

THE SENTINEL



MSVU MYSTICS: A SEASON OF SUCCESS

4 ACAA CHAMPIONSHIPS. 6 ACADEMIC ALL CANADIANS. CCAA SILVER NATIONAL MEDAL IN WOMEN'S BASKETBALL

FROSH LEADERS - JOB OPPORTUNITIES - AWARDS NIGHT

News from the Library

By Darrell MacLean

The Library Award panel of judges is pleased to announce the recipients of the 2010 Library Award for research papers written during 2009.

Clara Clorey is the recipient of the MSVU Introduction to Library Research Award for her paper "A Theory of Cognitive Dissonance" completed as a research assignment for PBRL 2013 - DeNel Rehberg Sedo, instructor. Candidates for this award are undergraduate students who have earned less than 7.5 credit units at university.

Amy Stewart is the recipient of the Sister Francis de Sales Endowed Award provided by the Mount Saint Vincent Alumnae Association. The late Sister de Sales was a distinguished librarian and educator who presided over the creation and development of the modern full service University Library in its first home in Evaristus. Amy's paper is "Prostate Cancer and Diabetes" for NUTR 4406 - Rebecca Green, instructor. Candidates for this award are undergraduate students who have earned more than 7.5 credit units.

Please join Donna Bourne-Tyson, the University Librarian, and her staff in congratulating Clara and Amy for submitting exemplary research papers which demonstrate the use of Library resources and Library staff guidance and expertise.

Upcoming Events:

Mount Annual Library Book Sale
- A Buck a Book -
March 22 - April 1

March 24 - Library Open House
3 p.m. - 9 p.m.

Easter Weekend: Open Regular Hours

Night Owls: Once again the Library will be open late during the exam period.

Starting April 12th we will be open until 2 a.m. Check for updates at the Library and online.



Mount Christian Fellowship News

On the night of January 31, 1951, the entire physical plant of Mount Saint Vincent was destroyed by fire. Students and Sisters being housed on campus were taken into homes by families in the surrounding community. The school has since designated this day off from studies to thank the community for their service. This day is known as Caritas Day.

This year, the Mount Christian Fellowship decided to find a way to serve the surrounding community



like they served us fifty-nine years ago. MCF chose to express student appreciation for the Halifax Metro bus drivers that stop at the Mount.

On January 27, MCF got together to bake cookies, which we packaged and passed out to bus drivers. Attached to each package of cookies was an explanation of the meaning behind Caritas Day. It was great to be able to show our appreciation for the bus drivers that stop at the Mount, even in such a small way!

Thank you for your time,

Does your group or organization have an event or news to share?

Sent it to us!

*E-mail Mary Jane at
publications@
mountstudents.ca*

Multicultural Night 2010

Brought to you by the Multicultural Council of Halifax-Dartmouth, a non-profit organization, which is dedicated to promoting international cultures and providing a stage for better communication between the local community and multicultural groups. The Council is a great way for students and community members to get together and celebrate, experience, and learn about each other's cultures.

In order to help spread awareness about the various cultures that exist around the HRM, the MCCHD plans activities and events every few months. The next event scheduled is the Second Annual Multicultural Night 2010, which will take place on Saturday, April 3rd from 6:00pm to 9:00pm. The location is the Seton Auditorium of Mount Saint Vincent University, which is easily accessible by vehicle or bus.

The Multicultural Night is an event designed to present ethno-cultural talent-elites through singing, dancing and traditional performances. We intend to introduce local audiences to a very well represented multicultural experience that will foster education and awareness of local (international) cultural groups. This event will feature both the traditional performances by the different individuals or groups, plus an educational aspect that will teach viewers about the background and purpose of the performance.

This event will, to a large extent, educate the local public and local community about the ethno-cultural elites and encourage them to better understand the fundamental cultural symbols of each community through this presentation of a vivid format showcase. Each performance will reveal the diverse and different information about our local cultural communities. Audiences would receive a better comprehensive understanding of the ethno-cultural communities they see only

from time to time in our greater day-to-day experiences within Nova Scotia. Not only will it enrich local community life, but also encourage cultural groups to self-identify. Through such an event, we would undertake a valued goal of building a more evident and harmonized multicultural community." It is a great opportunity for students to spend a quit Saturday, prior to exams.

Kelsie Lempen

Second Annual Multicultural Night 2010

When: Saturday, April 3rd, 2010; 6:00pm-9:00pm

Where: Selton Auditorium of Mount Saint Vincent University (166 Bedford Highway)

Ticket Prices:

7\$ - Child

10\$ - Adult

35\$ - Family

Please contact Zeynel at (902)

489-5427 or via e-mail at zeynel-bayindir@gmail.com for tickets.

CHIEF FINANCIAL OFFICER (CFO)

The CFO is a highered Executive Officer for the Students' Union Executive team.

Duties/Responsibilities

- Budget preparation, monitoring and maintenance
- General financial duties including bank balancing, accounts payable and receivable and HST returns
- Audit preparation and assistance
- The CFO sits on university committees such as the MSVU Finance Committee and Board of Gover-

nors and attends all meetings as requested.

- Must be a senior student entering either their third or fourth year of study
- Should have an excellent working knowledge of Simply Accounting

>>> Email Resume AND Cover Letter to: todd@mountstudents.ca

>>> This an hourly paid position throughout the 2010/2011 academic year

>>> Deadline: May 28, 2010

STUDENT AGENDA/HANDBOOK COVER DESIGN COMPETITION

The Students' Union is looking for a cool, contemporary, funky design for the 2010/2011 Student Agenda/Handbook. MSVU students can submit their artwork and the winning design will be used for the interior image of the Agenda/Handbook.

