

THE PICARO

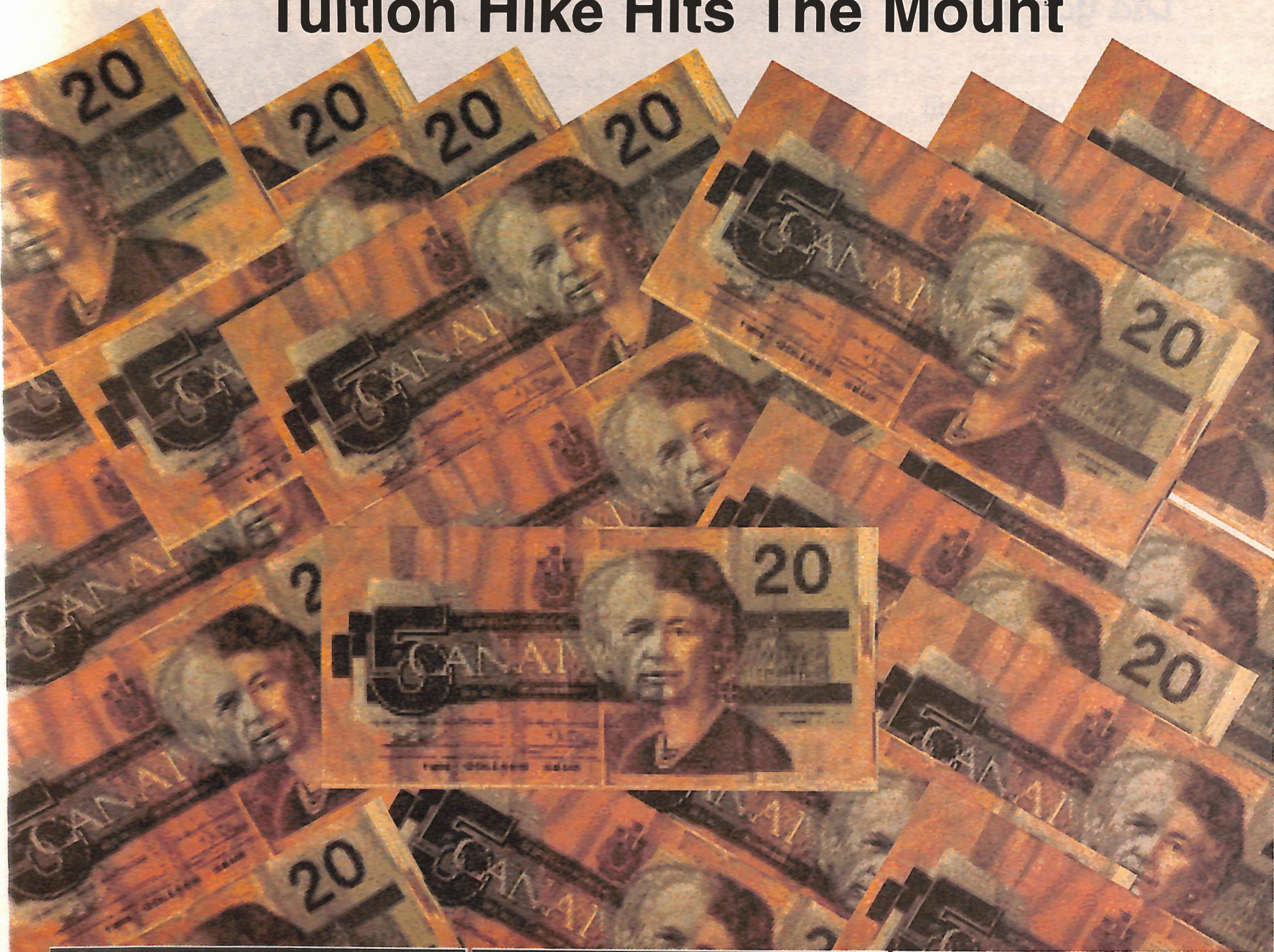
granting second chances since 1965

September 20, 2000

Volume 36 Issue 2

www.picaro.ns.ca

Tuition Hike Hits The Mount



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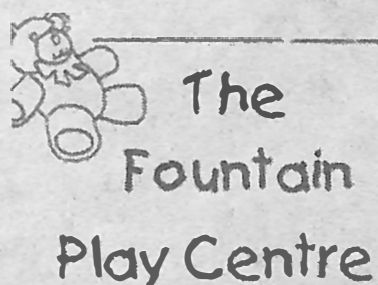


Did you know?

*Breast cancer will affect at least one in eight women.

*Men are affected too. At least one in 1000 men will be diagnosed with breast cancer.

* More than 75% of the funds raised at the Run stay in the local community.



Volunteers Wanted:
Please contact Mary Middleton at 457-6123 or drop by the play centre in Rosaria.



The Mount Community will Run for the Cure on Sunday, October 1st to raise money for breast cancer research.

The Mount has led the Post Secondary challenge for the past six years, raising more than \$14,000 in 1999.

This year we hope to raise more than \$20,000!!!

Have you picked up your pledge sheet yet?

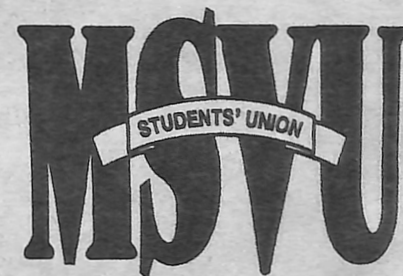
Pledge sheets can be picked-up in Rosaria



Where the weekend starts on Thursday!

THE CORNER STORE

Monday	8:00 to 10:00
Tuesday	8:00 to 10:00
Wednesday	8:00 to 9:00
Thursday	8:00 to 12:00
Friday	8:00 to 10:00
Saturday	12:00 to 9:00
Sunday	12:00 to 9:00



Students' Union reminds YOU to visit your STUDENTS' UNION OFFICES on the 1st floor, Rosaria Students' Centre,
"Students' Serving Students"

Mount Students Paying Higher Tuition

By Jennifer Henderson

Returning Mount students noticed it as soon as they opened their registration packages this summer — tuition had increased. The cost per course has risen 5% to \$822 from \$783 in the 1999-2000 academic year. The increase was decided upon in the late spring by the board of governors upon recommendation of the University Budget Committee and the board's own finance committee.

"Our increase is comparable to that of other universities, even lower than some and our tuition remains on the lower end in Nova Scotia," says Dr. Judith Woodworth, dean of student affairs.

She cites the reasons for the increase as rising costs—heating, equipment, repairs to old buildings and salaries, without any increase of the government grant to the Mount. Mount Saint Vincent was the only university in Nova Scotia not to receive a funding increase this year.

"It's all based on a government funding formula. According to it, we've been overfunded," says Sharon Davis, Director of finance and administration.

Davis says that the tuition

"It's something you expect when you decide to attend university, tuition will go up. It doesn't seem fair but I guess it's just part of choosing post-secondary education."

freezes at the University of PEI and Memorial University reflect the priorities of their provincial governments.

"It depends on the state of the

government's finances and what they see as a priority, whether that be money for health care, social programs or education."

Dr. Woodworth says the administration is sympathetic to the effect tuition increases are having on students but she can not promise any immediate relief.

"If the Nova Scotia government gave us sufficient help, we might be able to keep tuition down. We can always hope for that once the province has dealt with its deficit situation."

For their part, students are not optimistic about lower tuition costs in the future.

