we are all interconnected since a society by definition is a structure maintained through participation. Therefore, violence is destructive to the greater society at large.

Furthermore, there is an urgency right now to deal with this issue because as history has shown us, during times of economic recessions, the prevalence of domestic violence and violence in general is disproportionately higher. Now since we are in a recession, it is the best time to embrace change and to break the cycle of violence and victimization. We need to embrace values of respect and tolerance in order to move forward.

Negar Sakhai
Publications Editor



Thinking About Making a Holiday Donation?

Here are some places to consider:

Ad sum House for women and children
(902) 423-5049
adsum@adsumforwomen.org
www.adsumforwomen.org

Out-of-the-Cold Emergency Winter Shelter
ootcdonations@gmail.com

Community Action on Homelessness
(902) 420-6026
info@cahhalifax.org
www.cahhalifax.org/

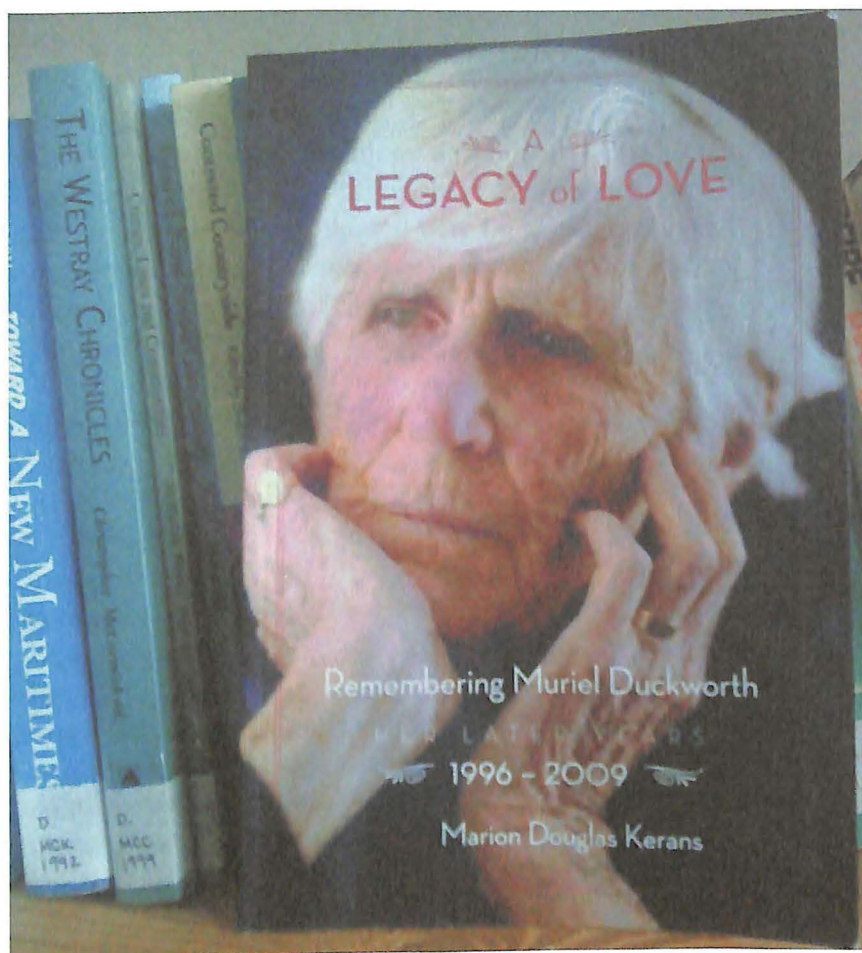
Feed Nova Scotia:
(902) 457-1900
www.feednovascotia.ca

Negar Sakhai
Publications Editor

Community News

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In Memory of a Local Peace Activist



A Legacy of Love, courtesy of the NSPIRG library

“War is the greatest destroyer of human life, the greatest creator of refugees, the greatest cause of starvation and illness. We all have to care, not just for our own little circle, but for the whole universe.”

– Muriel Duckworth (from *A Legacy of Love*; p.28)

An air of anticipation filled the packed room as people crowded the halls to catch a glimpse of the guest speakers. The atmosphere was a blend of grief for the loss of the special lady whose biography was being released, and a sense of hope, for the strong bond that united everyone in the room was the determination to keep Muriel Duckworth’s legacy alive. The event in question was the October 30, 2010 launch of Marion Douglas Kerans’ book, *A Legacy of Love*, a sequel biography about legendary peace activist Muriel Duckworth. “This room is crammed with people inspired with Muriel’s visions of peace. She was that powerful and persuasive with her vision to create peace in the world”, stated guest speaker, former-MP and interim president of Mount Saint Vincent University, Alexa McDonough.

Although the crowds were very diverse, with people from different generations and backgrounds, it seemed that there was a strong sense of connection among the listeners who, in one sense or another, knew about the great contributions of Ms. Duckworth and her influential work.

Ms. Duckworth dedicated her life and her efforts to global peace by advocating for social awareness about issues such as poverty, gender and racial discrimination, health and environmental issues as well as issues of war and violence. Ian Johnson, one of the many to attend, commented, “I have always been a great admirer of Muriel’s abilities to bring people together. Her commitment to peace and peace education is truly inspirational. We have a lot to learn from her.”

