
Indigenous issues have come a long way on campus—but there's still much more to do

Held back by limited resources, Dal does what it can

ALEX ROSE, NEWS EDITOR

Geri Musqua-LeBlanc has been an Elder-in-Residence at Dalhousie for less than two years, but already she has seen many changes for the better at the university.

“Just from the faculty alone, their willingness to understand what reconciliation means and what they can do, how they can Indigenize their curriculum, their program,” she said, “to me, it’s positive.”

The Elder-in-Residence program caters to the spiritual and emotional needs of Indigenous students.

“However, we welcome students of all nations if they wish to come speak to an Elder,” Musqua-LeBlanc said. “Or a grandma, or a grandpa. Because grandmas and grandpas in Indigenous culture are very, very important. That’s where the young people get a lot of their support and encouragement.”

CONT'D PG. 5





Wednesday, October 11th (5:30pm in the SUB Atrium)

We will also be hearing a presentation from **Shannon Pringle, our new Survivor Support Centre Manager** on our targets and goals for the first operating year of the DSU Survivor Support Centre, and why survivor support is so important on campus. Come out for a chance to **participate in democracy, ask your Executive questions, learn more about your Union, and even propose a new policy or Bylaw change! Food will be provided.**

One night only, a truly spectacular collaboration between the DTS and the DSU. On October 25th, Rocky Horror Picture Show will be performed live in the McInnes Room, followed by an after party for cast, crew, audience and friends in the McInnes Room.



NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER, EST. 1868

Chiara Ferrero-Wong, Ally Geist, Laura Hardy,
Lianne Xiao, Erin Brown, Piper MacDougall, Lexi Kuo,
Qi Chen, Rebecca Kingdon, Yanni Wang, Serena Jackson,
Michael Greenlaw, Haley MacKenzie

We regrettably neglected to include the attribution for last week's cover image—the amazing illustration was done by Emily Sweny.

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THE FINE PRINT

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The Gazette office is cozy with six people sitting in it staring at the chalkboard wall. Staff meetings often start this way: we spend a lot of time staring at our chalkboard—it's the blueprint of *The Dalhousie Gazette* sketched across our wall.

Dates and random keywords we'll use for SEO later, guide us through each meeting, helping plan out stories weeks in advance.

In August, the team first walked into room 345 and sat down in front of a blank, black, sheet on the wall and by end-of-day we knew what stories we were putting into the First Issue of the Year; we knew when our beloved and begrudged satire would be published, and what theme each issue will be.

I knew this issue would be one focused on Mi'kmaq stories before we'd begun planning. Mi'kmaq History Month began October 1, which is also Treaty Day in Nova Scotia.

Most Canadians typically take this time of year to count their blessings; I wonder if they will reflect on how these blessings are possible.

During that first meeting we all knew this issue would land close to Thanksgiving, and when I declared that the issue would be more focused on Mi'kmaq stories our Opinions editor, Matt Stickland, piped up:

"I have a great story I wanna write: *How to deal with your racist Uncle at Thanksgiving dinner.*"

That piece is now within the folds of this paper; the product of a need on Dalhousie University's campus for silenced voices to be heard, for the *Gazette* to dedicate itself to a broader scope of diverse reporting on campus, and to remember that expressing practiced once-a-year thankfulness isn't *truly* gratitude.

I'm grateful each morning I awake; I'm grateful to work with a team who labour effortlessly each week to produce a 23-page newspaper; I'm grateful we can use our opportunity as the voice of the campus to create a platform for others on to speak their own experiences at Dal.

This year, I ask not *what* you are grateful for—*why* are you grateful?

KAILA JEFFERD-MOORE, EDITOR-IN-CHIEF



“Sometimes a lot of us, I think, feel that it’s easier thinking that everything’s okay, but this campaign is really a means of recognizing the battles that a lot of Dalhousie students face on the daily,” says Masuma Khan, VP academic and external of the DSU.

It happens at Dal

Student Union wants to hear your stories of discrimination

ALEX ROSE, NEWS EDITOR

Even though we live in one of the most progressive countries in the world, instances of discrimination and oppression still occur across Canada every single day.

Dalhousie is no exception.

The school has come a long way this decade when it comes to making students from marginalized communities feel welcome, but even the most progressive agenda can’t keep a whole school safe. Things happen to people—bad things—and they can often get swept under the rug. So, the Dalhousie Student Union, is starting a campaign to encourage students to share their negative experiences, either anonymously or with their name and contact information attached.

“It’s called ‘It Happens at Dal,’” said Masuma Khan, VP academic and external for the DSU.

“It sort of stemmed from the idea that it’s not always easy to recognize the things that are happening around us. Sometimes a lot of us, I think, feel that it’s easier thinking that everything’s okay, but this campaign is really a means of recognizing the battles that a lot of Dalhousie students face on the daily.”

The DSU’s plans upon collecting these stories are twofold. First, it wants to use this information to better direct its resource in ways that actually help students, and share some of the patterns and messaging around the stories.

“Recognizing gaps in services, support for survivors, things like that,” said Khan.

Second, students who choose to name themselves and provide contact information have the opportunity to play a larger role in shaping the DSU’s decisions.

The campaign won’t just exist on posters or online; Khan says the DSU is looking at other forms of media as well.

“We’re looking forward to a video exploring these topics more, and exploring the student experience on campus,” she said.

The campaign was originally rolled out online in mid-September, but the union had to delete it because the messaging wasn’t totally solidified, and because the DSU had to ensure it was able to provide the resources people would require before asking them to open up.

“The messaging around it that wasn’t formally put out was this

is an inexhaustive list, and it was never meant to be an exhaustive list,” said Khan. In other words, the graphic on the post listed many types of discrimination, and certain groups were upset when discrimination against them wasn’t on the post as well.