"It's something you expect when you decide to attend university, tuition will go up. It doesn't seem fair but I guess it's just part of choosing post-secondary education," commented Christina Fraser, a first year BSC student.

Student groups say education funding forgotten

By Darren Stewart,
Ottawa Bureau Chief

OTTAWA (CUP) - Student groups say funding for post-secondary schools was forgotten in a deal between the federal government and the provinces aimed at restoring billions of dollars to health care.

"Education seems to have completely fallen off the radar for the premieres," said Michael Conlon, chair of the Canadian Federation of Students.

The federal government agreed Monday to increase Canada Health and Social Transfer (CHST) funds to the provinces by \$21.1 billion over the next five years. Most premieres say the increased money will go towards improving the health care system, which has suffered alongside other social programs since the federal government cut funding to the provinces in 1994.

Mark Kissel, national director of the Canadian Alliance of Student Associations said he is concerned governments are forgetting that all social issues in Canada are inseparably linked.

"Health care is but one issue," he said. "And we didn't see any indication yesterday that education is also priority. That's unfortunate."

Conlon agreed, saying it was nice to see new social spending, but he hopes

there is more to come.

"The government has made it abundantly clear that it has the resources to increase access to education. In the early nineties there were some strong political arguments about debts and deficits that limited spending, but it's now time to step up our demands."

There is widespread support in Canada for allocating more public money to education, he said.

"The position we're advocating is not a particularly radical one," he said. "We're requesting, like the medical community did, that funding be replaced to 1994 levels which would allow give the provinces a substantial opportunity to do something about tuition."

Conlon added that provincial governments in B.C. and Newfoundland have been particularly vocal in asking for the federal government to reinstate funding for education.

Conlon said he hoped the consensus on health care reached between the premieres and the federal government would start a trend enabling more deals to be struck on social spending in Canada.

He also hopes the new spending on health care will have a trickle down effect in the various provinces, relieving some financial pressure and allowing the

premieres to focus on things like education.

Jeff Gaulin, a spokesperson for the B.C. Health Ministry, said CHST funding is typically split between health, education and social services, though all of the new funding included in yesterday's deal would go to health and early childhood programs.

"This will likely free up funding for other spending priorities in the province," he said.

B.C. is expected to receive over \$500 million over the next five years.

Since 1994, students have had to bear larger financial burdens as universities raise tuition to offset reductions in public funding.

The percentage of university revenues coming from government contributions hit a low last year, only making up 55 per cent. This compares to the 74 per cent that money from various levels of government kicked into university coffers in the early eighties.

The new deal will bring the total cash transfer to the provinces and territories to \$18.3 billion next year, \$19.1 billion the following year, and will peak at \$21 billion in 2005. It includes \$2.2 billion for early childhood programs, but there is no guarantee the provinces will use the money for childcare.

Volume 36 Issue 1

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The Picaro is dedicated to informing, challenging and entertaining the students of MSVU, and to provide a forum to air their views.

The Picaro reserves the right to edit or reject any material, particularly material of libelous, racist, sexist or homophobic nature. The views expressed are not necessarily those of the Picaro or of its editor.

The Picaro is not responsible for or may not share the views or any of the advertisements printed in this paper.

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Congratulations to MSVU students who raised \$5,500 for Shinerama!



An enthusiastic group of 60 Mount students hit the streets on September 9 to raise money for cystic fibrosis research. The Shinerama team sang, shined shoes, washed cars and even taped one of their own to a pole in search of donations. The team surpassed last year's total and showed great spirit doing it. We should all be proud of our shiners.

The MSVU Shinerama Committee would like to thank the following:

Splatshot
Solo-MTT
the MSVU Students' Union
the MSVU Physiclinic
the MSVU Athletics Department
Sobeys
Atlantic Superstores
Canadian Tire
Breakfast Television
The Scribble Factory
By Design
the Carol Ritchie Band
Aramark
the Picaro
Power Promotions
Pepsi
Irving
Oh My Sole
Vinnie's Pub
Blockbuster Video
the Mic Mac Mall

...and lastly but most importantly, each and every one of you out there who has donated your valuable time and efforts in helping make this campaign a huge success!!!

ROGUES ROOST

BREW PUB & EATERY

After Dark

Every Sunday
Open Mic
with Daryl Parsons

*The sun goes down,
we dim the lights,
the candles are lit...*

We now serve a great selection of desserts.

*Chocolate Erruption
Strawberry Daquari Cheesecake
N.Y. Cheesecake
Carrot Cake
Apple Torte
Lemon Maringue Pie
Pumpkin Pie*

Order your favorite special coffee made with one of our many tasty liquers, topped with whipped cream and a cherry.

We also carry a selection of scotch, wine and port.

*Hours: Mon thru Wed til 12am
Thurs thru Sun til 2am*

Located on the corner of Spring Garden and Queen • 492-BEER

Sometimes You Just Need to Dance

By Melissa Melanson,
Editor-in-Chief

If I wanted a crusade I would of worked for Green Peace.

But instead, I work for a student newspaper. A place where stories come in, stories come out and I try to act like I know what I'm doing. I've been "playing Picaro editor" for over a year now and I admit I've fallen into the trap that many of us do: I have taken myself too seriously.

I don't know if it's a university thing, if it comes with age or if it's because I'm in a position of authority, but sometimes you just feel like the time has come to be a grown up. To stand up for yourself. To stand up for a cause.

It's only been two weeks since we came back to school and I can already feel the tension. The air is putrid with anxiety. Yes, a lot of this is brought on by the inundation of assignments, but I think that a lot of it we bring on ourselves. "I'm a student, therefore I should use my acquired knowledge and debate current events and have an opinion about everything," we think to ourselves.

Being a student simply means that you're learning. It doesn't mean that you have to cop an attitude or work on that deliberately pensive brow furrow in the mirror. In the spirit of learning, Jennifer Henderson made a trip to the Motherhouse last week (see page 8) and I took a belly dancing class of all things (see page 7). Trust me, learning happens outside this institution.

University is like a vacuum that sucks you in, and sometimes we get so caught up with what's going on in here that we forget that there is a world out there. A whole world happening without you. What you do here isn't that significant after all.

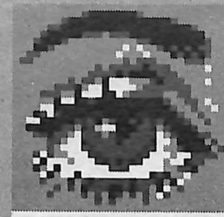
So who cares if your socks don't match, if you come off as less than brilliant in Poli Sci or if the girl down the hall just doesn't like you. All you can do is keep up with the world the best you can as it spins around and don't beat yourself up if you trip once in awhile. Sometimes you have to laugh. Sometimes you have to say, "to hell with it!" Sometimes you have to dance.

I'll probably play Picaro for the rest of the year and have a good time doing it. As long as it still feels like I'm playing and not like a cumbersome chore. Maybe someday I'll play PR professional or lawyer. Hey, I might even play grown-up. But I'd probably have to get better clothes for that—and cut my hair. My point is, if it's not fun anymore, or if you have to lose yourself in the process of being who you think you should be then maybe that's not who you are at all.

I love what I do and I love my life, but sometimes, as a person, as a student, as an editor I just don't feel like playing the role that people expect me to play. We're students because we're curious and hungry for knowledge, not because we want to alienate ourselves from society or eat each other alive.

If you want debate and brain stimulation, you'll have to turn the page or look elsewhere because you won't find it here. Today, I just don't feel like it.