Muriel Duckworth was a devoted wife and mother of three, with a passion for fighting social injustice. She graduated from McGill University in 1929 and moved to Halifax, Nova Scotia with her family in 1947. Ms. Duckworth and her colleague, Peggy Hope-Simpson started the Halifax branch of the Voice of Women (VOW) organization in 1960 and one of their first tasks was to protest the dumping of nuclear waste off the coast of Yarmouth, Nova Scotia. After becoming the National president of VOW in 1968, Ms. Duckworth began organizing a group protest against Canada’s involvement with chemical weapons testing. “She is a great role-model to women everywhere, especially in these difficult times”, affirmed Robab Haghpanh, a local social advocate and activist who also attended the event.

Marion Douglas Kerans, editor of *A Legacy of Love*, had worked with Ms. Duckworth for 25 years on her peace movement efforts; she made the following statement: “Muriel responded to human need wherever she encountered it. She tried to do something to make this world a better place. Muriel was a founding member of 17 national and provincial organizations; she was a leader in the movements for human rights, adult education, mental health, peace, women’s equality, and research for the advancement of women. She was given a dozen doctorates from universities across Canada, and received the Order of Canada, the Person’s Award and the Pearson Peace Medal.”

Perhaps Mrs. Duckworth’s contributions seem too much to grasp, yet there is good reason in understanding their importance. As Fernwood Publisher Earl Sharpe stated, “Muriel was an activist, she led great social changes in Canada. She never wavered from her desire to fight for what she believed in - and she believed in people’s power to make a difference.”

Sharpe elaborated further, “For young people today, it is too easy to get impatient or give up when things don’t go as expected, but refusing to give up, this is an important lesson that we can all learn from Muriel. In the 100 years that she was alive, Muriel never gave up – she adapted and changed her methods to find new solutions to the old problems. Muriel lived her life believing in change for the future - with hope that her work and dreams would live on.” Muriel Duckworth’s legacy will be an inspiration for generations to come.

“We must not think of human rights as vast problems “over there” about which we can do little. We must remember that we have problems in our province, on our doorstep, and there IS something we can do”

– Muriel Duckworth (from *A Legacy of Love*, p.27)

Negar Sakhai
Publications Editor

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National Food Conference Aims to Build Food Sovereignty

Food insecurity is not just an international issue; it is also a local concern. Since foods' nutritional constituents have a direct impact on health, it is the most important factor in life. Without proper nutrition in our diet, health problems emerge and health is critical to the quality of life. For these reasons, food insecurity deserves attention – not only from policy makers but also from the public.

Various non-profit organizations are working to secure our right to access sustainably grown, local, non-genetically modified foods. Coincidentally, Food Secure Canada held its 6th National Assembly in Montreal, from November 26-28, 2010. This year there were more than 300 attendees from different aspects of society, ranging from farmers to public health representatives, to social activists, and concerned citizens from across the nation. The conference focused on topics of food sovereignty, the genetic-modification of our food supply, as well as social movements on housing issues, among others. One of the participants at the event was Halifax local, Angela Hershey, "This project is not about academics and it's not about people with power," she explained, "It's about ordinary people and food."



Halifax participant, Angela Hershey talks about the Food Secure Canada Conference.

The aim of this conference was to address Canadians' food-related concerns. Groups from the People's Food Policy Project had been gathering feedback from Canadians across the nation for two years before this conference. This information was then compiled by teams of policy writers from the People's Food Policy Project who organized it into themes to be addressed at the conference.

After the conference, a final draft of the project will be produced and presented to the Federal government to create a national food security policy that is grassroots based rather than bureaucratic.

This is a noble endeavour and here in Halifax we can see that the sustainability movement has really grown in recent years, with the Seaport Farmers Market being the most recent success of grassroots efforts to create food security in the city. Even though there is still a great deal of work to be done, it would be commendable if the next annual Food Secure Canada National Assembly would be held in Halifax, so that delegates could see firsthand, that grassroots movements can be successful.

Robab Haghpanh
Community Member

Community Action on Homelessness invites you to the Homeless Memorial Service

Join our community to remember and honour the lives of people who have lived and died homeless.



Tuesday, December 21, 2010, 11am
St. Matthew's United Church
1479 Barrington Street, near Spring Garden Road

Reception and refreshments will follow the service
– please join us.

Donations of clothing, food, bedding, toiletries & kitchen items to the Out-of-the-Cold Emergency Winter Shelter would be greatly appreciated.

For further information, please contact Community Action on Homelessness 420-6026, info@cahalifax.org
Out-of-the-Cold Emergency Winter Shelter – Donations info: ootcdonations@gmail.com



People's Assembly on Climate Justice takes place in Halifax

On December 4, 2010 – Halifax joined over a dozen communities across Canada in holding a People's Assembly on Climate Justice during the UN climate negotiations in Cancun, Mexico. With predictions that a deal coming out of Cancun is unlikely and the recent killing of the Climate Change Accountability Act by the Senate, local actions are increasingly being seen as critical to advancing climate justice.