“That messaging wasn’t there, and I think that was a big problem. Looking into how we go about these campaigns, it definitely brings conversation into how we can do better to consult with our communities, and make sure they feel they are represented in all of our campaigns,” Khan added.

“Talking about colonialism, talking about racism, anti-blackness, Islamophobia, anti-Semitism, transphobia, homophobia on campus is not something that’s easy for people to do,” said Khan. “It’s important that before we roll it out and start the beginning of this process that we give students resources so that they can reach out and feel more supported when giving us their lived experience.”

For those students who do want to share their lived experience with the DSU, they can submit their stories to the ‘It Happens at Dal’ web link that will soon be online.

DSU Health Plan blackout period leaves students without coverage

DSU website doesn’t have details of period, but pharmacy says it lasts until Oct. 20

ERIN BROWN

For students who chose to opt-in to the DSU Health and Dental plan this year, they may be unaware of the blackout period in their medical coverage. A blackout period means that students are not covered.

The DSU could not be reached for comment on the blackout period; the website the DSU refers students to for information says the blackout period lasts from September until early October, but the Guardian pharmacy on Coburg Road said the blackout lasts until October 20.

The last day to opt-out of the DSU Health Plan was September

18, leaving 32 days between the opt-out period and the beginning of medical coverage for students.

StudentVIP, the third-party company that sells the plans, confirms that students are not covered while the blackout is in effect, and will not be able to seek reimbursement from Medavie Blue Cross or access their member portal until the period ends.

International Strategist with Student WIP, Samantha Morneau confirmed in an email that the blackout period starts September first each year and ends when Dal sends them the final enrollment list.

INDIGENOUS ISSUES CONT'D FROM COVER

Aaron Prosper is one of those young people. He is a fourth-year neuroscience student from the Eskasoni Nation, located in the middle of Cape Breton about an hour’s drive off the Trans-Canada highway. He’s a member of the Dalhousie Indigenous Students Collective, which, according to its Facebook page, provides “recognition and representation of Indigenous

peoples’ throughout the Dalhousie campus.”

Prosper has also noticed positive changes in his time at the school.

Among the improvements: a more accessible and open space for the Indigenous Students Centre, the Elders-in-Residence program, and the permanent installation of the Mi’kmaq flag. “The big change I’ve seen is people are

more aware. With the TRC (Truth and Reconciliation Committee,) because it’s in the media, there’s more people asking questions, more people wanting to know, you know—what are these issues in the Indigenous community, and how can we be a part of changing it?” he said. “In my first year, not that much awareness. It’s been growing.”

But as far as the school has come, both in its administration and its students body, Prosper says there is still more for the school

structure in place to be able to centre all these voices, make them unified. I think that’s an issue going forward that should be look at,” he said.

There’s clearly work to be done; but Musqua-LeBlanc still appreciates the strides the school has made, and continues to make.

“I really sincerely feel in my heart that Dalhousie is doing all it can to help make the university a welcoming place for Indigenous students. I really think that everyone is trying,” she said.

“I really sincerely feel in my heart that Dalhousie is doing all it can to help make the university a welcoming place for Indigenous students.”

to do. For example, the Admissions Review Committee published a review of the Faculty of Medicine, and found its support structures for Indigenous students severely lacking.

“There’s no Indigenous people getting into medicine at Dal. So, the question is, why?” said Prosper.

Another change he’d like to see: a better way for Indigenous members of the Dal community to connect, perhaps in the form of a designated space.

“There’s very little Indigenous faculty, not many Indigenous students, and everybody is spread out everywhere. There’s no infra-

“There’s gonna be bumps—like I said, there’s 500 years of wrongs that have been done. And we’re certainly not looking to right all the wrongs. But we need to all get together and work together. And Dalhousie is on the path to doing that, I feel that strongly in my heart.”

“I agree with it totally,” said Prosper when he was presented with Musqua-LeBlanc’s sentiment.

“I think the university is doing all it can, but then on the other hand as an advocate for Indigenous students, I think it’s important to not let go of the advocacy—to not become complacent.”





Dalhousie first responders equipped with naloxone kits for opioid overdoses

None have been used but Dal wants to be proactive and precautionary

ALEX ROSE, NEWS EDITOR

In the face of a mounting opioid crisis in Nova Scotia, Dalhousie University is equipping its first responders with naloxone kits for the first time.

The kits contain a syringe and a vial of the drug, and the syringe is typically injected in the outer thigh, says Dr. Glenn Andrea.

Dr. Andrea is the Medical Director for Dalhousie Student Health and Wellness and in his 25th year working at the school.

“I think it came about as a request from our security personnel,” who are trained first-responders he said. “They saw this is a beneficial add-on that they could have as a first response.”

The school’s first responders were trained over the summer, so they would be prepared for the new academic year. So far, no kits have been used at the school.

The province of Nova Scotia also made a

big announcement this summer with regards to naloxone kits—they are soon going to be made available for free in hundreds of pharmacies across the province. The program was supposed to roll out at the beginning of September; as of this writing the release has been delayed as the province secures stock.

“The Nova Scotia Naloxone Take Home Program has not yet launched but will do so in the next week or so,” said Amy Wagg, Director of Communications for the Pharmacy Association of Nova Scotia, in an emailed statement on Sept. 22. “Upon launch, a website will be available through the Government Website with a list of pharmacies that provide naloxone through this program.”

“Basically, it’s a public health initiative,” said Dr. Andrea, “to improve access to naloxone as

a potential lifesaving measure for suspected opioid overdoses.”

Although there isn’t an opioid abuse concern on campus—as far as Dalhousie Student Health and Wellness is aware—it’s still important for the school to be prepared in case there is an overdose on campus.