Now You



Know

By Jennifer Henderson

The Picaro's first issue of the year was a week late. And do you know what? I'm not sure anyone outside of our highly stressed staff even noticed it. Morale was low as we clustered around the proverbial, yet in this case completely fictional water cooler and berated ourselves for failing to deliver Mount Saint Vincent University's only information outlet in a timely fashion. Our little journalistic pity party continued in fine style until I came to one ego crushing conclusion. You (the students of the Mount) don't care if we live or die, metaphorically speaking of course. Just like that woman on Survivor who ranted about having vultures eat one of her fellow contestants, the fate of The Picaro is not even a blip on the radar of the average student. Said average student would shut us down for a \$25 tuition rebate or on a particularly apathetic day, a Tim Horton's donut (with sprinkles of course). Heck many of you can't even pronounce our name correctly (FYI it's Pick-a-row)

The indifference to our work is something Picaro staff find hard to swallow. While you're enclosed within the walls of Room 114 Rosaria your perspective can be easily warped. Your every rant or random comment can become the germination of a story or at least a

self-serving opinion piece. Your co-workers become your crazy, somewhat incestuous but ultimately endearing family. The establishment and its "oppression" is your common enemy. Just like Students's Union, Ath-Rec or a host of other campus organizations, The Picaro is founded on clique mentality. The difference is we strive to put aside clannishness and produce pertinent news and views for the masses. Do we succeed? Sometimes. Do we occasionally get bogged down in backbiting and oneupmanship? Of course, despite everything we're only human.

The point of this article is not to generate praise or pity from students. Even if no one picked up The Picaro from week to the next most of us would still be churning it for the pure love of writing. We don't need to have groupies and fan clubs (though the possibility has spawned a few late night office discussions). The Picaro just wants what every student newspaper wants—to be taken seriously. We want to be respected, hated, mailed home to parents, burned in front of Seton and threatened with nuisance lawsuits. We don't want your affection but some attention would be nice. Student journalists have egos too.

Now you know.

What's up with that???

News for the very common man, by the very lazy man.

The pinball machine in the games room has no balls inside it, but it still eats your quarters.

What's up with that?

The first pub night was a rockin' good time. The place was packed and the joint was jumpin'. The next week there was nobody there except the female frosh who haven't realized that Mr. Right doesn't come to pub night, and the guys that were there to pick those girls up.

What's up with that?

There's enough men on campus this year that we are now rumoured to have two all-male sports teams.

What's up with that?

Approximate number of Mount students: 4000

Approximate number of Mount students who worked on this issue: 4

Odds of working for the Picaro: 1 in 1000

What's up with that?

Ask a Pic Chic

Guys...Girls

Is it your first year at school or your last? Are you home sick? Do you miss your boy/girl friend at home? Money troubles? Cannot keep this crazy university thing strait? Are you having boy/ girl troubles? Friend troubles? Drinking problems? Family problems?

Write to the Pic Chick, tell me your probelms, I will do my best to solve your them. I may not tell you what you want to hear, but it will be honest, straight up with no BULL attached!

Letters can be dropped off to the Picaro Office, room 114 Rosaria or write to Picchicy@hotmail.com.



Grand Opening Sacateria

September 5, 2000

CAMPUS SERVICES

What's Happening!

ARAMARK, MSVU Personnel and Tim Horton's were on hand for the Tim Horton's Grand Opening and the Refurbishment of the Sacateria by the MSVU Physical Plant. ARAMARK would like to thank the members of the University Community and in particular the Physical Plant for their efforts towards the opening of our first Timmie's!

Tim Horton's Hours of Operation

Mon- Wed	7:30am - 8pm
Thurs	7:30am - 7pm
Fri	7:30am - 3pm

Food Services

What's New

- Check out our great Hot Chicken Fajita's and Double Bacon Cheese Burgers at the Grill - Rosaria and Sacateria
- New Assortment of Green Teas - The New Health Rage at the Rosaria Centre - Green Tea, Spiced Chai, Ginger Peach, Green Tea mixed with Berries
- Weekly Grill and Deli Specials
- Gourmet Pizzas - Rosaria Centre
- "Treat Yourself Right" Nutritional Information Board - Rosartia Centre

(photo) Left -Right: Julie Babineau, District Manager, TimHorton's; Paul Reyno, Director of Physical Plant MSVU; Sharon Davis, Director of Finance and Administration MSVU; Wanda Laffin, Director of Food Services

Does The Link Ever Change?

By Bradley J. MacKinnon
Production Manager

Over the past year I have learned that the best place to hang out, meet people and just waste time here at the Mount is the Royal Bank Link. The Link (as it is more commonly known) is just the perfect spot, everything cool just seems to take place around that one central location and if you ask most students they will have some funny story to tell you about the Link. But upon my return to the Link on Wednesday September 6th I noticed that something was not quite right with the Link, this place that had given me so many memories of the past felt strangely wrong somehow.

On that day my friends and I returned and took our favourite spot, but something was wrong. It was not that anything had changed, quite the opposite: nothing had changed. You see during the course of last year some coffee had been spilled on one of the couches where we socialize and after an entire

summer had passed that mess was still there! This mess happened in April so you know we just figured that by September it would be gone, but nope, it was still there. What does this say about our school? Do they ever clean the couches? I'd like to say that this was the only time that I had found something disgusting about those couches, but it's not. Last year during one of the many times I sat in the link frolicking about I noticed that a small white object was protruding from one of the holes in the couches. As it turned out it was one of those candy covered chocolate mini eggs, the kind you can only get at Easter. Now if this would have happened during or shortly after the Easter season it wouldn't have been so bad, but this happened in November and not only that but there was at least a half dozen of those little suckers in there. Those things were just nasty and should have been long gone.

So I guess what I'm saying is that they should do something about this situation, and the only suggestion that comes to mind is clean the couches. They are by far the best place on campus to rest ones bottom. As well, many of the student frequent them on a regular bases so it would be a good investment to maintain them because as we all know cleaning them every now and then is a lot cheaper than having to replace them when they get beyond the point of no return.

To sum up I hope that someone will read this article and take into account that many students beside myself sit on those couches and every now and then, they could use a good clean just like the floors and table receive. We are fortunate to have a very clean university but anything that comes in contact with that many butts is bound to get dirty. If the couches are not cleaned, will I stop sitting on the couches? No.

They are very comfortable and are my favourite place to sit. I just think it would be a justified expense for one of the most frequented hang out anywhere on Mount Saint Vincent University to get the couches clean maybe once a year.

I'm Bradley J. MacKinnon and that's what I have to say.

If you have an opinion about this, or any other topic, please email Melissa, picaro@msvu.ca or stop by the office, room 114 Rosaria Centre. Letters to the editor should not exceed 300 words and opinions pieces should be no longer than 500 words. All submissions must be on disk, in rich text format or emailed in the body of the email. The Picaro reserves the right to edit or reject stories, but chances are, if you have an opinion we want to hear from you.

Things to do in Halifax when you're **BORED**

THIS WEEK: BELLY DANCE

University is all about trying new things, expanding your horizons. But after a couple of months, or a couple of years in my case, textbooks and lectures get old, so I aspire to find different, interesting, affordable and worthwhile things for students to do.



By Melissa Melanson,

For my first venture out in the unknown world, I tried something that I thought would be fun, something that it had never occurred to me before to do and something that was just a little out of the ordinary. I went to a dance studio on Mumford Road and shook my butt. And I had a good time.