"People's Assemblies on Climate Justice emerged during the failing Copenhagen UN climate negotiations as a vehicle for people to come together and talk about real and false solutions to the climate crisis," says Andrea Harden-Donahue, Energy and Climate Justice Campaigner with the Council of Canadians. "The assemblies taking place across Canada are in keeping: bringing people together on a community basis to have a dialogue on climate justice and how to transform this into local action."

The Council of Canadians joined by the Indigenous Environmental Network, KAIROS: Canadian Ecumenical Justice Initiatives and the Canadian Youth Climate Coalition issued a call to action for People's Assemblies in the fall.

"This past summer has seen severe wildfires in Russia, devastating floods in Pakistan, mudslides in China, droughts in the Sahel and Niger, and an 87-square-kilometre chunk of ice break off from Greenland" says Adrienne Silnicki, Chairperson of The Council of Canadians- Halifax Chapter. "It's a global crisis. And while we need to pressure the Canadian government for action, we also need to talk about local solutions."

Assemblies are movement-building and organizing events. They are a gathering of people having a dialogue on climate justice, aiming to transform awareness into local action. Discussion may include topics such as climate debt (industrialized countries increased responsibilities for emission reductions and climate finance), human and ecological rights and how unsustainable and inequitable production, consumption and trade patterns contribute to the climate crisis we face. Campaigning for public and community ownership of renewable energy, challenging a proposed polluting project and supporting a "transition town" are some of the areas of action to be discussed.

"The good news is that there are things we can do individually and collectively to help us equitably transition off of fossil fuels," says Brittany Maguire of the Canadian Youth Delegation "and if our government won't take action, we will."

Adrienne Silnicki
asilnicki@canadians.org
www.canadians.org/assemblies

Campus News

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Paq'tnkek Mi'kmaq Community: Made By Their Own Hands

Paq'tnkek Mi'kmaq community is in dire need and is taking steps to address these needs. On Thursday, November 4, 2010 in Dr. Anthony Davis' Sociology and Social Anthropology class on Aboriginal Peoples, co-researchers Mr. Kerry Prosper and Dr. Jane McMillan explained why the community needs to develop community based socio-economic self sufficiency. They also described some of the opportunities and obstacles that the community is facing.

Kerry Prosper is a Band Counselor and Director of Paq'tnkek Fish and Wildlife Association and McMillan is the Canada Research Chair Indigenous Peoples and Sustainable Communities. The pair is working on a research project that explores socio-economic development in Paq'tnkek. Their presentation was titled "Made with Mi'kmaq Hands-Exploring the Social Impacts of Economic Developments in Paq'tnkek".

Paq'tnkek is a Mi'kmaq community in Nova Scotia, near Antigonish. Prosper says the community has just over 500 members and has only a small parcel of land compared to other bands. They recently acquired more land, connecting their reserve with the TransCanada highway, which they see as opening up a range of new business possibilities for the band.

Prosper spoke of craft/artisan production as a means of obtaining self-sufficiency while honouring and passing on important cultural traditions. Generally, young people in the small community are eager to learn craft production and the older generation is keen to share knowledge. We've seen laws changing, for example laws allowing access for aboriginals to wood for craft productions. However, as this happens, more obstacles are being uncovered.

Prosper highlighted a few obstacles, one being that of accessing raw materials. Local raw materials (e.g. black ash) are being depleted, so craftspeople must travel further for them. This adds to the costs of production, and takes more time. He also mentioned concerns around environmental issues, competition for resources, division of labour and access to markets, authenticity, and quality control. Some of these concerns are being addressed by province-wide groups asserting the cultural, ecological and economic value of non-timber forest resources – the flora and fauna of the forest.

In Paq'tnkek, financial facts are harsh: about one third of members regularly depend on social assistance. The median annual income for a Paq'tnkek family is \$16,000, compared to the provincial median family income of \$55,000. This makes it difficult for individuals to invest in a co-operative of family business. However, residents are stable and community is strong, providing a starting point for community economic development initiatives.

Notice From Ecology Action Centre

If you love cooking, gardening and celebrating sustainable local food, then volunteer for the Food Action Committee. As a volunteer you are welcome to be a part of helping increase the understanding of local sustainable agriculture through: workshops, events, education/ outreach and influencing policy change.

Ecology Action Centre
2705 Fern Lane, Halifax
Meetings are 5:30 pm, 3rd
Monday of the month

For more information visit www.ecologyaction.ca

Library Night Owl Hours

Monday, December 6	11:00 p.m. – 2:00 a.m.
Tuesday, December 7	11:00 p.m. – 2:00 a.m.
Wednesday, December 8	11:00 p.m. – 2:00 a.m.
Thursday, December 9	11:00 p.m. – 2:00 a.m.
Friday, December 10	6:00 p.m. – 11:00 p.m.
Saturday, December 11	6:00 p.m.–9:00 p.m.
Sunday, December 12	9:00 p.m. – 2:00 a.m.
Monday, December 13	11:00 p.m. – 2:00 a.m.
Tuesday, December 14	11:00 p.m. – 2:00 a.m.
Wednesday, December 15	11:00 p.m. – 2:00 a.m.
Thursday, December 16	1:00 p.m. – 2:00 a.m.