“We’ve taken a precautionary, proactive approach and want to make sure that at least our first responders were both trained or equipped with naloxone should they happen upon a student with a suspected opioid overdose,” he said.

Dr. Andrea says that if you suspect someone on campus is having an opioid crisis, the first step is to call security instead of 911. Security personnel are trained first responders, and with their intimate knowledge of the campus they can facilitate the movement of the

emergency health responders to the location of the suspected overdose.

Dr. Andrea also recommends that, “if the student appears to be having difficulty with breathing, slow respirations, blue discolouration, if anybody in the area is trained in rescue breathing, to initiate that immediately while waiting for security.”

Before it gets to that, Dr. Andrea stresses that the university has a support system in place for students struggling with substance abuse.

“We would encourage anybody who’s currently using opiates to maybe have a conversation with a health professional,” he said.

“Most of us would obviously encourage people to at least consider some sort of program to help manage that substance use disorder and maybe help the student move away from opiate use.”



Music in his soul and nothing in his pockets

Ogooluwa Emmanuel Sobukola came to Dalhousie to fulfill his dream of becoming a flutist, but was stranded on arrival

YANNI WA

There’s always a phenomenal amount of talent on display at Dalhousie Fountain School of Performing Arts; flutist Ogooluwa Emmanuel Sobukola stands out for both his fiery passion and his bravery. It might be easy for audiences to get carried away by the overflowing happiness of his performances, but the road to his dream career as a top-notch classical flutist has not been easy.

Born and raised in Lagos, Nigeria, Sobukola is the middle child of three in his family. Driven by an innate desire to develop musically, he started taking piano lessons from his music teacher at the local church. He later realized the piano wasn’t his ultimate passion when he stumbled on the flute at the age of seventeen.

“When I visited my music teacher at the time, he was trying to play the flute. It is hard to explain what attracted me, maybe the position or the sound of it. It’s like I was destined to play the flute,” Sobukola said.

His exceptional music talent was soon recognized by his music teacher, who recommended he take part in MUSIQUEST, a nation-wide music competition in Nigeria. Sobukola debuted as a first runner-up.

Sobukola is aware that success takes not only love and passion, but also proper education. Despite the lack of related educational resources in Nigeria, Sobukola overcame these difficulties.

“I taught myself, and I taught myself right,” he said.

He didn’t have access to professional training until he was accepted to the Music Society of Nigeria (MUSON) as a student. Due to his outstanding performance, his studies were fully funded by the MTN Nigeria foundation, the philanthropic arm of Nigerian network provider MTN.

During his two years of striving for excellence at MUSON, Sobukola received a number of awards and opportunities to perform



Flutist Ogooluwa Emmanuel Sobukola financed part of his studies through scholarships and fundraising concerts, but the high living costs for international students has put a stop to his plans.

outside of Nigeria. Upon graduation, Sobukola took a leap of faith by applying for Dalhousie University as an undergraduate student in music. He had been waiting for this moment for years.

“The moment I made up my mind to become a world-renowned flutist, I knew I had to leave Nigeria someday for better education,” he said.

While many people argue that education, at all levels, should be a basic human right, it is a luxury for Sobukola.

“I understand the family I belong to. My parents cannot afford that. I don’t have that money, so I work hard for scholarships,” he said.

Dalhousie Fountain School of Performing Arts Scholarship Committee was extremely impressed by his audition videos and therefore granted him a generous scholarship. Apart from that, Sobukola successfully held a fundraising concert in Nigeria before coming to Halifax.

As good as it may seem, the amount of money Sobukola made is minimal compared to his costs.

Just like every other international student

at Dalhousie, his tuition is about double that of Canadian students.

At Dalhousie, international students have the chance to fund their education by applying for the undergraduate or graduate bursaries, according to Lina Maged, president of the Dalhousie International Students’ Association. Bursaries are granted on the basis of financial need, and the fall term application deadline is October 15th. But there’s no way for Sobukola to know if he’ll get one, or what percent of costs it would cover. Beyond that—he needs money now.

Unlike some international students whose education is funded by their parents, the young musician landed in Halifax on September 7th without a penny to his name.

“I jumped before knowing what is below,” he said.

His friend from Nigeria, who previously agreed to pick him up at the airport and offer him accommodation, broke the commitment and never showed up.

In despair, he emailed the only contact he had in Halifax, Patricia Creighton, the Principal Flautist with Nova Scotia Symphony

and the flutist instructor at Dalhousie. Over the past year, Creighton had maintained contact with Sobukola by email and guided him through the application process. Upon receiving Sobukola’s email, Creighton immediately drove to the airport and arranged temporary housing for Sobukola.

Despite Sobukola’s efforts to find a part-time job and gain more scholarships, it’s unlikely he’ll be able to cover all these expenses by himself. Creighton created a crowd-funding campaign dedicated to keeping Sobukola’s dream alive.

“He is extremely talented. If you listen to his videos, you will hear right away what I heard and why I accepted him into the school. But he is also very financially in need,” said Creighton.

The link to the crowd-funding campaign is <https://www.indiegogo.com/projects/pay-it-forward-to-young-nigerian-flutist#/>, or you can search online for the term “pay it forward to young Nigerian flutist.”

Videos of his performances and details about how to make a contribution can be found on the page.

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EXCEPTIONS MAY APPLY

Calling All Allies

Getting Real on Stopping Alton Gas

REBECCA KINGDON

Remember Kinder Morgan? Standing Rock? These are fossil fuel projects implemented by governments with little regard for community interests and treaties these projects impact. Nova Scotia has its own energy project with the same issues.

The Alton Natural Gas Storage project has been in the works for almost a decade, yet a lack of consultation has left community members to fight for land and water protection against the AltaGas corporation and provincial government.