The image should be submitted in either jpeg, tiff or pdf format. The Image dimensions should be 8.5 inches high by 5.5 inches wide at a minimum 200 resolution. Images can be original artwork or photography, but must be representative of Mount Saint Vincent. Students can pick up a copy of the current agenda from the Rosaria Information Desk for better visual understanding.

Entries can be submitted to the Students' Union via email to kenney@mountstudents.ca

Deadline for entries is June 1, 2010

Foods For Thought?

By: Katelyn Allen Young

Eating a balanced diet is not only good for the body, but is also good for the brain.

Since March is Nutrition Month and exam time is right around the corner, providing a few examples of good “brain food” to eat while studying seemed appropriate.

Food sources that contain folic acid, vitamin B6 and vitamin B12 help feed the brain and keep it active. Green leafy vegetables, such as broccoli or spinach are good sources of folic acid. Vitamin B6 can be found in meats, vegetables, whole grains, and nuts. Foods derived from animal sources; such as milk, eggs, fish, and meat contain vitamin B12. So this exam season, try making a salad full of colourful and green, leafy vegetables, or snacking on a bag of almonds, or grilling some delicious lean cuts of meat for supper in order to help fuel your brain and keep it sharp while studying.

Another very important food source for the brain is omega-3 fat. These fats are found in fish such as salmon, tuna, and halibut. Omega-3 fats enable messengers in the brain to carry out various functions in the body, including memory (which is important for studying!). Canada’s Food Guide recommends eating fish twice a week in order to get the proper amount of omega-3 fats that our bodies need.

Sometimes, eating healthy is difficult to do, but our bodies (and brains) work much more efficiently when we eat foods that contain the vitamins and minerals necessary to carry out everyday functions...like preparing for upcoming exams.

EMPLOYMENT & OPPORTUNITIES FOR THE 2010/2011 ACADEMIC YEAR

The Students’ Union is now accepting resumes for the following positions:

PUBLICATIONS EDITOR

Duties/Responsibilities

- Produce, edit and publish the Sentinel MSVU Student Newspaper
- Work with a team of student editors to solicit news & articles from the Mount Saint Vincent community, and the community at large
- Solicit & contract advertisements
- Ensure the distribution of the newspaper on campus
- Ensure that all events are photographed
- Oversee the production of the annual Mystonian yearbook
- Work with the MSVU Graduation Photographer to ensure student grad photos are included in the yearbook publication

- Work with the Executive Vice President to create the MSVU student handbook & agenda

- Knowledge of Adobe Creative Suite and Photoshop an asset

>>> Email Resume AND Cover Letter to: executivevp@mountstudents.ca

>>> This an hourly paid position throughout the 2010/2011 academic year

>>> Deadline: May 7, 2010

CAMPUS NEWS EDITOR

The Campus News Editor is a sub-editorial position under the Publications editor responsible for soliciting campus news articles for the monthly Sentinel publication.

>>> Email Resume AND Cover Letter to: executivevp@mountstudents.ca

>>> This is an honoraria/In-Kind paid position throughout the 2010/2011 academic year

>>> Deadline: May 28, 2010

ENTERTAINMENT EDITOR

The Entertainment Editor is a sub-editorial



Study where you want, when you want. msvu.ca/distance

position under the Publications editor responsible for soliciting entertainment articles for the monthly Sentinel publication.

>>> Email Resume AND Cover Letter to: executivevp@mountstudents.ca

>>> This is an honoraria/In-Kind paid position throughout the 2010/2011 academic year

>>> Deadline: May 28, 2010

SPORTS EDITOR

The Sports Editor is a sub-editorial position under the Publications editor responsible for soliciting MSVU Mystics articles for the monthly Sentinel publication.

>>> This is an honoraria/In-Kind paid position throughout the 2010/2011 academic year

>>> Deadline: May 28, 2010

YEARBOOK ASSISTANT EDITOR

Duties/Responsibilities

- Assist the Publications Editor in assembling and producing the Mystonian Yearbook
- Act as the official Mystonian Yearbook and Sentinel Newspaper photographer ensuring that all prime MSVU events are photographed.

>>> Email Resume AND Cover Letter to: executivevp@mountstudents.ca

>>> This is an hourly paid position throughout the 2010/2011 academic year

>>> Deadline: May 7, 2010

INFORMATION SERVICES SUPERVISOR

Duties/Responsibilities

- The general maintenance and management of the Information Desks in Rosaria & Seton including hiring and training of staff, inventory controls, cash management and equipment supply and maintenance
- Assist with special projects initiated by the Students' Union
- The planning and implementation of the annual Textbook Fairs each academic term

- The campus marketing and promotion of all Information Desk services, sales and contests

>>> Email Resume AND Cover Letter to: patti.hutchison@msvu.ca

>>> This is an hourly paid position throughout the 2010/2011 academic year

>>> Deadline: May 7, 2010

STUDENT RESOURCE VOLUNTEER COORDINATOR

Duties/Responsibilities

- Prepare and execute Ongoing awareness campaigns from Health Canada Health Promotions calendar
- Prepare and execute Ongoing awareness campaigns in accordance to World observances
- Work with Choices committee on additional awareness campaigns
- Recruit, screen and train volunteers for the Diversity Centre & Food Bank
- Manage the information, the incoming food and the budget of the Diversity Centre and food bank
- Work with VP Advocacy on the promotion/advertising of the Diversity Centre and Food Bank