Belly dancing is the oldest form of dance and is performed all over the world. It is recognized by the dancer's undulating movements of the hips and abdomen and graceful arm movements. Originating in ancient Egypt, belly dance is popular in the Middle East, the U.S. and pops up in almost every country in some form.

The class that I took was American Cabaret style belly dance and was divided into a warm-up, floor work, technique and a combination of what you've learned put into a short dance. In one hour I learned basic moves and by the end of the class I surprisingly didn't look at all ridiculous sweeping the air with a veil doing figure-eights with my hips.

I don't know what I expected—a harem of scantily clad sultanas looking back at me through exotic eyes perhaps; but instead, the women who made up the class were very normal. There were a few 20 somethings, a couple of high school girls, some women in their 30's or

40's, a woman my mother's age and me. All shapes and sizes with various reasons for being there.

"First and foremost, women belly dance because it's fun," says Belinda Ferguson, artistic director of Belindance. "The fitness and performance aspect also draw a lot of women."

Personally, I did it for the story, but also because I was curious. The experience was the most appealing to me because it was relaxing and all of the movements were very fluid. I never felt like I was going to hurt myself or as if I doing something unnatural.

Interestingly enough, some women belly dance to recover after having a baby, says Ferguson. "All the muscles that you tear up during childbirth are worked when you belly dance." In addition to the movements that isolate the stomach muscles, floor work is also incorporated into the class to strengthen that area.

And contrary to what you might think, you don't have to expose your belly to take part in a belly dance class. Women wear whatever makes them most comfortable, although Ferguson did suggest that a short tank top is ideal because it doesn't restrict movement.

Many women who might not be altogether comfortable exposing their body may feel differently in a belly dance class. Now I wouldn't call myself a feminist, and after my Assisi Hall experience and living with 140 girls I don't actively seek out female bonding opportunities, but I did feel

a certain kinship to the other women in the class. Ferguson described it as an extension of going out with your girlfriends and dancing in a group. That feeling of being free to be exactly who you are and feeling good about it.

When you're belly dancing you can feel sexy and know that it's ok. The dance is unmistakably feminine—hips shaking, soft, round movements. I can imagine wearing the costume, holding the veil, hearing the gold coins jingle around my hips as I move to the music and feeling incredibly female and incredibly powerful at the same time.

Certain stereotypically undesirable traits like round bellies or small hips can be used to the

advantage of the belly dancer. Every body type is best for something, says Ferguson.

"When you're belly dancing everyone can look beautiful."

If you know of something interesting for me to do in Halifax, or would like to recount an adventure of your own, email me at thepicaro@hotmail.com. The only criteria is that the activity is in Halifax, affordable and something that you've never done before.



How it rated

Socially: It was like a female bonding session. A great activity for you and your girlfriends or female relatives.

Economically: Not too bad. \$25 gets you 5 classes per month and the first class is free.

Emotionally: Very relaxing, and since you don't need to be a certain body type to do it, belly dancing can be a confidence booster. "If you have body type issues, belly dance can help," says Ferguson.

Physically: Although you might not realize it at the time, you are getting a workout. Most women take the class because of the fitness element.

Educationally: I learned some cool steps and the experience may motivate me to learn more about ancient middle-eastern culture, but belly dancing is more of a workout for the body than the mind.

Can anybody do it?: If you have hips and can move them then you can belly dance. The class that I took was exclusively for women, but there are male belly dancers.

Would I do it again?: Yes. It's something that I could see myself getting into. And I'd like to be able to wear those coin things.

Encounters with Elizabeth Seton

A Day at the Motherhouse

By Jennifer Henderson

I'm embarrassed to say that in my entire frosh year the closest I ever got to the Motherhouse was when my parents accidentally missed the turn off for Assisi Hall on the day residence opened. When I saw the capsule in The Chronicle Herald mentioning a celebration of the 25th anniversary of the canonization of Elizabeth Ann Seton, founder of the Sisters of Charity, my first thought was that this would finally give me an excuse to tour "The house on the hill."

After making the necessary arrangements on the phone to visit the Motherhouse and speak with a Sister who had been at Mother Seton's canonization, I began to worry. What do you wear to visit nuns? What do you say, or more importantly what don't you say? Could I keep my foot out of my mouth long enough to make a credible impression on the Sisters of Charity?

As I walked up the steep sidewalk (conservatively attired and clutching my talismanic steno pad) I noticed an alternate path to the Motherhouse. Why keep on

appetite for aesthetic experience outweighed my meagre hiking ability. I reached the top feeling like I'd climbed Everest... In 30 C heat. Entering the lobby of the

Rome for Elizabeth Seton's canonization. I was surprised when an elderly but obviously very alert woman in a state of the art automatic wheel chair entered the room. She was dressed in a black jacket and a rose patterned skirt. When she spoke the voice was soft and hoarse but still carried the authority to marshal 1600 nuns as it had in 1975.

Sister Irene and I made awkward small talk for a few minutes. She confided that she rarely asked people their religious denomination but it would make the conversation simpler if she knew whether or not I was Catholic. Confirming that I was, seemed to put Sister Irene more at ease. I asked what she remembered most about the canonization.

"What I remembered are the words of Pope Paul VI when he declared 'Elizabeth Ann Bayley Seton is a saint.' There was such clapping and cheering."

Despite the fact her journey to Rome took place 25 years ago, Sister Irene's memory of the event is perfectly clear.

"The ceremony took place outdoors in St. Peter's Square. It was a beautiful day, just before sunset. There were tens of thousands of people there. I couldn't estimate how many," she recollects, with a smile.

Sister Irene explained the canonization process to me. First a person is declared venerable, then they are beautified and finally comes canonization or sainthood. According to Sister Irene, the process is not a simple one.

"At each stage there is someone appointed by the Church who argues against canonization. He's referred to as 'The Devil's Advocate' and he sort of acts as a prosecutor at a trial."

She went on to explain that the canonization of Elizabeth Seton was unusual. Traditionally, the Church requires proof of three miracles for canonization but because of the many petitions on behalf of Mother Seton the requirement was waved.

After our chat and a visit

Proclamation of Pope Paul VI on September, 14th, 1975:

We rejoice and we are deeply moved that our apostolic ministry authorizes us to make the solemn declaration before all of you here present, before the holy Catholic Church, before our other Christian brethren in the world, before the entire American people and before all humanity:

Elizabeth Ann Bayley Seton is a Saint

the sidewalk when I could take the wide expanse of green known as the Motherhouse hill.

I realized halfway up that my

Motherhouse was a welcome relief. Cool tiled floors and patterned wing chairs that looked as if they were reserved solely for distinguished guests. I sat in one anyway. Before I began my interview I was given a tour of the Elizabeth Seton display and the Sisters of Charity's Madonna statue collection by Sister Marie Gillen.

"When you go to foreign countries it's fascinating to see that they depict the Virgin according to their culture," explained Sr. Gillen as she showed me Asian and African representation of Mary.

When I finished the tour, Brenna, a communications associate at the Motherhouse, reappeared to show me to the parlour to wait for my interview subject.

I knew very little about Sister Irene Farmer. She was a former Superior of the Sisters of Charity and had been in

To the left & right; Portrait of Saint Elizabeth Anne Seton, founder of the Sisters of Charity.