Wednesday, December 17 Library closes at 7:00 p.m.

It is Prosper's vision that craft production for the Paq'tnkek community become more than what it is now, more than a means of meeting personal or family needs. The research with McMillan, in collaboration with the people of Paq'tnkek, seeks to raise awareness of alternative social economic strategies; create collaborative networks in solidarity for change; and inform policy toward capacity building.

The research reported on here was sponsored by the Social Economy and Sustainability Research Network of Atlantic Canada.

To read more about the research being done by this network, please visit www.msvu.ca/socialeconomyatlantic or e-mail seproject@msvu.ca.

Melissa Russwurm
Social Economy and Sustainability Network

In the Community

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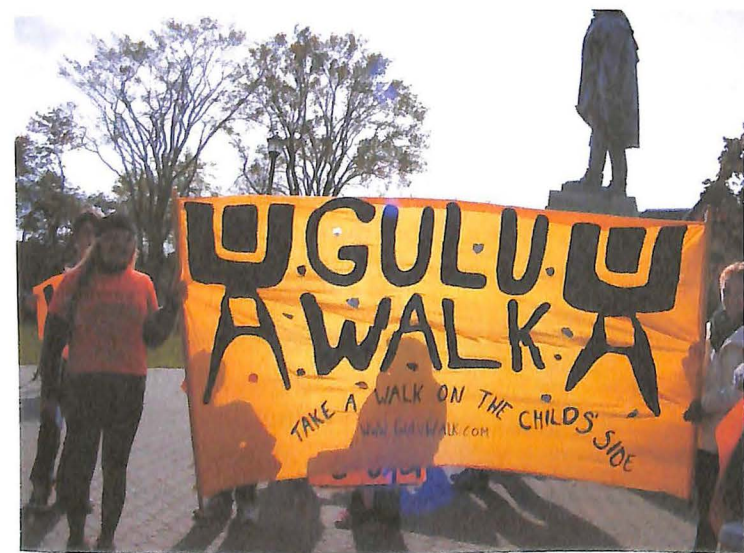
Team Possible!

Saturday, October 23, 2010 -
The Nova Scotia Down Syndrome Society held a walk for awareness.

"This event is to bring people together, to show that our children are great people and they deserve the same rights as everyone else", explains Rene Forrestall, one of the event organizers.



"Not everyone in the community knows about Down Syndrome," explains Will Brewer, spokesperson for the youth branch, Team Possible. "It is important for youth with Down Syndrome to know that we are here and they can reach out to us and we can reach out to the community together. We can make the world a better place"

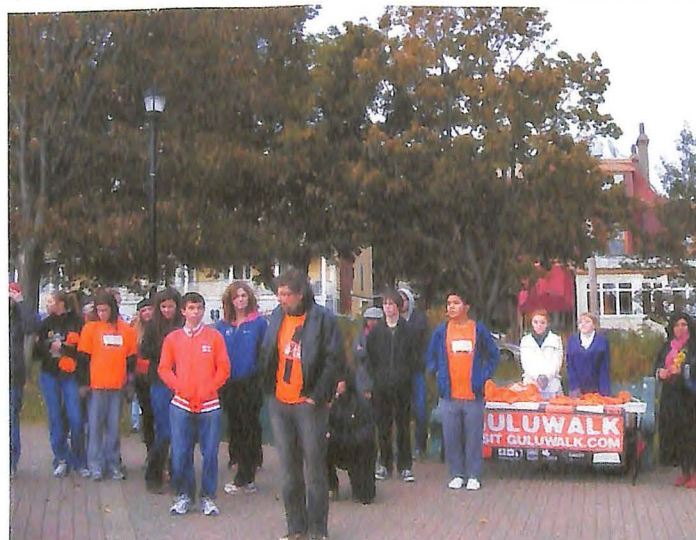


GULU Walk in Halifax

GULU Walk is an international movement for peace, with the campaign running through the month of October.

"It is important that Canada doesn't forget about the least fortunate of the world," affirms guest speaker, Stan Kutcher, "As a physician who has worked in these war zones, I have seen the resilience people have when they know that they haven't been forgotten."

"If we can get even one person to open their eyes and realize that this is what's happening a world away, and this is how you can positively contribute to ending the conflict, than our goal has been achieved," states event organizer, Mathew Musgrave.



In the Community

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Tent City comes to Halifax

On Saturday October 23, 2010 a workshop and protest was organized by the Nova Scotia Common Front for Housing (CFH). The aim of this event was to raise awareness of the rise in homelessness and to demand more affordable housing in Nova Scotia. Dinner and breakfast were available, courtesy of the Sisters of Charity, Food not Bombs and Campus Action on Food.