>>> Email Resume AND Cover Letter to: kenney@mountstudents.ca

>>> This is an hourly paid position throughout the 2010/2011 academic year

>>> Deadline: May 7, 2010

FOOD & BEVERAGE STUDENT SUPERVISOR

Duties/Responsibilities

- Assist in providing daytime and evening pub and entertainment services to the Mount community
- Assist in providing daytime and evening food retail services to the Mount community
- Assist with the management, inventory, ordering, receiving and customer service of both Vinnie's Pub and the Crows Nest Cafe and computer lounge
- Assist with the event promotion & coordination of Vinnie's Pub services and Pub nights
- Assist with the promotion and food handling preparation of the Crows Nest cafe
- Assist with the general upkeep of the Crows Nest

Computer Lounge

>>> Email Resume AND Cover Letter to:

todd@mountstudents.ca

>>> This is an hourly paid position throughout the 2010/2011 academic year

>>> Deadline: May 7, 2010

2010 MSVU STUDENTS' UNION ELECTION RESULTS

The MSVU Students' Union general spring elections were held in March for both Executive and Council elected positions.

The results for your elected Executive and Council members for the 2010/2011 academic year are:

President - Lindy Herrington
Executive Vice President - Max Herrington
Vice President Student Life - Craig Walsh
Vice President Advocacy - Chelsea Stewart

Board of Governors Rep. - Claire MacEwan
Councilor at Large - Jessie Lawrence
Professional Studies Rep. - Jennifer Tucker Johnston
Arts Rep. - Gerry McGovern
Science Rep. - Brian Morse
Residence Rep. - Katie MacDonald

Vacant Council position will be filled during the September 2010 Fall By-Elections. Interested students can pick up a nominations package beginning the second week of classes in September. For more information please contact the executive vice president at executivevp@mountstudents.ca

Vacant council Positions include:
International Student Rep.
Education Students Rep.
First Year Students Rep.
Mature Students Rep.
Off-Campus Students Rep.

Job Hunting Tips

Finding a job can be a lengthy process, but with the right techniques you can make it easier for yourself! Start your job search early, many companies and organizations start recruiting months before the job actually begins.

The steps to go through when searching for a job are as follows:

1. Self-Assessment: Know what you want and what you can offer an employer
2. Identify Potential Employers
3. Research Potential Employers
4. Prepare your Promotional Tools: résumé, cover letter, interview skills
5. Make Contact with Employer

You should do a self-assessment to realize your interests (what you like to do), your values (what is important to you in a job) and your skills (what you are good at). Think about what skills you have gained from your education, work and life experience that would be relevant to an employer. This assessment will help you identify what jobs are a good match for you. Career Counsellors are available at the Career Planning Centre to assist you with this process.

Next in the process is identifying potential employers. Visit websites such as career beacon, read newspapers or do a search on the career planning services page at www.msvu.ca/careerplanning. Job fairs are also a great way to identify employers. 80% of jobs are never advertised, which makes it hard for you to find them if you just use one strategy. So how do you find jobs that are not advertised? Networking is a big resource. Ask your peers, professors and family if they are aware of any job openings

that you would be interested in. You can also look at company newsletters or their website; most will have new job openings posted. You can also use the Career Directory (2007 is most recent) which is available in Evaristus 217.

Researching a company can help you identify how you can contribute to their team. This is why it is important to do some company research before applying for work and going into an interview. Also, having knowledge of the company shows employers that you have interest in what they do. Research: products and services that they offer, what they are looking for in employees, application methods, special initiatives, and recruitment schedules. You should be able to find most of this information on their website. Employer information is also available in Evaristus 217.

Another important step in the process is preparing your promotional tools (résumé, cover letter, interview skills). Some short tips for writing a professional résumé are as follows:

- * Keep your résumé to a maximum of 2 pages
- * Should be done in point form – use bullets
- * Avoid use of “I”
- * Choose the format that best demonstrates you have the skills to do the job
- * Include headings such as: Education, Relevant Skills, Employment, Extra-curricular Activities
- * Use action verbs (i.e., monitored, supervised, tested) and accomplishment statements

Some short tips for preparing a professional cover letter are as follows:

- * Always address your cover letter to the appropriate individual, call if you do not have a name
- * Maximum 1 page
- * Use “confident” language (i.e. “I am certain I am the ideal candidate for this position.”)
- * Avoid passive context such as “I think” or “I feel”
- * Always close by thanking them for reviewing your application

If you are applying for an advertised job, follow the application instructions. Some employers will not even consider your application if you did not follow the proper instructions. Send a professional résumé and cover letter tailored to the position. It is important to follow-up after you apply to ensure they received your information, to restate your interest in

the position, and to find out their timeline for setting up interviews.

If you are applying for a job that was not advertised, make initial contact by mail, email or telephone. The goal is to secure an in-person appointment with a hiring manager. When you are making direct contact with the employer, ensure that you have a résumé with you. Be prepared for an informal interview. When meeting with an employer directly, you can ask about employment opportunities, or you can ask for an information interview.

At Career Planning Services, student career assistants offer résumé and cover letter critiques to help you prepare for your job search. You can also set up an appointment with a career counsellor if you would like individual counseling, or if you want to do a mock interview to help you prepare. There are also a number of events throughout the year that help with job hunting, including workshops, panels, and career fairs. For those who are graduating this spring, be sure to register for our Job Finding Club held daily from April 26 – 30. It runs from 9:30 am – 12:30 pm. The deadline for registration for this event is April 15.

Call Career Planning Services at 457-6567, email careerplanning@msvu.ca, or visit Evaristus 218 to learn more about the resources available, and how they can help you prepare for your job search.