The project aims to store natural gas in caverns under the Shubenacadie River, to supply Nova Scotia with a natural gas energy source. Up until three years ago, local community members were unaware of this plan. Upon discovering the intentions of AltaGas, water protectors of Sipekne’katik First Nation experienced that familiar frustration of being disregarded—collectively they pursued the corporation.

Further inspection had experts suggesting the environmental assessment failed to effectively gauge the impact the project could have on the fish species, local drinking water, and human health.

Sipekne’katik War Chief, Jim Maloney, put this into perspective at the Stop Alton Gas Town Hall in Halifax on 27 March 2017.

“We only need to talk about 30 seconds for anyone to believe that they can put caverns of gas storage under the ground, pump all that salt into the water, and all would be good,” he laughs. “Who would believe that?”

Two of the four existing caverns have already been cancelled, emphasizing the point that the river is not suitable for natural gas storage. Not only are the caverns of concerns, so is the actual pipeline bringing natural gas to the storage site.

So, why is there so much opposition to pipelines? On the surface, these issues are major environmental and health concerns in terms of chemicals leakage into the air and into drinking water. A deeper look into these issues reveal the systematic racism occurring within these projects. Governments and corporations continuously ignore Indigenous rights for the sake of promoting the fossil fuel industry. These are acts of racism that have been perpetually imposed on Indigenous communities over the past centuries.

Maloney expressed his deserved frustration, “Even when our treaty rights are held up, we are still being challenged today.”

“The provincial and federal government, institutions, and churches—they need a ladder to come down to our level before there can be reconciliation. They are using the sale of our lands, our minerals, our logs, our water to fight us in court.”



A M'ikmaq Warrior Flag flies alongside a M'ikmaq Grand Council flag on the banks of the Shubenacadie River.

Right on cue is the age-old question of sovereignty: Whose land and water is it?

As of confederation, the natural materials Maloney mentioned were suddenly believed to be the property of the Canadian government. Canada was established on top of existing Indigenous nations. It was not settlers' land to take

then, nor is it up for grabs now. As a result of this questioned sovereignty, there exists a constitutional duty to consult Indigenous groups on these matters.

The government's words on reconciliation are certainly not put into action on this project.

Consultation standards are not upheld, resulting in corpo-



The government’s words on reconciliation are certainly not put into action on this project.

rations winning bids to extract resources on land that has been given away by the wrong sovereign state.

Water Protector, Dale Poulette, emphasized his exasperation by calling on others to stand against such injustices, “It’s hard to stop these guys without allies, so we’re looking for more allies to help us fight these corporations.”

What role does an ally play?

According to author and educator, Anne Bishop, allies are pivotal in “joining others for impact and support” as a means of “achieving equity in people and institutions”.

Standing as an ally can take on several forms, all of which begin with acknowledging the intrinsic oppression of the capitalist system. A second step involves asking how to help, rather than voicing opinions as an outsider.

On the Treaty Truckhouse Against Alton Gas website, water protectors illustrate what they are looking for:

“We are calling for Prime Minister Trudeau and the whole federal government to live up to their commitment to improve nation-to-nation relationships, to respect treaty rights, and to meaningfully include Indigenous communities in decisions that affect them. Specifically, we’re asking for real and respectful consultation with the Mi’kmaq of Nova Scotia on this issue.”

Alliances are easy and very effective.

Listen, learn, and then use your voice to call out injustices. AltaGas and the governments have begun to feel the wrath on this project, so why not join in?

For more information on the Alton Gas Project, and how you can get involved, check out:
<https://treatytruckhouseagainstaltongas.wordpress.com>



Located in the LeMarchant Place building on campus, the International Centre features books, computers, study space and a piano to make students feel at home.

Exploring the international centre

It's a helpful aid for any student going to or coming from abroad

QI CHEN

The International Centre at Dalhousie University is an incredible place, resource centre, and support system for students.

If you're considering doing an exchange overseas, are an international student or inbound student to Dal: the international student centre has you covered. Doing an exchange in a foreign country can be an incredibly rewarding experience. Students get to immerse themselves in a new culture while receiving credit for their academic pursuits.

The International Centre offers over 90 international exchange options: study nursing in The Gambia, pursue computer science in Hong Kong, or learn the art of theatre in Prague—the world is your oyster.

The wonderful team at the centre also help international students acquire their study permits, temporary resident visa extension and more.

Exchange students at Dal, there are valuable resources for you too: such as information about campus life and a new student checklist to prepare you for your stay.

The International Centre's website is an excellent tool to use!

Before embarking on an exciting adventure to study abroad, the International Centre is here to support students throughout the entire process; from helping with preparation for departure and assisting in case of an emergency while in Halifax, to providing financial assistance for those who are eligible and helping reintegrate once students get back to Canada.

It may seem daunting to spend a semester or more aboard.

Study Abroad and Exchange Advisor, Gillian MacDonald-Petty shed light on the incredible experiences that students gain from doing an exchange, which may ease any apprehension.

Studying abroad enables students to learn a new language, try new foods and learn about different cultures through activities, such as visiting the local market or joining a local sports team. MacDonald-Petty also encourages students to attend information sessions in order to develop a nuanced understanding about what options are available to students.

Information sessions are Tuesdays from 2:00 p.m. until 3:00 p.m. and Fridays from 1:00

p.m. until 2:00 p.m. at the International Centre located in LeMarchant Place building on Dal's main campus.

As international students, it can be difficult and overwhelming to adjust to the Canadian academic system while simultaneously facing language and cultural barriers.

International student advisor, Qiuling Wu, strongly recommends students be mindful of their study permits expiration dates.

He advises students to apply three months early and never let study permits expire. This is valuable information since international students need their study permits in order to study in Canada; international students wouldn't be able to work on or off campus if their study permits expire.