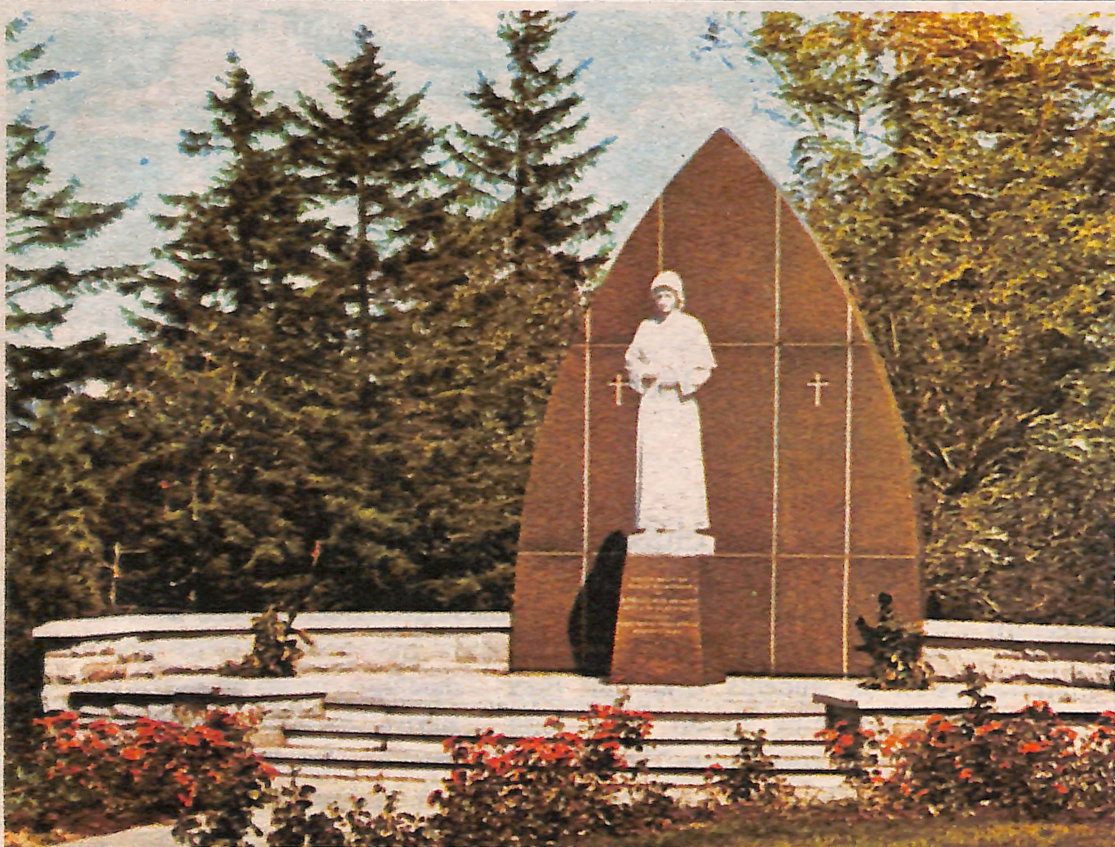


Who was Elizabeth Ann Seton?

Elizabeth Ann Bayley was born in 1774, in New York. Her mother died before she was three years old. She spend the rest of her youth with her father's relatives in New Rochelle, New York. In 1794, Elizabeth married William Seton, the son of a wealthy merchant. They had five children before William died suddenly after only five years of marriage. In her grief, Elizabeth was introduced to the Catholic Church. Her decision to leave her Episcopalian faith to become a Catholic alienated friends and family.

In 1808 she opened a small Catholic school for girls in Baltimore. She was encouraged by Church leaders to form the Sisters of Charity.

In 1809 the fledgling religious community moved to its permanent home in St Joseph's Valley, Emmitsburg, MD. She became noted as a teacher and leader in the Catholic Church before her death on January 4, 1821 died of tuberculosis.



Above; this is a shrine to Elizabeth Anne Seton. This shrine was erected at Mount Saint Vincent in 1963 to commemorate the beatification of Mother Seton, who was canonized by Pope Paul VI on September 14th, 1975.

to Sister Irene's office (she only learned to use a computer when she was 81) she invited me to the canonization celebration at the chapel that evening.

6:50pm, my second trip up the hill of day. As I re-entered the Motherhouse I was struck by the sound and the smell. A blur of loud voices and the scent of baby powder and that distinctive nameless perfume reserved exclusively for women over 60. I won't elaborate on the details of the celebratory Mass accept to mention that the Motherhouse has a Cassavant organ (think of those Heritage moments) If you're Catholic you have an understanding of the power of sharing your faith with an enthusiastic group of fellow believers. If you're not Catholic you can use your

imagination.

As I left the Motherhouse that night I felt an odd sense of disappointment. I had just come from a ceremony celebrating a woman my fellow students had probably never heard of. Yet, we use Seton Road and the Seton Centre every day. I had interviewed a fascinating, vigorous woman who by virtue of her age, profession and isolation is seen as an enigma or an antiquity to members of my generation. I had a chance to glimpse into the history of Mount Saint Vincent University and found it richer and more alive than I ever gave my chosen school credit for.

Litany to Saint Elizabeth Seton

ELIZABETH, LOVING DAUGHTER
Encourage in all children obedience and love

ELIZABETH, TROUBLED TEENAGER
Speak to today's confused, sometimes abused young people

ELIZABETH, FAITHFUL WIFE
Grant gifts of love and generosity to all spouses

ELIZABETH, CARING MOTHER
Share your mother's heart with all parents

ELIZABETH, GRIEVING WIDOW
Look with compassion on all bereaved wives

ELIZABETH, LOYAL FRIEND
Teach us to share friendship generously

ELIZABETH, HEROIC SEARCHER OF TRUTH
Guide all who, with fear and doubt, seek the way

ELIZABETH, COURAGEOUS CONVERT
Strengthen the newly baptized as they embrace the faith

ELIZABETH, SORROWING MOTHER
Console those parents suffering the loss of a child

ELIZABETH, STEADFAST RELIGIOUS
Inspire young women to follow in your path

ELIZABETH, INSPIRED EDUCATOR
Share your gifts with all teachers

ELIZABETH, A WOMAN FOR ALL WOMEN
Bestow your charism of love and service on all women today

—Sister M. Irene Fugazy



Sea-ing is believing: The Mount's newest society

By Theresa Keddy

Have you ever been to the Cape Breton Highlands? The Bay of Fundy? If you haven't experienced the Annapolis Valley with its collection of orchards and the undisturbed beauty of Peggy's Cove, you're not alone. A lot of students come to Nova Scotia to study and leave the province without having seen much. Many residents of Nova Scotia have not experienced all their province has to offer either.

Now, at the Mount, you have the opportunity to get out and explore this beautiful province with so much to 'sea'. The Department of Athletics and Recreation has organized a new

society this year, the "Sea Nova Scotia" Club. It will offer students the opportunity to get out and see Nova Scotia by planning trips to historic sites, parks, and other suggested destinations.

Recreation officer, Joanne Burns-Therriault, from Athletics and Recreation recognized the need for a society at the Mount to provide the opportunity to take day and overnight trips all over the province. She believes Nova Scotia is so diverse and beautiful, everyone should be able to see it if they would like to. In addition to seeing the province, the society is a great way to meet new and exciting people, which is great for



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CLUBS AND SOCIETIES OFFERED BY ATHLETICS & RECREATION

"Sea N.S" Club

Really see and experience N.S. by travelling to various destinations.

Outdoors Club

For outdoor lovers. Skiing, camping, hiking, sea kayaking, horseback riding, etc.