In the Community

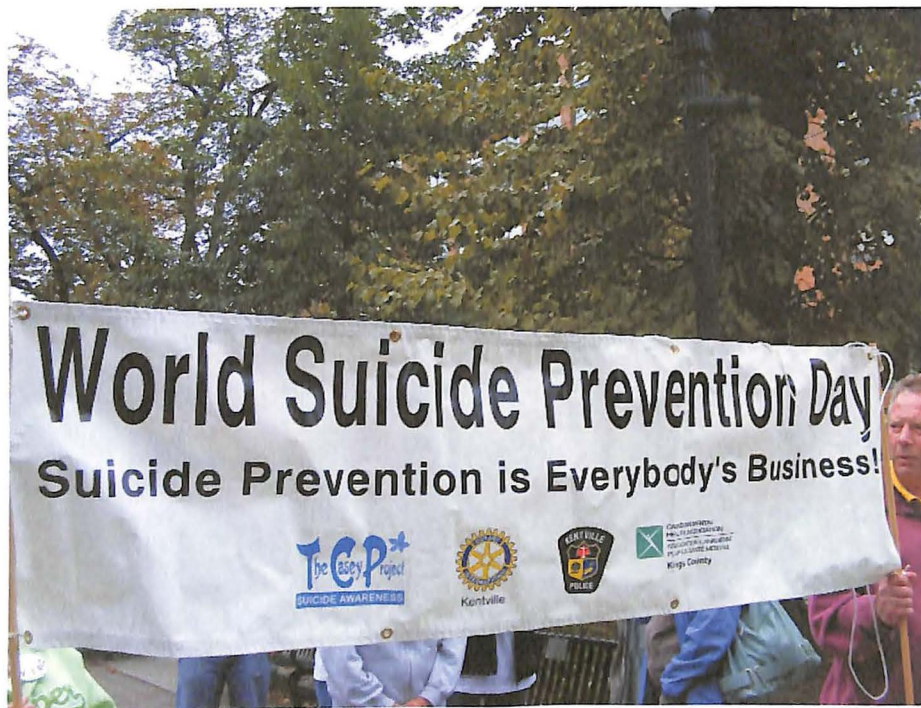
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World Suicide Prevention Day

Is an international day of awareness, reminding us that suicide impacts everyone, not just the individual involved. In order to prevent suicide, we need to build communities that support those who need it the most.

September 12, 2010

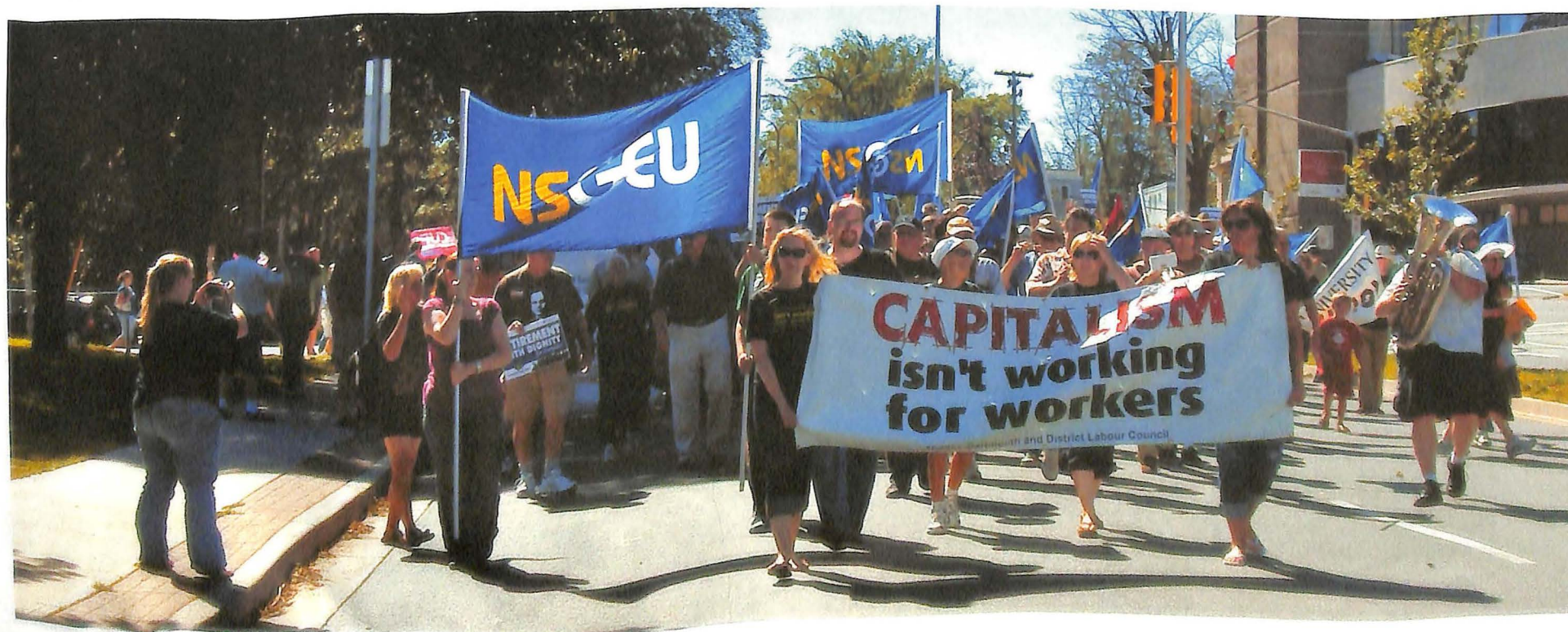
Photographs courtesy of Hamid Sakhai



Labour Day Rally

Organized by the Halifax-Dartmouth & District Labour Council, the Labour Day event included a rally, march and a family picnic. Guest speakers included Rick Clarke, President of the Nova Scotia Federation of Labour, Donna Mendes, Chair of the Labour Council's Human Rights & Anti-Racism Committee, Nova Scotia Premier Darrell Dexter and Megan Leslie, MP for Halifax.