***Does your club,
society or
group have an
upcoming event?
E-mail Mary Jane at
publications@
mountstudents.ca***

Acadian alliteration

By: Hillary Amann — The McGill Daily

MONTREAL (CUP) — With the onset of spring, the average person embarks on a rediscovery of nature as temperatures rise and the snow disappears. It's also a good season for discovering the poetry of Nova Scotian Harry Thurston.

Thurston has for a long time been considered one of Canada's best nature poets. **Animals of My Own Kind**, a 2009 collection of Thurston's poetry, gathers almost 30 years of his work, with poems dating from 1980 through to brand new material.

In its structure and tone, Thurston's nature poetry differs greatly from British and American Romantic traditions, embodying distinctly modern and Canadian ideals. Thurston's affinity for his native landscape is characterized by loving renditions of the green fields, hills, rocks and seascapes of rural Acadia. Thurston's portrayal of nature is not so much idyllic as it is raw and moving—qualities that are also found in his poetics.

Thurston's biology degree from Acadia University gives him the unbiased perspective of someone who not only understands the human world around him, but also its scientific realities. This unique perspective informs the peculiarities of Thurston's poetry, which communicates in vivid, unsentimental language the landscape, people and animals that inhabit his home.

"The Marsh Suite," a collection of eight short poems in **Animals**, each exploring a distinctive feature of the Acadian landscape — from its tidal pools to a wood duck — is particularly representative of his relationship with nature. Thurston's poetry about the present wonders of his home carries with it a certain

longing for a mythicized regional past.

"A Ship Portrait," another highlight of the collection, is a novella-in-verse of an imagined conversation between the long-

CONTINUED ON PAGE 10

HIRING Early Childhood Educators

Le Petit Voilier Centre de la petite enfance



Do You Have:

- ✓ A post-secondary degree in Child & Youth Studies or diploma in Early Childhood Education?
- ✓ Excellent communication and organizational skills?
- ✓ The ability to work well in team setting?
- ✓ The ability to deal with change?
- ✓ The ability to speak French fluently*?

Then we have a career in childcare for you!

Why Work for Us?

- ✓ We are a leader in Atlantic Canada for salaries and benefits for ECEs, including a subsidized group health and dental insurance plan
- ✓ We offer a generous professional development allowance in addition to provincial grants
- ✓ We continuously invest in equipment and teaching resources
- ✓ We offer excellent advancement opportunities in our ever-growing organization
- ✓ We have access to host school resources (gymnasium, library, etc.)
- ✓ We have free parking and easy access to public transit

*For successful candidates graduating from provincially-recognized ECE programs who need to perfect their French, we will pay the tuition for a 5-week intensive French-language proficiency program this summer (in Halifax).

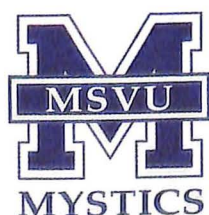
Find us at www.petitvoilier.ca or call Jocelyne Chiasson at 445-6480



Congratulations



MSVU Women's Basketball Team



2009-2010



ACAA Women's Basketball Champions



Congratulations



MSVU Mystics Volleyball!



2009-2010



ACAA Volleyball Champions!

Financial Corner with Morris MacLeod

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 work-

ing 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

2010 MSVU Awards Night Winners 2010 Awards Night held on Thursday, March 25th, 2010

ACADEMIC AWARDS

David Bell Award in Public Relations
Amber Lonie

Information Technology Full-Time Student Book
Prize for Academic Excellence
Brian Hughes
Information Technology Part-Time Student Book
Prize for Academic Excellence
Tracy Brenton

Andrea Charles R. Bronfman Award in Canadian
Studies
Heather Babin

Mrs. Angus L. MacDonald Literary Prize in English
Jessie Burke & Stephanie Kinder

The Alliance Francaise Prize
Jillian Babin

The Danny Weston Memorial Book Prize in French
Andrea Fancy

Sister Francis d'Assisi Prize in History
Maria Casey

Spanish Embassy Prize
Chelsea Barkhouse

French Embassy Prize
Crystal Primeau

Sister Rose Celestine Prize for French
Georgia McLeod

Dr. Mary Schoeneberger Education Prize
Meaghan Cornier

Murray-Pottie Annual Award in Journalism
Mary Jane Leslie

Dr. Patrick O'Neill Prize in Public Speaking
Eun Young Kim

Certificate of Outstanding Performance in
Women's Studies 1110
Meagan Akerman

Kathleen Shannon Memorial Award in
Women's Studies
Asna Adhami

Mount Co-Op Students of the Year
Business Administration – Laura Smith
Public Relations – Lia Scanlan
Information Technology – Krista Quinn
Tourism & Hospitality – Kyle Stubbs
Honorable Mention – Sacha-Bea Robert

ATHLETIC AWARDS

MSVU Women's Soccer Awards
Most Improved Player – Emily Burke
Most Valuable Player – Cassandra O'neil

MSVU Men's Soccer Awards
Most Improved Player – Kevin Burgess
Most Valuable Player – James Corey

MSVU Women's Volleyball Awards
Most Improved Player – Haley MacDonald
Most Valuable Player – Jamie Brown

Alumnae Varsity Prize
Amy Peverill

Men's Basketball Stone Gallery Athletic
Award
Todd Williams

MacDonald Chisholm Trask Insurance Lead-
ership Award in Men's Basketball
Sean Boulay

Men's Basketball Overstocked Outlet "Team
Me" Award
Jeremy Skidmore

MSVU Men's Basketball Awards
Most Improved Player – Jeremy Skidmore
Most Valuable Player – Stephen Morris &
Adam Jewkes