Athletics/Recreation Society

Get involved in many aspects of campus life. On-campus activities, parties, and off-campus activities.

Band Society

For music lovers who enjoy playing instruments.

Sports Club

For those who like organized sports such as intramurals.

And two new clubs: the Rugby Club and the Mountain Biking Club.

students new to the province, as well as students who find they have nothing to do on a long weekend, says Burns-Therriault.

The society will be run by students, for students. The first meeting will be on Friday, September 22 from 12:00 PM - 1:00 PM at Vinnie's Pub. Those interested are asked to bring a copy of their schedule, any ideas or suggestions, and their enthusiasm. There will be a mini election to select an Executive, who will serve as a liaison to Burns-Therriault and will plan and organize events with the help of society members. Some destinations ideas are Pier 21, Cape Breton Highlands, the Fortress of Louisbourg and the Annapolis Valley. Members are encouraged to make suggestions as to where they would like to go and see. Friends and partners are also welcome to attend an outing—the society is not limited to students of the Mount. When an outing is planned, there will be information posted around campus and in the Athletics & Recreation newsletter. Interested students can then sign up for the outing. The only cost to the student will be transportation, which the society will arrange. It

is not necessary to attend all meetings, or go on every trip, but Burns-Therriault is hoping to have weekly contact with society members to keep them informed as this is new to everyone on campus. This could be meetings, or an e-mail sent to society members.

If you would like more information on the "Sea Nova Scotia" Club, you can stop by Athletics & Recreation on the Main Floor of the Rosaria Student Centre, or contact Joanne Burns-Therriault at 457-6369.

Athletics & Recreation has other clubs and societies available to students, such as the Outdoors Club, the Athletics/Recreation Society, the Band Society, the Sports Club as well as new clubs starting this year, such as the Rugby Club and the Mountain Biking Club. If you have any ideas for a club or society that the Mount doesn't have, contact Athletics & Recreation to help get one organized.

Make this year one to remember, get involved in a club or society, and join the "Sea Nova Scotia" Club to really appreciate the beauty and history of Nova Scotia, and make great friends in the process.

Fifteen Minutes with Wide Mouth Mason



By Jennifer Henderson

"Hello my I speak to Nicola, please?"

"Is this about the interview?"

"Yep. This is Earle from Wide Mouth Mason."

"Well Nicola had another commitment and I'll be taking over her duties. The bad news is I only found this out two hours ago and I don't know anything about the band."

"Well <long pause> I could always interview you instead of the other way around."

This was bleak start to my little chat with Wide Mouth Mason's bass player and vocalist, Earl Pereira. Things got better when I start firing the typical interview questions. How would Pereira describe the band's sound?

"We're a live band. People should really listen to us play for an hour or two to get our sound. We're based on groove , musicianship and songwriting. We're funk, soul, groove and pop mixed with a bunch of other stuff."

Among other artists the band credits Jeff Buckley, Bob Dylan, Stevie Wonder and Jimi Hendrix with their hard to pin down sound.

Wide Mouth Mason is composed of Shaun Verrault (guitar and vocals), Safwan Javed (drums, percussion and vocals) and Pereira . The Saskatoon based trio has been playing together about 8 years starting in high school. Pereira says the band manages to blend friendship and

musicianship with out the usual ego problems of such a tight group.

"We pretty much know everything about each other," he

laughs.

"When somethings goes bad it just seems to bring us closer together." Interestingly unlike many musicians and celebrities, Pereira doesn't unequivocally endorse post-secondary education.

"Know what you want to do before you go to university. If you want to figure things out then travel. I left university after three years because the love of music took over.

However, Pereira does give an unconditional thumbs up to the Maritme music scene which he and his bandmates got a taste of when they played the Marquee

universities.

I couldn't resist asking Pereira where the band's unusual name came from.

"We were all drunk. We were about 19 or 20 at the time and we spent at lot of time playing long term gigs over the summer usually clubs and resorts. We were sitting around one night being served drinks out of wide mouth mason jars and we thought it just sounded like a cool name. And we haven't been sued yet."

Although he says the band is at the centre of his life Pereira does have an escape hatch in mind if the trio's career goes south.

"I'd probably want to travel,

"We were all drunk. We were about 19 or 20 at the time . . . sitting around one night being served drinks out of wide mouth mason jars and we thought it just sounded like a cool name. And we haven't been sued yet."

this past weekend.

"You guys have a really good independent music scence. This will be our 5th or 6th time in Halifax so that says something. Halifax reminds me Saskatoon in some ways, lots of little clubs and

experience stuff. Maybe start my own business on a white sand bach somewhere. Yeah, on a tropical island. That sounds good."

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Saturday, September 16th:
Fur Packed Action (fr. Nfld)
Friday, September 22nd:
One I'd Trouser & Q Taza
Saturday, September 23rd:
The Guthries

Corner of Spring Garden & Queen

Let The Games Begin

MSVU Looks to Up Coming Sports Season

By Beth Whyte

With the 2000-2001 school year underway students find themselves facing many new beginnings—new classes, new friends and a brand new sports season. In past years our teams have enjoyed great success, making the semi-finals and finals frequently, in most sports. With that thought in mind we find ourselves asking, "What will our teams be like this year?" There aren't any concrete predictions but here are a few things to expect.

The women's soccer team who opened their season with a game against St. Thomas on September 16, are looking strong. They're hoping to fill the spots of departed veterans with a crop of talented newcomers. The soccer team had a great season last year. They finished first in the regular season

and lost in the semi-finals on a penalty kick.

The women's basketball team is also busy rebuilding this year. Only five of last year's players will be returning to the line-up. The team is hoping to be contenders despite the youth of players. Their tip-off tournament is Nov. 2 and 3 giving them lots of time to prepare.

The volleyball team is losing a few members but adding other new ones. They will also have three qualified coaches sharing the duties this year. This will provide more consistency and make practices and games easier for all. Last year the team lost in the semi-finals so making it to the finals is a definite goal.

The badminton team is starting from the ground up this year. Practice time will be spent establishing a solid core of players who will be around for the next

four years.

The men's basketball team will be minus a few players but they still expect to do well in both the AUAA and CIAU. However, the team may have their work cut out for them when facing St. Thomas, because they are hanging on to all of last year's roster.

The men's soccer team is undergoing changes, so it may take

them awhile to adjust. It is basically anyone's game until the playoffs, so don't count out our boys.

All of the sports teams would like to see more support while on the field or on the court. Most of the games are at Dal and should be a lot of fun. Come check them out!

The MPPA is Back

By Bradley J. MacKinnon

Ladies and gentlemen, boys and girls, children of all ages: Mount Saint Vincent proudly brings to you the Mount Ping Pong Association (a.k.a. MPPA). Yes the loud guys from the Link (other than the Men's Basketball Team) are back and have began on their bogus adventure otherwise known as ping pong. Before this article continues I would like to take this opportunity to thank Students' Union especially our President Colette Nickerson and V.P. Academic Terry Roberts for providing us with a table on which to play and prevent an international incident.

Any way, as of approximately 10:10 am on September 11th 2000, the first match was held up in the Games Room (which is located directly through the Corner Store up in Rosaria). The first match was a non-title Champion vs. Champion Match featuring World Champion, Jaimie "The Dude" Taylor vs. Hard-core Champion John "The Dagger" Deg. This gruelling match ended with a victory by Jaimie and a hardy celebration held between the Ruffians. Over the next 60 minutes 5 of the original 6 members faced off

in heated competition, during which we took a moment to remember Phil "The Sac" Samms who is currently on one year academic suspension by the university. In The Sac's honour we renamed the bowling game Phil. And that is the long and the short of what's h a p p e n i n g .