Beyond managing essential documents, Wu encourages students to reach out, to network, and to make friends from different countries in order to improve their English and adapt to the Canadian culture.

He says it's critical for students to establish networks if they're thinking about extending their stay to work in Canada after they graduate. Networking increases the likelihood

of securing a job.

For students who are new to Dal, there are many overlooked gems in and around the city that are worth exploring. MacDonald-Petty has lived in Nova Scotia for quite a while and says the Halifax Public Gardens and the Dartmouth Harbourfront Trail are two places students might not know about, but are fantastic hidden gems.

The Public Gardens are nestled in the city on Spring Garden Road. Filled with lush plants, beautiful flowers, and many benches to sit and enjoy the view it's a great spot to eat your lunch and get your readings done between classes.

The Dartmouth Harbourfront Trail offers breath-taking views of Halifax. A walk along the trail provides multiple opportunities to soak in these views and take pictures to share with family and friends back home. Take the ferry to get to Dartmouth—another great adventure in it of itself.

University life is an exciting and fulfilling chapter in your life—let the International Centre be part of the myriad of resources on campus that helps to enrich that post-secondary experience.



Sometimes, it's best to leave the headbutting for the deer.

Racist fam at Thanksgiving dins

Just shut up Bob

MATT STICKLAND, OPINIONS EDITOR

Nothing is better than sitting down to a family meal over a too-large dead fowl that's been carefully stuffed with stale bread and onions.

Sides of various sliced, diced and mashed root vegetables tucked around the main dish of death.

Everything is covered with a generous serving of thick, casual, racism.

Large family dinners are generally enjoyable affairs, but most families have that one relative that's just a little, well, racist.

These relatives can be hard to deal with, especially when Thanksgiving dinner is happening in 2017 and not 1817.

The problem with casual racism is that it's hard to stamp out. It's become increasingly hard to do with openly racist—sorry, *nationalist*—politicians and parties giving their followers social license to do as they say. Adding to that struggle is that what is required to stamp out casual racism is counter to every instinct of a non-racist.

Like in some cases the best way to deal with it is to just wait.

Yes, until that person dies.

It's callous.

It's cruel to try not to save Ole Grams from her racist ways; the older human beings get, the less likely it is that they'll change their behavior and at a certain point it becomes almost impossible to change the mind of an older human being.

For someone like Ole Grams it's best to just let the comments slide at the dinner table.

But—it's more important to follow up with the younger turkey-gobblers in attendance.

Make sure they understand that what Ole Grams is saying is wrong. It's essential that this is done out of ear shot of Grams. If she somehow manages to hear, she may regale everyone with *that one time that one person did that one thing, sort of like her*

neighbour just did, and don'tcha know you just can't trust those [insert racial epithet]s.

If someone is not decrepit still has hope for their future, like Racist Uncle Bob—dealing with those types is slightly different. There are generally two scenarios where Bob rears his racist head: the racist joke, and the off-the-cuff racist comment.

The racist joke is easy to deal with: a straight face and an earnest expression—like a young kid on the first day of kindergarten: mind open as an empty garden, waiting for ideas to be sown.

Moving on. Racist jokes exclusively play off some sort of stereotype that is unfounded. When Bob tells the joke—no matter what anyone else does—jump in with an earnest:

“I'm sorry, I don't get it, can you explain that to me?”

Play really dumb—like *super* dumb—but really eager. Pretend like comprehension and laughter is always just around the corner. Surely, you'll get it if it's explained a bit more.

Bob will generally react in two ways: he just brushes the joke off. This means he knows it's racist; he knows he's been called out for it and he knows it's wrong. The more this happens to him, the more he'll become slightly less racist over time.

The second way is Bob will re-tell the joke or punchline; he'll try and explain the punchline quickly. In this case, ask follow up questions that are completely oblivious to the stereotype the joke is playing on. This usually leads Bob down a rabbit hole of trying to explain a stereotype that is not true to someone who doesn't understand it. His argument will fizzle out as he realizes that he can't explain it without explaining that he's in some way, racist.

If Bob is racist with an off-the-cuff comment, it's a one-step solution: ss soon as the comment is out of his mouth let out a hearty chuckle, say “that's racist.” Then leave the room immediately.

The weird and unfamiliar part of this may be that the advice is just to identify that racism is happening and then do nothing. In fact, the best course of action is usually to just identify and immediately leave.

Real quick—think back to all the Facebook fights you've witness dance across your friends' feeds.

How many of those ended when one side realized the error of their ways and admitted it in the public forum?

It just doesn't happen.

Anyone willing to advocate for or promote an assertion is absolute in their belief of it.

A conversion away from whatever that belief is, doesn't just happen with a clever retort. There is no repartee that eliminates racism.

Engaging over dinner will simply strengthen existing beliefs by causing those who hold them to dig their heels in deeper. More often than not, the person challenging the racism ends up being blamed for ruining dinner; a clucky mother who doesn't really like her husband's brother, but wonders why everyone couldn't have just sat down for a nice meal once a year will be the one to do so, and yeah, her baby's grown up and gone to school but that doesn't mean he has to ruin dinner with all the new stuff he's learning at school.

The eradication of racism is an evolutionary process not a revolutionary one.

It takes time. Identifying the casual racism at dinner and then immediately leaving means that the only person the racist can challenge is themselves. With that self-challenging, hopefully, a seed of doubt is planted. As the seed confronts beliefs, it grows into lasting change.

If not, Ole Grams will be gone and the young turkey-gobblers will have learned better.

A unified Jewish community

Dispelling the myth of the self-hating Jew

ALEX ROSE, NEWS EDITOR

Last year, my cousin—whom I love and respect—used a phrase to describe one of my best friends whom I also love and respect.