MacDonald Chisholm Trask Insurance Lead-
ership Award in Women's Basketball

Katie Waite

MSVU Women's Basketball

Most Improved Player – Ann Conrad

Most Valuable Player – Katherine Brien & Kaili van Vulpen

The Sheila & Stephanie Allt Memorial Award

Sheila Kerry

The Tracy Barton Endowed Memorial Award
Carla Smith

The Dyrick McDermott Memorial Award
Lindsay MacKinnon, Kali van Vulpen, Katherine Brien & Amy Peverill

CCAA Academic All Canadian
Adam Jewkes - Men's Basketball
Amy Peveril - Women's Basketball
Jamie Brown - Women's Volleyball
Emily Burke - Women's Soccer
Sarah Parker - Women's Soccer
Graham Krieg - Men's Soccer

Windsor Flash Trophy
Sean "Jay" Kelly

Male Athlete of the Year
Stephen Morris & Adam Jewkes

Female Athlete of the Year
Katherine Brien

LEADERSHIP

Frosh of the Year
Jessie Lawrence

Frosh Leader of the Year
Matt Morash

Shinerama Sun Shine Award
Max Herrington

Margaret Ellison Award for Outstanding Student Leadership
Joanna Swett & Jessica Isnor

Intramural Team of the Year
Best Buddies

Students' Union Exceptional Service Award
Crows Nest Cafe – Amy Seeton
Fountain Play Centre – Todd MacDonald & Kelli Robinson
Information Services – Kristie Pettipas
Student Resource Centre – Claire MacEwan & Mairibeth Reilly

Vinnie's Pub & Lounge – Jaret Burbine

Society of the Year
S.I.F.E. (Students In Free Enterprise) Society

Women's Recognition Award
Amy Seeton

Emerging Leader Award
Kevin Robinson

Emerging Leader Award (International Student)
Keibren Robinson

Student Life Award
Jeremy MacDonald

Residence Life Award
Katie Hughes

Students' Union Councilor of the Year
Geoff Soloman

Alumnae - Students' Union Leadership Award
Brianna MacDonald

Student Experience Award
Alva Ortile & Sara Rudderham

Patricia Butler Prize
Matt Decourcey

Exceptional Commitment to Students Award
Diane Tinkham, Health Services

General Manager's Award & Recognitions
Jennifer Tucker Johnston & Jeremy Neilson

President's Award
Matt Decourcey

"ACADIAN" CONTINUED FROM PAGE 6

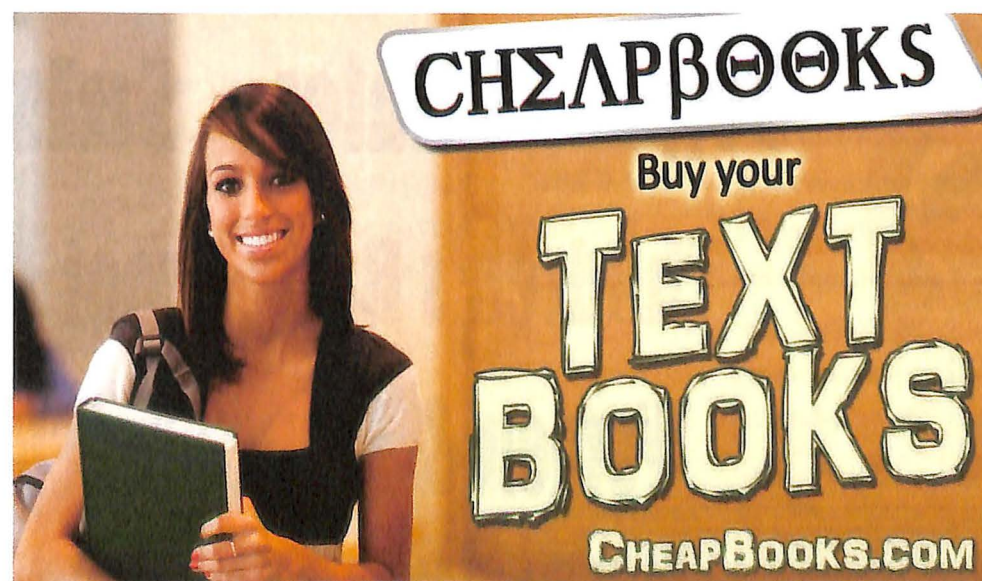
deceased Maritime painter John O'Brien and a contemporary Maritimer. This exploration captures the poet's fascination with his regional culture and its icons, building a bridge between the past and the present.

In "Atlantic Elegy," Thurston muses that "perhaps only a poet could love the Atlantic's sombre palette." As an Albertan who has only ever seen the Atlantic out of the window of a plane, I can neither agree nor disagree. But I do remember, before coming to Montreal, what it was like to live closer to nature.

Thurston has a way of capturing his environment with a matter-of-fact sensibility that speaks out of understanding on an intellectual level, as well as immense pathos for the natural world. In a landscape that is often hostile and unforgiving, Thurston seems to find life and beauty where others might have only found emptiness. There are no divisions between man and nature in Thurston's poetry, only a symbiotic and occasionally tragic unity.

For an urban reader, *Animals of My Own Kind* is a window into some of Canada's finest natural wonders. For those in a city, it's easy to forget the subtle cruelty or overpowering peace of a distant nature. Through

his whirlwind tour of Nova Scotia's cultural and natural landscape, Thurston lets the reader rediscover (or discover) the region, as well as nature in general, reminding us that perhaps the most precious thing about nature is that it is not and cannot be ours.