Well as the second season begins we would also like to open the invitation to all new members. Last year we started out as 6 guys looking for something to do between class and by the end of it we were 10 guys just playing games for laughs. So any time this year you have some free time come by and check us out. By the way, we are also in the process of trying to be ratified as an official society so with more membership backing us, our dream just might come true. If you have any questions or would like more information you can reach me at mppa4life@hotmail.com or just find one of us on campus.

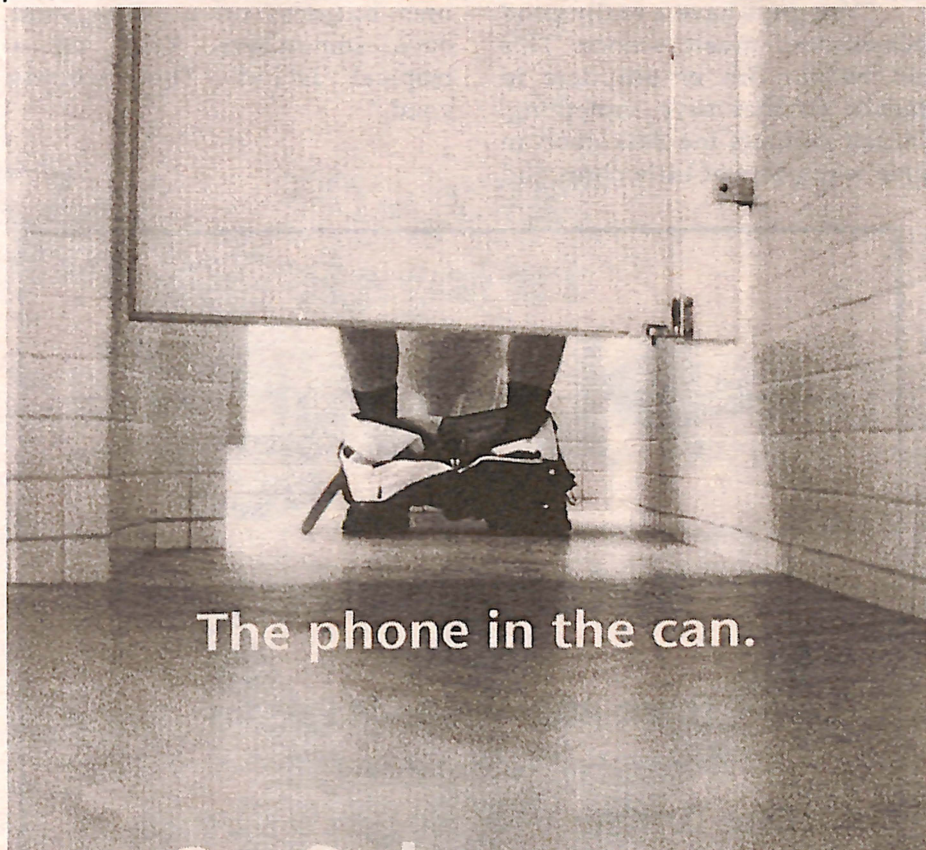
As always if your not down with that I got six words for ya,

YOU TAKE IT, YOU LIKE IT!!!!!!

Do you...

Like sports?
Have a flair for writing?
Want to get involved?
Adore a Picaro employee?

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Snapshot of Study Skills

1. Motivation & Time Management:

Students tend to try to motivate by guilt (the dreaded "should") or by negative, catastrophic predictions like, "I'm sure I'll fail!" Both tend to paralyze, not spur to action! Motivation is highest when you target a reasonable short-term goal and are very clear about outlining the steps you must master to reach it. Rewarding yourself for reaching a goal reinforces the behavior. Make a schedule, stick to it! Break up long sessions of study time by alternating subjects. Use those little bits of time in-between classes, etc. for quick tasks.

2. Concentration and Anti Procrastination:

Cramming doesn't work - regular breaks aid concentration. Use the "check-mark technique" if you are frequently distracted while reading: with a pencil in hand, make a tick on the margin or on a

piece of paper beside your book whenever you catch your thoughts wandering, and focus back on the book! Within a very short time, you will notice that the ticks become further and further apart, as you actively work on the material. Avoid procrastination... it's more about "fear" (afraid you're not up to the task) than about laziness (can't be bothered!)

3. Lecture Not Taking - Learning From Lectures: Be in Class!! Skim through chapter before going to class - get down the main points - fill in the details you miss as soon as possible after class. If in doubt, compare the notes you took with those of a friend or classmate. Ask the Professor for clarification during lectures.

4. Reading Textbooks Effectively:

You need a system - reading a textbook is different from reading a novel. Overview/survey first, then

"chunk" your chapter (divide into sections). Take notes or underline after you've read the section. Diagram or summarize in your own words.

5. Writing Skills - Writing University Papers:

Start when a research paper is assigned. Two weeks or more of research cannot be done the night before the paper is due! Learn to use the library resources early in the term. Learn how to formulate a research question, narrow a topic and make an outline. Write a draft, let it sit for a few days, then fix it up (revise). Don't hand in a first draft!!!

6. Exam Preparation and Exam Taking:

Keep up with the material! Learn a little bit every night vs. trying to cram it all in one night and squeeze it out the next day. Use the study guide, if available, ask for copies of old tests, or make up your own sample

tests. Quiz each other, use a study group or "study buddy". Practice solving problems in random order. During the exam, budget your time, so you can answer something on all questions. Read the directions carefully. Avoid the "anxiety generators" who stand outside the exam room predicting disaster! If you start to panic, STOP, close your eyes, take a deep breath, reassure yourself that you will do your best if you stay calm and take your time!

7. Multiple Choice Workshop:

There are strategies for important techniques on complex multiple choice questions. Not all questions are created equally. In this workshop, we will discuss techniques to deal with questions with different levels of complexity and gain experience through two practice tests and feedback.

Chart on next page.

3rd AnnualSeptember 29th, 2000

10:00 a.m. - 4:00 p.m.

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*100 employers from various industries!!***New This Year: Workshops on The Employability Skills****ToolKit**(Conference Board of Canada); **Jobs Ireland**; **Diversity Skills**

- FREE shuttle bus from Seton Academic Centre to WTCC - provided by MSVU Student Union.
- University student ID required for admission.