It was a pejorative term that accuses the named person of committing that greatest sin in our identity-obsessed world: traitor to one's own kind.

You're not sitting here in suspense, of course, because you see the title of this piece. You know that I am talking about. I'm talking about the 'self-hating Jew.'

But, my friend isn't self-hating. She's proud to be Jewish and expresses it in meaningful ways. She went on Birthright Israel, a philanthropic opportunity for Jewish youth. She attends local Jewish events and hosts Shabbat dinners at her apartment. She's also critical of Israel.

This article isn't a referendum on the morality of Israel. I make no value judgments about Israel's actions. This is about the reasons Jewish people criticize Israel, and how a Jewish community full of diverse perspectives on Israel—and everything else—can learn to better understand and respect each other.

Rightly or wrongly, global Jewish identity has become totally intertwined with Israel. The conflation of these two concepts manifests itself in different ways. On one hand, it's the reason my friend feels compelled to criticize Israel; she feels automatically complicit in Israel's decisions, so she wants them to represent her values. When these decisions don't, she resents that they are being perpetrated in her name—so she speaks out.

On the other hand, it informs the way many Jewish people react to criticism of Israel—since Israel is an integral component of Judaism, Israeli criticism amounts to veiled anti-Semitism.

That accusation is often—though not always—a valid claim. But valid or not, it creates a binary—an “us vs. them” mentality into which Jews who are critical of Israel do not neatly fit. Following that train of thought: if it's us vs. them, and these Jews are with “them,” then they are against “us.”

With the abuse we face from the rest of the world, how can our fellow Jews add to that in good conscience? The term 'self-hating Jew' is powerful when invoked in this context, but if my friend and like-minded people were truly self-hating, they wouldn't feel emotionally invested in, and responsible for the actions of other Jewish people.

They would simply hate other Jewish people.

Meanwhile, there are people around the world who really do hate Jews. We are judged by a double standard—Israel is subject to more scrutiny than every other country. No matter what your opinion on Israel's existence and actions, it clearly is

we don't recognize the value of a strong critical voice when it comes from within. We *should* hold ourselves to a higher standard. We should be proud of our actions, and strive to improve them.

It's important to have a subset of the community that's critical of Israel, just as it's sometimes important for a person to question his or herself. It's also important to have a subset of the community who is confident in Israel, just as it's important for a person to feel self-assured and secure. But self-assuredness and security isn't a psychological plateau; it's an ever-shifting goal that we as individual people, and as a community of people, must constantly work towards.

Communities depend on engagement, and criticism is undeniably a type of engagement. In a secularizing world where spiritual leaders bemoan religious apathy among youth, this criticism should be seen as a gateway to Judaism, not a roadblock.

My friend and other proud Jews I know are critical of Israel precisely *because* they feel a connection with the land, *because* being Jewish is important to them.

They speak out not *against* Jews, but *as* Jews. They're excited to experience and learn about many aspects of Judaism—not just Israel. If we dismiss their passion, we all lose out on a valuable opportunity to enrich our mutual religious lives.

Instead of calling people “self-hating Jews,” we should consider their purpose. Are they working towards improving our collective actions as a Jewish people? If so, that's a worthwhile Jewish goal. People inevitably disagree about methods and ideas, but we shouldn't be so quick to doubt each other's motivation; we should not label fellow Jews as “them” in our false binary view of the world.

“They” are our Jewish family. “They” share our heritage. As parts of the world population wish us harm, or even total destruction, it's all the more important we stay strong—together—and accept the different parts of Jewish identity for what they are instead of denigrating them for what they aren't.

If you meet a Jewish person who actively spouts hatred against Jews and Judaism, then you've met a self-hating Jew. If you meet my friend, a proud Jewish person who is sometimes critical of Israel, then you've met a sister working hard at being Jewish in her own way



Drawing on experiences with friends and family, News Editor Alex Rose weighs in on the importance of mutual respect and critical thought in modern Judaism. Photo by Alexandra Sweny.

If like-minded people were truly self-hating, they wouldn't feel emotionally invested in, and responsible for the actions of other Jewish people

not responsible for over half of the human rights abuses in the world. Yet if you look at a list of United Nations Human Rights Council resolutions, over half of them are against Israel.

Unfortunately, we have become so accustomed to denouncing this clear double standard from without that



The Turkey Dump

Get ready for single life

MATT STICKLAND, OPINIONS EDITOR

This is the time of year when students get to go home after being away for the first time and spend time with family. And break up with their significant other.

When it happens there will be sadness and tears. Anguished cries and texts of “how could they!?” will be sent to besties across the country. Parents will come into the bedroom where the ball of sadness is happening to take away your ice cream, gently chiding that in this family, grief is eaten with a bag of chips—as they provide chips, plenty of booze, and a shoulder to cry on.

Life is over. Happily ever after has not happened, and therefore, will never happen. It's not the best of times and the worst of times. It's just the worst of times.

Good news is: math is coming to the rescue.

The reason the dumper is dumping their significant other is because for the first time, affection, love, and lust are not restricted by geography.

Think about it, in high school people are usually friends, significant others or sex opponents simply because they go to the same school and no one can drive.

University allows people to discover that

there are far more people in this world than in their podunk small town or tiny social circle in a big city. In these limited social settings people have to settle for someone who's just kind-of close enough to their ideal mate.

On campus there's a smorgasbord of people to choose from. For the shallow, there are people who look exactly like an idealized mate.

Naked time has never looked so good.

For the slightly less shallow, there are attractive people who have similar interests.

Foreplay has never been so fun.

For the not shallow, there are people with all sorts of minds and all kinds of thinkers.

Pillow talk has never been so smart.