English: (260) 399-6111 Español: (212) 380-1763

Summer **JOB** Opportunity

Summer Day Camp jobs available in Athletics and Recreation



Are you...

- Interested in day camp employment ?
- Enthusiastic and energetic ?
- Have experience with children ages 5-11 ?
- Available to work this summer between June 22 & Sept. 1 ?

If you answered yes to all of these questions please submit your resume.

Apply today!

To: Adele MacLean

Location: Ath/Rec Office, Rosaria Centre Rm 127

By email to: mount.fitness@msvu.ca

Deadline to apply: Wednesday, March 31st

Spring and Summer Programs

INSTRUCTIONAL CLASSES

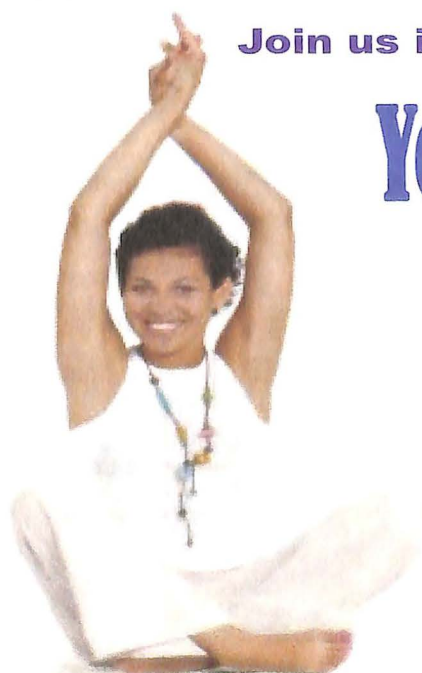
Join us in April for our Spring Instructional programs. We offer:

Yoga Pilates Salsa Tae Kwon Do

Children's Bully Proof Summer Camps

Women & Teen Self-defense Hip Hop

Karate Babysitter's Training



For full details please call 457-6420 or visit www.msvu.ca/athletics

Home Buyers Beware

There are always media outlets sending out warnings, advice and propaganda. We have seen this prominently lately where a media company and a drug manufacturing company have the same owner breeding the wide spread panic of H1N1. Well, that is a discussion for another day, today we will be discussing the more deceitful threats centering on purchasing a home for you and your family.

The general agenda when starting the process is as follows: You see the need, you realize a need to start building equity, and you realize you could be paying off your mortgage instead of renting and paying of the renter's mortgage. You see an opportunity, you find the house of your dreams, or you get that promotion that enables you to start thinking about owning your own home. You find a way, usually through a mortgage. Where a financial organization is offering your money to purchase that house! Fantastic eh! It would seem so... Follow through with the plan, you pay off the mortgage and slowly become asset rich with a mortgage free house under your portfolio.

There is a problem here; people are usually exposed to the commission charges of the real estate agent (usually around 5-6% of the purchase price, which is split between the agent and the parent company). The bank will explain in detail about interest rates, variable vs. fixed rate, length of term, even economic conditions that might affect your interest rates. It is a whirlwind of information especially the first time you go through this.

Most people miss that insurance contract

that they slide under your nose, as they explain that this insurance will cover off on your mortgage should you die, its only \$30 per month. When your purchasing a \$200,000 starter home and the mortgage expert says, "all that's stopping us is this \$30 per month charge." Most people sign faster than they would for a pre paid credit card. "All I have to do is sign here and I'm insured?" asks the client. The mortgage expert replies, "Yes!"

There are a few problems here; the fine print is really fine

Problem One

The insurance is non-convertible, non-extendible term insurance. This means that the insurance will last for that set amount of time, and is not flexible to any changes in your life. If you have to extend your mortgage, you will need to pay an increased premium to cover the extended time. If you pay off your mortgage early, you will continue to pay the insurance premium, even though the death benefit is zero.

Problem Two

The insurance based on the declining balance of the mortgage, if the mortgage is paid off early, the premium is paid to cover the mortgage of ZERO!

Problem Three

Premium is a flat rate, weather your outstanding mortgage is a million in year one or five hundred in year twenty the mortgage insurance premium will be the same month over month.

Problem Four

The bank, or LENDING INSTITUTION OWNS THE INSURANCE, your simply paying for it, and if you die the bank decides how the payout is spent, and leaves you zero flexibility for your family to deal with your death.

Problem Five

This, in my mind, should be illegal. They use a process called post claim underwriting. That piece of paper your signed to get the mortgage insurance has, somewhere in the small print, a disclaimer explaining that once have already passed away the underwriters will

asses the risk of your insurance and decide if they should pay out your death claim. This means that if you said you had no blood pressure problems, and 20 years later died of a heart attack the underwriters will look through your medical files and see if you had ever been tested. Well apparently you had you blood pressure taken every year as part of a physical. That constitutes a pre-existing condition, therefore NO DEATH BENEFIT.

Please pass this on to anyone who has recently purchased a home, or is considering purchasing a home. You owe it to them to help them protect their families. CBC Marketplace did a documentary on this subject. I would encourage anyone who will buy a house in their lifetime to take 10 minutes and watch this video (http://www.cbc.ca/marketplace/in_denial/).

In order to get the mortgage you do need the insurance to cover off the risk that you may die before you have the chance to pay it back, that is the definition of mortgage (in French it is translated as "dead pledge" meaning you will fill the contract within your lifetime, or we will reposes the property).

You do not need to purchase their mortgage insurance, you can get insurance that is everything you want, it can even pay you a pension when you retire!!!