Do:

- *Bring copies of your résumé.*
- *Dress professionally.*
- *Recognize a career fair does not always mean a job.*
- *Follow up on leads.*
- *Approach the employer with confidence - handshake, smile, eye contact.*

Do not:

- *Dress casually..*
- *Leave the employer's table without saying a word.*
- *Monopolize all time employer's time.*
- *Be too laid back - this is an interview situation..*
- *Chew Gum.*

For more information:

- ☐ Check out our website - <http://careerfair.interuniversity.ns.ca>
- ☐ Visit the Career Planning Centre, Student Affairs, Evaristus 218

STUDY SKILLS - FALL 2000						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Sep. 3	Sep. 4 Residence Opens - 12:00 noon	Sep. 5 Orientation	Sep. 6 Classes Begin	Sep. 7 Registration Study Skills Sessions	Sep. 8 Registration Study Skills Sessions	Sep. 9
Sep. 10	Sep. 11 Registration Study Skills Sessions	Sep. 12 Registration Study Skills Sessions	Sep. 13 Registration Study Skills Sessions	Sep. 14 Registration Study Skills Sessions	Sep. 15	Sep. 16
	Sep. 18 Group 1 - Session 1 3:00 - 4:30 - Ev 406 "Motivation & Time Management"	Sep. 19 Group 2 - Session 1 12:00 - 1:30 - Ev 414 "Motivation & Time Management"	Sep. 20 Group 1 - Session 2 3:00 - 4:30 - Ev 406 "Concentration & Anti-Procrastination"	Sep. 21 Group 2 - Session 2 12:00 - 1:30 - Ev 414 "Concentration & Anti-Procrastination"	Sep. 22	Sep. 23
Sep. 24	Sep. 25 Group 1 - Session 3 3:00 - 4:30 - Ev 406 "Multiple Choice" Exams	Sep. 26 Group 2 - Session 3 12:00 - 1:30 - Ev 414 "Multiple Choice" Exams	Sep. 27 Group 1 - Session 4 3:00 - 4:30 - Ev 406 "Reading Textbooks Effectively"	Sep. 28 Group 2 - Session 4 12:00 - 1:30 - Ev 414 "Reading Textbooks Effectively"	Sep. 29	Sep. 30
Oct. 1	Oct. 2 Group 1 - Session 5 3:00 - 4:30 - Ev 406 "Writing Skills: How to Write a University Paper"	Oct. 3 Group 2 - Session 5 12:00 - 1:30 - Ev 414 "Writing Skills: How to Write a University Paper"	Oct. 4 Group 1 - Session 6 3:00 - 4:30 - Ev 406 "Exam Preparation & Exam Taking Skills"	Oct. 5 Group 2 - Session 6 12:00 - 1:30 - Ev 414 "Exam Preparation & Exam Taking Skills"	Oct. 6	Oct. 7
Oct. 8	Oct. 9 THANKSGIVING	Oct. 10 Group 2 - Session 7 12:00 - 1:30 - Ev 414 "Lecture Note-Taking: Learning From Lectures"	Oct. 11 Group 1 - Session 7 3:00 - 4:30 - Ev 406 "Lecture Note-Taking: Learning From Lectures"	Oct. 12	Oct. 13	Oct. 14

TO REGISTER

SIGN UP AT STUDENT AFFAIRS, EVARISTUS RM 218, OR @ 457 - 6567. WORKSHOPS ARE FREE, INCLUDING HANDOUTS.

STUDENTS WHOSE SCHEDULES DO NOT ALLOW FOR ATTENDANCE AT ANY OF THE ABOVE WORKSHOPS MAY SCHEDULE AN INDIVIDUAL SESSION WITH A COUNSELLOR!!! ☺

Career Corner

WELCOME back returning students and WELCOME to the Mount new students. If you are going to be looking for a job now or anytime in the future, you should know that the Career Planning Center is the place for you. We have postings for part-time, full-time and casual work throughout the year, listed according to related degree programs (just to make it easier for you to find a position related to your area of study). In addition, we offer a number of services related to career planning such as individual career counselling and career related workshops. The Career Planning Center is also an extensive career library which houses information about internships, majors, employer profiles, different career fields, graduate schools, and much more.

WHAT TO WATCH FOR NOW!!!

- Public Service Commission 2000/2001 Recruitment - Information Session on September 22, 2000
- 4 student Assistants are needed for the Halifax Joint Career Fair (1 day \$100/day + T-shirt and Lunch)
- Statistics Canada Information Session at Dalhousie, September 14th; 1:30-2:30, Rm 219, Chase Building - For all disciplines but especially for Math and Health Sciences Students
- On Campus Recruitment for Chartered Accountant positions - Interviews in October -
- Upcoming STUDENT WORKS PROGRAM - On campus part-time positions -
- CONVERGYS - now hiring customer service associates (full-time, part-time, casual, benefits) pick up information Ev. 217

CHECK the JOB BULLETIN BOARD located in Evaristus close to Rm 217 - at the CAREER PLANNING CENTRE - VISIT us!!! FRIENDLY CAREER ASSISTANTS WILL HELP YOU IN YOUR JOB SEARCH!!!

NO MATTER WHAT PROGRAM YOU ARE IN THERE ARE PART-TIME POSITIONS AVAILABLE FOR STUDENTS FROM ALL DISCIPLINES! GRADUATING STUDENTS don't miss your opportunity to connect with us when deciding on your career!!!

SPIRITUALLY SPEAKING...

By Martha Martin, MSVU Chaplain

What can the Chaplaincy Office offer me?

According to the most recent Chatelaine magazine (August, 2000; p.30), "Spirituality can boost your longevity." Recent health surveys from the University of Toronto suggest that "spirituality reduces stress, promotes healthy lifestyle choices, and increases a sense of belonging - all links to lower mortality." spirituality is defined as "... the beliefs we hold concerning our place in the universe and our connection to a higher power."

As the MSVU ecumenical, or non-denominational Chaplain, I try to provide safe places to explore one's spiritual path in a number of ways. My goal is to meet people wherever they are on their spiritual journey, whether it is a journey which has just begun, or in connecting them to an existing faith community in the Halifax community, or in wrestling with some of the hard questions of life and faith that arise during time at the university.

University is often a time of many stresses - the pressures of academia, exposure to new and initially uncomfortable ways of thinking, social pressures, and emotional changes. Often it is a time to question many of one's long-held assumptions and traditions, including a faith tradition. My hope is that folks will see the Chaplain's office as a place where one can ask these questions safely and honestly. I may not always have the answers, but I guarantee I will respect all questions and engage in earnest conversation to explore the questions together.

Some of the programs which I have offered in the past include a Grief and Loss Support Group for those who have suffered a death or loss in their life, bible studies, video series and discussions, a women's spirituality group, inter-faith discussions, Christian meditation, and social justice-focused evenings which include information and pizza! As well, individual counselling is available for those struggling with a particular issue, or who just want a friendly conversation.

I also have many books and resources from different faith traditions, many current periodicals, and books on meditation and prayer which can be borrowed. My own faith journey has been influenced by feminist theology, and I also have many resources for those wishing to explore that area.

For some, it may be hard to understand how one can be both a feminist and a Christian, yet I claim both labels. There are some who would say that Christianity, a religion founded and built on patriarchy, is fundamentally flawed and, with its male God and his son, can never have relevance for women. However, there are many women, including myself, who have discovered a rich and meaningful tradition even within the male-dominated writings of the Bible. This is a tradition that honours creation, wisdom, and strong females, both as protectors and leaders.

I look forward to the coming academic year, and to engaging with many of you on matters of faith and spirituality. My office is in Evaristus Hall in the Department of Student Affairs, Room 219A, South Wing.

Check out our programs! All programs held in the Evaristus Chapel

Morning Prayer and Meditation - Tuesdays and Fridays, 8:30 am

Women's Spirituality Group - every second Wednesday, beginning Sept. 20 at 4:00 pm

Pizza & Profundities - free pizza and discussions; Grief and Loss Support Group; Spirituality Book Club; - call the Chaplain for dates and times if you are interested in any of these groups.

Do you have a burning issue or a question about faith or spiritual matters?
Call me at 457-6446, or email me at Martha.Martin@MSVU.ca.

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- Nickels
- Via Spiga
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Search for Answers.

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