University is the great equalizer. All-star high school athletes discover they aren't good enough to make the starting line-up and high school sweethearts discover their partners back home are just kind of okay.

While the fear of being alone forever is real, the fear of being saddled to mediocrity forever is more terrifying.

Good news for those currently drunkenly eating a bag of chips is: you too, are now free to explore the big world of potential notches.

A celebration of oppression

The innate colonialism of a turkey feast

LEXI KUO

Thanksgiving: the tale of the Plymouth Pilgrims, who sailed across the Atlantic in 1620 with the hopes of finding wealth, land, and religious freedom amongst the promising shores of the New World.

The Pilgrims' landing was a perilous one, and most passengers chose the endure their first New World winter from the safety of their ship. The winter was brutal—nearly half the pilgrims died from disease or malnutrition. In the light of spring, the Pilgrims made their move to land; they were welcomed by neighbouring tribes and educated in the ways of the land.

Their efforts proved worthwhile.

In November of 1621, the Pilgrims made their first corn harvest. In celebration, a feast was thrown and all were invited—including the Native Americans whose guidance had played a crucial role in the survival of the Pilgrims. This feast is what we have come to know as our beloved Thanksgiving.

The tale of the Plymouth Pilgrims is one of cooperation and appreciation, one that contrasts starkly with the dire reality that Indigenous peoples faced in the years of colonialism that followed—a reality that is still very relevant today.

The treatment of the Indigenous peoples by colonists throughout North American history, renders Thanksgiving a cruel irony.

The assistance from Indigenous peoples was vital toward the development of North America by ensuring the survival of the first colonists; in later years they contributed largely to North American prosperity through trade.

We would not be where we are today, if not for the aid of Indigenous peoples.

Not only did colonists fail to thank Indigenous peoples for their contributions, but they continued to the point of exploitation, without regard for the very people whom much of

their wealth was attributed to.

Perhaps Thanks-taking is a more appropriate name for this holiday.

Colonists did not stop at taking land and resources; they continued to take away pieces of indigenous culture and dignity. All the while, colonists continue to celebrate Thanks-giving every year—a holiday dedicated to the taking of what was never theirs to take.

The unjust treatment of Indigenous peoples wasn't just limited to the early phases of North American colonization. Much of the advances towards equality for Indigenous peoples in Canada have been within the past century. Even now, the state of Indigenous affairs is far from amended, as many reserves are still currently struggling with basic needs like housing and clean water. As well as larger issues like poverty and political strife.

Can Thanksgiving be celebrated respectfully? Given that to many Indigenous peoples in Canada it's another reminder of the brutality their people faced.

The true spirit of Thanksgiving lies simply in giving gratitude for each of our lives and the

good things that life entails, but this should not be the guiding factor in our modern interpretation of this holiday. That positive intention is clearly not the reality for Indigenous peoples.

The history behind Thanksgiving is not separable from its modern meaning—it shouldn't be.

If we seek to progress from this history, it is not enough to simply acknowledge the atrocities that occurred and continue to celebrate Thanks-giving in parallel. As the consequences of colonialism are still evident in modern

Indigenous culture, it must be a continuous effort towards atoning this injustice in our history; whether it's effort from the Canadian government by addressing the poverty on Indigenous reserves, or from each and every one of us by addressing cultural insensitivity and racial discrimination we witness in Canadian culture.

Atoning includes the redefinition of a holiday that has its roots in a misguided and oppressive history.

In a country where Indigenous issues are still at the forefront of our national identity, we must lift the fog of tradition and recognize Thanksgiving in the entirety its implications.

Perhaps Thanks-taking is a more appropriate name for this holiday.

Indigenous art a staple of Nova Scotian culture

Mi'kmaq people created famous poems, art pieces, and beading significant to provincial history

ERIN BROWN

October 1 is Treaty Day in Nova Scotia; it marks the beginning of Mi'kmaq History Month.

The purpose of Mi'kmaq History Month is to celebrate Mi'kmaq culture and history, which Dalhousie University students take part in every day as they attend their classes on traditional Mi'kmaq territory.

From the Nova Scotia Art Gallery, to the Halifax Commons, to Dalhousie's own Art Gallery in the basement of the Rebecca Cohn, students can view art from Indigenous peoples through generations of work.

The Indigenous Student Centre is another resource on Dal's campus for studying Indigenous arts.

In June 2017, Dal moved the centre to ensure there would be no barriers to performing smudging ceremonies. The new area also gives the centre more space for a library and an outdoor area.

Located on the Studley campus, the centre is home to resources, services, and staff who can offer learning material on Indigenous culture to those interested. The office space displays paintings and posters of indigenous artists of different tribes.

Michele Graveline is the Indigenous Student Advisor for the centre and is Métis. The centre's focus is support and advocacy for indigenous students attending Dalhousie, but they also host cultural events. Their 8th

annual Mawio'mi, a large community celebration that features Indigenous vendors, will be held on October 16 at the Dalhousie Quad.

Graveline cites some of Nova Scotia's great Mi'kmaq artists as Loretta Gould, a painter, and Rita Joe, a poet and songwriter. Joe—often referred to as the poet laureate of the Mi'kmaq people—gave a written legacy to the realities of the residential school system.

Joe's poem *I Lost My Talk* gained national attention for detailing the residential school system's forced assimilation into using the English language.

Indigenous people have a long history of creating beautiful and vibrant handmade clothing and art pieces. The art and style of beaded, handcrafted dangling earrings, and ribbon skirts are still common trends not always attributed to Indigenous peoples. This ignorance can be the cause of cultural appropriation for those who may not be aware that they are wearing traditional Indigenous clothing.

Medallions, which are hand-sewn and beaded, are often worn by men and have

significance to their imagery. The images are geographically related, tribal, or are associated with the person's spirit. These medallions can sometimes be cheaply replicated onto contemporary clothing and are without the purpose as in Indigenous culture.