Don't let the lending institutions bully you; get something that works for you!! Talk to a financial advisor, insurance broker, even your business professors, they will steer you towards something that will provide you with proper coverage and is built around you and your families needs.

By: Morris MacLeod

MSVU Brings Back “Don't Come Here” Mentality

A few short years ago, the ad campaign for Mount Saint Vincent University was a tongue-in-cheek bit of reverse psychology that urged potential students to avoid attending “The Mount” because they would ruin the small class sizes, one-on-one interaction between students and professors, and make the university more like its other, larger, competitors in Nova Scotia. This advertising strategy worked well for MSVU, as applications increased by 7.8 percent and visits to the site jumped 18.5 percent compared to the same time in 2005.

It looks as though the Senate of Mount Saint Vincent University has taken this philosophy to heart, however, as it continues its recent trend of cutting courses; most recent and noticeable of which is their Information Technology degree.

Mount Saint Vincent's own website declares that the “integration of information technology, business and arts courses gives graduates a wide choice of careers in business, industry and government. Career opportunities include management, supervisory and specialist positions”, and also claims that both the fall and winter graduates from the 2007 Bachelor of Applied Arts program was met with “100% Employment in IT Sector”. One hundred percent? That is an incredible feat.

It has been mentioned that one of The Mount's rivals in the IT program has been the NSCC, whose Information Technology programs have grown and adapted consistently over the past decade. The NSCC, however, only boasts that 88 per cent of their graduates are employed, and 82 per cent of employed graduates are working in jobs related to their studies. They also admit that 29 per cent of their graduates pursue further education in the years following their graduation. Where is the most likely avenue for furthering education in a field once you've graduated college? The answer is “university”.

One of the senate's few concessions to the

discontinuation of the IT program was to allow a minimal amount of Information Technology courses to remain available for those select few who desire to achieve a Minor in the field. An unspoken double-standard is set by this mentality, however, as any IT student who chooses to continue their education at MSVU will find themselves unable to complete the minor without re-taking some of the same courses they've already taken, paid for, and graduated from the NSCC. This is redundantly costly at best, and futile at worst.

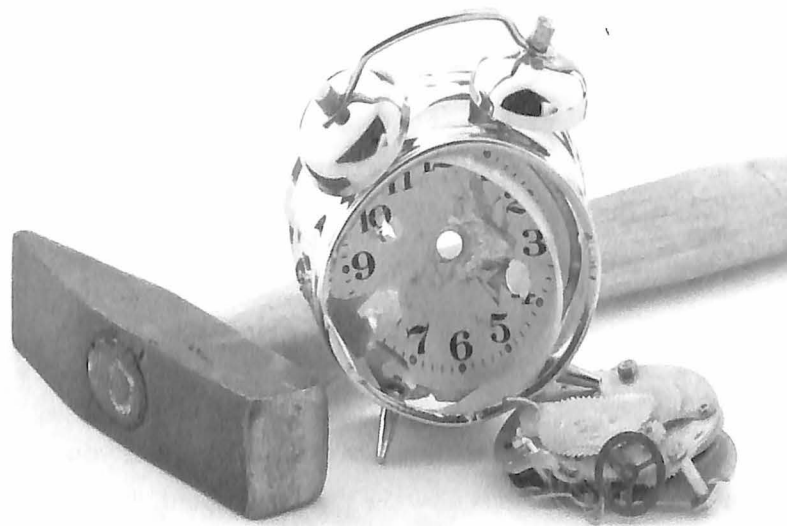
One of the many reasons supplied for discontinuation of the program was that the university must decide whether to push forward with other more populated courses such as English and Business Administration, or to continue putting money into programs with smaller class sizes and continue hiring in new professors in that field as the ones currently teaching reach retirement age. Opting to honor the almighty dollar, the cancellation was passed through senate on Monday, March 29th, 2010.

Textbook:
Still required.

Alarm clock:
Not so much.

Get the credits you need and make the most out of summer.

Choose from over **90 online, open-entry courses** and begin studying anywhere, anytime. Credits are fully transferable back to your university.



Register today!

MSVU's new website, created by ISL Web Marketing & Development, contains graduate profiles for many courses, including IT. These graduates span a workforce that reaches from local jobs in the Halifax area, to those who work on the provincial level, to graduates who work for the government (including one graduate who works with the Department of National Defense). These graduates leave behind a legacy that MSVU has proven unwilling or unable to live up to. Rather than push the boundaries and try to expand a program which boasts 100% success, MSVU has decided to remove resources and funding from the IT program and re-direct it into sure-thing categories where they are certain to fill classrooms to capacity.



ACADIA
UNIVERSITY

letsgo.openacadia.ca

Opinions

Mount Saint Vincent has a long history of small classrooms, caring professors, and quality programs. Their new strategic plan, entitled "Destination 2012", outlines their commitment to maintain their notoriety for these qualities, as well as to "provide the highest quality teaching, learning and research experience for students, faculty and the community", "create and maintain programs and activities which demonstrate (their) enduring commitment to the advancement of women", and, most importantly, their goals include "increase opportunities for students to participate in MSVU programs". Instead of being used to promote and expand on all courses and degrees offered at MSVU, this is used to explain the Mount's recent rash of program cancellations, by using the rationale that by discontinuing certain programs, more funding can be directed to those areas that are more "tried and true" to the university's successes; chief examples among questioning regarding this fact were Biology and Business courses. It is challenging for many to understand how stream-lining courses that the Mount is already successful in has more long-term advantages than directing resources to ensure that all areas of study at the university are of equal strength and acclaim.