Photograph courtesy of Suzanne MacNeil



In the Community

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The Seaport Farmers Market

A grassroots initiative to build a sustainable, local-business-based market, the Seaport Farmers Market is a community in its own right. Here are some of the amazing men and women that make it happen.



Photographs courtesy of Hamid Sakhai

Campus News

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Portfolios, Important Tools for Students

Portfolios have been used for years by Artists, Photographers, and Designers to exhibit their work and display their talent. More recently, colleges and universities have begun adopting Portfolio Learning as a way to encourage students to take a pro-active approach to their careers and to promote lifelong learning. Students from all majors are designing portfolios to display their skills and map out a long-term career plan.

A portfolio is a great way to tell your story as it is a record of where you have been, what you are doing now and where you hope to be in a few years. Portfolios are a creative way to show employers that you are more than just another walking resume. Your talents and experiences are valuable and you are ready to contribute both to the workplace.

Portfolios can come in several formats and you are bound only by your own imagination. The traditional format, consisting of paper copies of resumes, references and achievements all bound in a folder, is the most common. But, some technology-savvy students are creating e-portfolios and are displaying their education and experience on a webpage or making them available in another electronic format. Whatever the format, a professional looking portfolio will be your most valuable tool for achieving success in today's competitive job market.

Fluctuating job markets and competition amongst businesses who want to hire the best candidate means the average person now changes careers at least six times in their life. The days of working for the same company for 30 years and retiring with gold watch in hand are gone. For us, this means we all need to be able to effectively display our transferrable skills and present our accomplishments to show a future employer how we could contribute to their organization. Sometimes, science and math majors may not see the usefulness of a portfolio or may be unsure about the skills they have gained from their degree. The skills obtained from solving theorems or balancing chemical equations can be difficult to explain let alone display in a way that lets employers know what they are capable of.

The benefits of creating a portfolio are endless. Using a portfolio to display how you are able to apply the concepts you have learned in your degree to the workplace demonstrates to employers that you are not like all the other graduates out there. Being able to effectively evaluate your own skills will make the interview process a lot less stressful as well.

If you are a Math or Science major and would like to learn more about how to create a Portfolio consider signing up for free Introductory Portfolio classes offered at the Mount this January. Space is limited.

Stay tuned for future announcements on this unique opportunity! To sign up for classes please email corina.walsh@msvu.ca.

Corina Walsh

TMJ Dysfunction and Treatment

What is Temporomandibular Joint (TMJ) dysfunction and how do you know if you have it?

TMJ dysfunction is a blanket term covering nearly all inflammatory and pain processes of the jaw. If you have pain when you are opening or closing your mouth, if you find yourself clenching or grinding your teeth, or if you get regular headaches or migraines chances are you have a version of TMJ Dysfunction.

TMJ Dysfunction can affect anyone from any age group and any gender. If however you hear clicking or popping in your jaw when you open and close or when chewing you are likely developing this syndrome and should consider a preventative treatment.

How can you treat TMJ Dysfunction? Treatments of TMJ Dysfunction are as varied as the cause and symptoms. A general treatment at first sign of TMJ Dysfunction is the use of a orthodontic bite plate with medication for pain relief and in some cases sleeping aids. In extreme cases surgery may be used to realign the jaw and stop the joint from rubbing bone on bone.

Massage can also be a modality to speak with your RMT about, if they do not do TMJ massage they should be able to direct you to a therapist who can. Massage for the treatment of TMJ dysfunction should include both external massage around the jaw and décolleté, as well as internal massage within your personal levels of comfort. This treatment is generally not painful, though some points may be more on the tender side than others. Your treatment may include any number of modalities which are indicated by your specific symptoms, often including myofascial release, Swedish massage, AIT, and direct neuromuscular stimulation. TMJ massage is a very safe and effective treatment for relief of symptoms, and for many is an extremely relaxing treatment. Your therapist can also recommend stretches for your jaw and neck to aid in the alleviation of your pain.

Physiotherapy has been shown to aid the control of TMJ dysfunction; especially in cases of mild to moderate internal disc derangements of the TMJ. It would be advisable to speak with your Physiotherapist as to your specific needs to work out a treatment plan designed for your condition. Treatment may include the use of ultrasound, acupuncture, as well as general manipulations.

Shannon Ashton, RMT
LifeMark Physiotherapy, 2nd Floor Assisi Hall,
Mount Saint Vincent University



Arts and Culture

P. 13

MSVU Art Gallery presents

THE ANNUAL MOUNT COMMUNITY SHOW

Organized by MSVU Art Gallery
25 November through 12 December 2010



The Annual Mount Community Show 2009

OPENING RECEPTION: Everyone is invited to attend the opening reception for *The Annual Mount Community Show*. **Thursday 25 November 12 noon.** Celebrate our community with creative work by MSVU students, staff, faculty, alumnae and their families.

This annual extravaganza will include painting, sculpture, ceramics, textiles, writings, performances, homemade chocolate truffles and much more!

With performances by:

Jane Gordon (piano)

Nancy Carr (piano)

Asna Adhami (spoken word)

Stephanie Brown (guitar and singing).

For more information, please contact Katie Belcher at 902-457-6291 or katie.belcher@msvu.ca

MSVU Art Gallery

Mount Saint Vincent University, Seton Academic Centre

166 Bedford Highway

Halifax, Nova Scotia B3M 2J6



Beneath the Surface

23 October through 12 December 2010



The Nova Scotian artists Nancy Edell, Kim Morgan and Susan Wood share an interest in corporeal experience. In the works selected for *Beneath the Surface*, the artists present metaphors for the invisible, sometimes pathological processes taking place within the body.

Nancy Edell's hooked mats reveal organisms teeming beneath the surfaces of body, earth and ocean, on the borderline that distinguishes what is biologically human from what is not. By the time she made *Nut with Neutrophils* (2001), Nancy Edell was a cancer patient. Her mythological style of portraying the body's battle with microbes pits the procreative power of the Egyptian goddess Nut against that of mutating bacteria and cells. The exhibition also features *Spiracle II*, which is named after orifices present in animals and insects, suggesting the borderline between the interior and exterior of a body, which is metaphorically repeated in the composition.

The reproductive role of women receives a similarly mythical treatment in Susan Wood's life-sized, unmounted drawing, *Dress No. 16* (1991).

Meticulously composed and rendered, the fragile image bears traces of rough use; it appears worn and at the same time, hauntingly alive. Inspired by an antique Jordanian wedding dress, the robe is held slightly open, disclosing disproportionately enlarged blood vessels surrounding a distended womb. The dress assumes a corporeal form that affirms the artist's preoccupation with the physical transformations of brides, wives and mothers over a lifetime.

Matching the grandeur of *Dress No. 16* and the fantasticality of *Nut with Neutrophils*, the glowing chandelier form of *Corpulence* (2009) makes a strikingly decadent spectacle. Clusters of test-tubes and glass slides with microscopic scans of human fat evoke the penetrating power of scientific imaging technology as it is brought to bear on an obese human subject. At once opulent and strange, *Corpulence* also alludes metaphorically to the ability of fat to store and release energy (here, in the form of light) and to the cultural currency of fatness or obesity as a source of obsessive concern.

Support from the Canada Council for the Arts is gratefully acknowledged. Thanks also to the Art Gallery of Nova Scotia for lending *Nut with Neutrophils*.

For more information, contact Katie Belcher at 902-457-6291 or katie.belcher@msvu.ca

www.msvuart.ca

902 457 6160

Free Admission Tuesdays to Fridays 11am - 5pm; Saturdays, Sundays 1 to 5pm

Students' Corner

P. 14

Dear editor,

Divide and conquer is a classical method of defeating an opponent. It's not just a military strategy, it's also a political strategy for oppressing dissidents. In fact, the more that opposition groups subdivide into 'interest group', the greater a monopoly the establishment can hold.

Has anyone read about the case of Judge Joe Rehyansky and his promotion of rape as a way of converting lesbians, in the American military, into heterosexuals? I was still in shock about the news of the hate crimes that were committed against the homosexual couple living in PEI who had their home fire bombed, until I heard about this Tennessee case of a judge using his position to oppress lesbians. The question that came to my mind was, how can this happen in North America? Why now?

We're constantly told that we live in a free and pluralist society, but we are seeing an increasing number of incidents where groups such as homosexuals, are being targeted. I argue that the rise of identity sub-politics is what's responsible for this trend. In our culture, if the establishment is oppressive, you form a unique movement to resist it; a movement then creates its own subculture and segregates itself from other segments of society. Why is it, for example, that a working class fellow who enjoys classical music is judged as pretentious by his peers'? Or another example, why do radical activists have to embrace heavy metal or punk rock to prove that they are radical? Again, someone who might enjoy Beethoven would be seen as bourgeois, but in his own time, Beethoven wasn't an arrogant stuffed shirt, he was a political revolutionary!

My point is that we have become an extremely divided society where no one relates to people outside their own personal social group. Instead of uniting to address social problems, everyone retreats to their own subculture. This is particularly a big problem for subcultures that are heavily stigmatized, such as the gay and lesbian communities. The gay rights movement needs to unite with the broader left movement, and vice versa. It's only when gay and lesbian people are looked on as 'special interest groups', that powerful people, like judge Rehyansky, can feel comfortable to use their position to make such outrageous remarks.

In solidarity,
Daisey Smith



About Last Month's Feature...

There was an article written in the October issue called "A history of violence" which I thought was very impressive and informative. Obviously, the author did a lot of background research before going into the topic. However, I would like to add an extra comment to the author's argument. I think that language use is central to the way that gender relations are created, maintained, and normalized.

Before the 90s for example, sitcoms didn't openly use misogynist language on prime time TV. Now we hear them everywhere, on TV shows, in musical lyrics, etc. Although it may be argued that our culture has adopted more vulgar language use in general, the fact that a great number of these derogatory terms are applied to women (even mothers!!!), is indicative of the misogynic ideology behind this kind of language.