According to recent research (January, 2010) conducted regarding Labour Force Data by the Information and Communications Technology Council (ICTC), which is a not-for-profit sector council based in Ottawa, the employed labor force for IT has witnessed a sharp decline of a combined 11.3 percent for ages 15-24 and 25-34, between March 2000 and January 2010. Concurrent with this, the combined age ranges between 35 and 55+ have risen an estimated 11.1 percent. This leaves the 35-44 age range virtually unchanged (with a minor 0.7% decrease) and culminates with an increase in the 45-54 and 55+ age ranges of 6.5 and 5.3 percents, respectively.

This means that while job opportunities and a need for Information Technology specialists is increasing, there are fewer people coming into the IT workforce at a young age, and more middle- and mature-aged workers who are either getting involved in the IT workforce later in life or, more likely from the trend in numbers, simply the same workers who were represented in the younger demographics a decade ago. What happens to the IT industry when these workers retire? Where will the workforce be in another decade? In twenty-five years?

In today's society, it is continually becoming less common for non-graduates to acquire jobs. Those who don't complete their high school education are finding it increasingly challenging to support themselves, as more employers require higher standards of education. This is also the case when comparing college graduates to university graduates. In the IT industry, it is important to have a strong knowledge-base by the time you walk across the stage at convocation/graduation. Even that knowledge-base, however, won't write your ticket in today's economy. Most employers have a "best of the best" attitude, and want to have as little training time as possible when filling IT positions. So what does this mean for those looking to get into the IT field?

This means that sub-par levels of education will not equal preparedness, and although getting a diploma through a community college may indeed give you a background and fortified skills in technology and its application within society and the workforce... it may not afford you with the credentials to get into the higher-level areas of IT. This is reflected in the afore mentioned statistics from ICTC, in which the only significant increase in the level of education sought out and acquired between 2000 and 2010 is a 4 percent increase in the area of the Bachelor's degree. Community college increased by less than 1 percent, and all other areas (secondary education or lower, trades certificate/diploma, university certificate below Bachelor's, and graduate (Master's or PhD) degrees) have shown decreases.

The increase in required education within the IT industry also carries with it potential for an increased pay scale. In March of 2000, nearly one quarter (24.5 percent) of weekly wages for all IT

occupations averaged between \$601 and \$800, while a further 21 percent averaged between \$801 and \$1000 weekly. In January 2010, over one-fifth (20.1 percent) of all IT occupations make \$1601+ per week while 32.8 percent make between \$801 and \$1200 per week on average.

MSVU's senate makes opposite claims regarding these trends, stating that it is more common for their main IT rival (NSCC) to get IT students than themselves. However, having denied enrollment for two years previous to canceling the program and denying upgrades or increased support to a sector which requires at least one of the two, makes the university guilty of its IT program's demise; not poor enrollment. As any fisherman knows, if you want to catch fish you need the right kind of bait. Instead of offering that little something extra to appeal to those high school graduates and life-long learners who are in the market for IT credentials, MSVU decided to remove the bait entirely. Now they've also taken the hook out of the equation as well.

The final word on Mount Saint Vincent's IT program? Simple.

If you're looking for an award-winning education in Information Technology, and a 100% absorption into your chosen field after graduation (as previous years of IT graduates have proclaimed), you missed the boat. To all those who hope to accomplish great things in fields that aren't Biology and Business, just listen to the Mount's ads from yesteryear... "Don't come here."

- Jeremy McDonald

Sources:
<http://www.adrants.com/2007/04/msvu-says-dont-come-here-students.php>
http://nsc.ca/Learning_Programs/Programs/PlanDescr.aspx?prg=IFTG&pln=IT-NO-CONC
<http://www.novascotiaeducation.com/Ab-sPage.aspx?id=1049&siteid=1&lang=1>
<http://www.isl.ca/>
<http://www.msvu.ca/en/home/programsdepartments/professionalstudies/information-technology/graduates.aspx>
<http://www.msvu.ca/site/media/msvu/Destination%202012.pdf>
<http://www.ictc-ctic.ca/en/content.aspx?id=426>



Rosaria Student Centre - Room 101 - 457-6381 - vinnies.mountstudents.ca

Snacks & Appies

Quesadilla.....	\$7.30
(Add chicken or beef for only \$1.77)	
Wings hot, med, mild, or honey garlic	\$8.85
Nacho's with salsa & sour cream.....	\$8.19
(Add chicken or beef for only \$1.77)	
Pizza Rolls with your choice of dip sauce.....	\$5.97

Student Sandwiches & Wraps

Grilled Cheese & Bacon.....	\$5.31
Grilled Chicken & Peppers	\$8.85
Pulled Pork, Pulled Pork, Pulled Pork.....	\$8.63
Philly Cheese Steak Sandwich	\$9.07
Hamburger.....	\$7.96

(add cheese or bacon \$0.66 each)

The Big "V" Burger	\$11.50
(burger, bacon, cheese, peppers & onions, & pulled pork)	

**** All sandwiches served with potato or pasta salad & kosher pickle****

Pizza

Pepperoni Pizza	\$8.41
(Pepperoni & cheese)	
Veggie Delight Pizza.....	\$8.41
(Hot & sweet peppers & onions)	
The Works.....	\$10.62
(pep, bacon, peppers & onions)	
Pulled Pork.....	\$11.06
(Pulled pork & hot peppers)	
BBQ Chicken	\$11.06
(bbq sauce, bbq chicken, & peppers & onions)	
Fajita Pizza	\$11.06
(chicken or beef, peppers & onions, & hot peppers)	

Vinnie's Menu & specials begin daily at 5pm