This trend is very harmful, it is degrading and dehumanizing to women, and it creates a wider gender gap that may not be obviously apparent, since it gets normalized, but it impacts how women are treated in daily life.

I would like to thank the editor for not including such derogatory terms.

Respectfully,
Robab Haghpanh

Hooray for Brandywood!

By the Legendary Brandy Michaels

Well boys and girls, it's that time of year again. I'm writing and rehearsing, getting ready to hopefully jolt you out of the expected post-holiday break blues with Mr. Mount 2011! Mr. Mount is always an excellent reason for not minding the return to school after the break, and this year promises to be no different.

Last year's hit, The Babette's" will be making an encore performance. Unfortunately, as with most overnight successes, ego prevails and many members have gone on to bigger and better things. But be it new faces or old ones, the Babette's will be there in all of their manly glory.

For those of you who have been following Mr. Mount for the past few years, the saga of Howard and Brandy continues. Yes indeed. Howard is back, but this year he returns as my co-host. And with the phone calls I've been getting, I have a feeling the "crush" is still on! Should make for an interesting evening?

I've invited some old friends. I've invited some new friends. And as always, past winners and contestants are always welcome back. So get your dress shoes on (we are semi-formal after all) and come on down for a night that's sure to delight. This is THE night! Mr. Mount is full of fun and laughs and is the Mount's longest running annual event!

Hooray for Brandywood! The 12th Annual Mr. Mount Competition.

Friday, January 14, 2011.

The Rosaria MPR. Mount Saint Vincent University.

\$5 Mount Students, Staff and Faculty

\$7 All Others



For Immediate Release
November 3, 2010

Time to GO and Celebrate our City's Momentum

Halifax, NS - From fire-breathers to a custom Halifax-inspired lounge, FUSION Halifax is pulling out all the stops to celebrate the best that our city has to offer, Saturday, November 6, at the World Trade and Convention Centre.

GO, a new gala event, will recognize leading volunteers, innovators, and difference-makers across nine diverse categories including urban design, health and wellness, sustainability, innovation, and arts and culture.

Finalists have been announced and winners will receive the awards Saturday evening.

"The calibre of nominations, the stories and broader community engagement in our city are nothing short of exceptional," says Cheryl Stewart, Chair of FUSION Halifax. "GO is about celebrating the passion and drive of these finalists, and the many people who are rolling up their sleeves and igniting momentum and positive progress for our city."

The event itself will engage all of the senses. Hosted by award-winning comedian Pardis Parker, the evening will also feature live jazz, a champagne toast and six gourmet food stations featuring satay to sliders, flambé to crudités.

The evening will cap off with dancing and dessert, to the sounds of DJ Eclipse with something to satisfy everyone's sweet tooth including peanut butter lollipops and cakes.

Tickets are \$50 plus HST. Full event information, the list of finalists and ticket purchase information is available online at <http://www.fusionhalifax.ca/go>.

FUSION Halifax is a volunteer-run network of 2,400 young professionals, aged 20-40, who are making significant contributions in building our city's positive momentum.

-30-

Media Contact:
Roberta (Bobbie Jo) Hawkes
902-476-4115 (mobile)
events@fusionhalifax.ca

Notice from the Information Desk

Tia Larkin, Supervisor of Information Services, is pleased to announce that the Student's Union will have not one, but two information desks open to service the student population of MSVU! The Rosaria desk has been open since the beginning of the school year and the Seton location (first floor Seton, beneath the cafeteria) will be opening on October 4th, 2010.

We offer a number of services to students at the lowest cost possible!

- Faxes
- Printing/Photocopying
- Laminating
- Binding
- Selling of Student Union Gear
- AND MUCH MORE!

So please visit our locations! Rosaria is open Monday - Friday 9am-5pm, Seton will be open Monday - Thursday 10am-5pm, and Fridays 10am-3pm.

Thank you to everyone who participated in\ our Used Book Fair where many students were able to purchase their textbooks! There will be another one in the Winter Semester during January! Stay tuned!

To get all the information you need about your Students' Union, please check us out on www.mountstudents.ca or by our Facebook page: MSVU Students' Union

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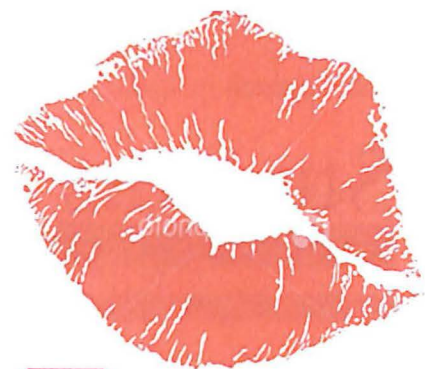
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The Bitch is Back...



Has Ray For
BRANDYWOOD

the 12th annual Mr. Mount Show

Hosted by the Legendary

Brandy Michaels

Friday January 14th, 2011. 8pm - Rosaria MPR

After Party in Vinnie's Pub

Tickets on sale January 5th at the Rosaria Information Desk

\$5 Mount Students. \$7 All Others.

Wet Dry for Mount Students. 19+ All Others.