Another popular Mi'kmaq good is Black Ash Baskets; there were made regularly before deforestation and environmental pollution, along with birch tree products.

Glooscap's Trading Post in Millbrook, NS is the closest Indigenous vendor to Halifax. The

store sells authentic handcrafted Indigenous art, and clothing with Indigenous designs.

The last two lines of Joe's famous poem *I Lost My Talk* characterize the need to attribute Indigenous art to their original creators, such as recognizing the significance of design in Indigenous clothing.

"Let me find my talk. So I can teach you about me," is a strong message in respecting Indigenous design and culture, so that we can continue to enjoy the beautiful art Indigenous communities create.



Dana Claxton's *The Mustang Suite* binds together urban and historical designs and frees the images from both space and time. Here, in *Baby Boyz Gotta Indian Horse*, the beading on the boy's Adidas track pants references traditional Lakota clothing. Photo from the Dalhousie Art Gallery.

Dalstrology

Thanking the stars

PIPER MACDOUGALL

LIBRA (Sep 23 – Oct 22)

Thanksgiving is a time to spend with family, friends and partners. Showing care for those you love is important right now. On October 14, Venus will enter Libra making your love life sizzle.

Bring to Thanksgiving dinner:
Classic pumpkin pie

SCORPIO (Oct 23 – Nov 21)

Abundance and good fortune will pop up for you throughout October! It's important to acknowledge your gaining wealth this Thanksgiving and thank the universe. Those who are thankful for what they have will be given more.

Bring to Thanksgiving dinner:
Gravy made from scratch

SAGITTARIUS (Nov 22 – Dec 21)

You're spending a lot of time in nature this month appreciating plants and animals. Show gratitude to your environment by giving back to it, and remember to snuggle your furry friend.

Bring to Thanksgiving dinner:
Vegan eggplant and zucchini casserole

CAPRICORN (Dec 22 – Jan 19)

These past couple weeks nothing seemed to be going your way, and that's okay, Capricorn. Show thanks to the universe for all situations, good or bad, and remember that blessings wear disguises.

Bring to Thanksgiving dinner:
Wine (red or white)

AQUARIUS (Jan 20 – Feb 18)

You are getting the hankering to travel and see new things. Show gratitude for places you have seen and the experiences that have made you a more cultured person, and watch the world open its door for you.

Bring to Thanksgiving dinner:
Antipasto platter

PISCES (Feb 19 – Mar 20)

The seasons are changing and you're making changes too! It's time to embrace the new and be thankful for the old. Trying out a new routine, getting a new haircut and making new friends are just a few positive ideas.

Bring to Thanksgiving dinner:
Poached pears

ARIES (Mar 21 – Apr 19)

You've been busy and stressed out from the daily grind. The planets this month are blessing you with more free time than usual; enjoy it and spend it how you like. Don't be afraid to indulge in leftovers and post-turkey naps.

Bring to Thanksgiving dinner:
Chicken biryani

TAURUS (Apr 20 – May 20)

If there's something you're saving up for or an experience you're dreaming about—take the time to be thankful for all the wonderful blessings in your life. Focus that energy out into the universe and it will boomerang back to you—by following that simple practice, prosperity will find you fast, Taurus.

Bring to Thanksgiving dinner:
Maple roasted potatoes and carrots

GEMINI (May 21 – Jul 22)

This Thanksgiving, show appreciation for your friends. If you've lost friends in the last year, remember they were important to your life for a time, but there's a reason they're gone. Focus on the pals you have—why not try DMing one you haven't seen in a while.

Bring to Thanksgiving dinner:
Mac and cheese

CANCER (Jun 22 – Jul 23)

This fall you will be stumbling upon new music, books, movies or games that will entertain you when you need some time to yourself. Be thankful for these things for they are great comforts and distractions when you need alone time.

Bring to Thanksgiving dinner:
Candied sweet potatoes

LEO (Jul 24 – Aug 23)

It's a crucial time to show your body some love. Nourish yourself with tasty food, do the activities you enjoy, treat yourself to a massage or spa day and remember—self-care is key.

Bring to Thanksgiving dinner:
Steamed buns with meat filling

VIRGO (Aug 23 – Sep 22)

Lately you've been too hard on yourself. Look back on all the positive changes you've made in the past year and be thankful for your greatest accomplishments. More to be thankful for will come your way in the next month—keep climbing high and don't give up.

Bring to Thanksgiving dinner:
Slow cooker stuffing



By: L. A. Bonté



For more comics visit FilbertCartoons.com

Delicious dishes to serve at Thanksgiving dinner

Add a unique twist to traditional Thanksgiving

VARIOUS CONTRIBUTORS

Tang Bing Northern China

Submitted by Lianne Xiao

This recipe is simple and came from Lianne’s father’s memory.

Ingredients

Flour
Cooking Oil
Water
Sugar

Directions

Cooking oil: I am not sure how much, like less than half a rice bowl of cooking oil.

Dough: use 2 hands full of flour and mix with water. Use your hand to mix and make the dough. After you’re done, leave the dough sitting for 15–20 minutes.

Making sugar: Use half a rice bowl of sugar and 1/3 bowl of flour. Mix them up.

Making pastry: Put dough on the board. Use rolling pin to roll it and flat it to thin, like thin enough. Put half your cooked brown oil and flour on it. Spread it out evenly. And roll up the flatted dough. After rolling up, cut portions into one finger long. You cut all into portions. Use the rolling pin to flaten one portion and put some sugar and flour on it. Roll them up to make a round shape. Make sure it covers the sugar with no leaking. Make all portions like this round shape with sugar in it.

Cooking: Heat frying pan and put a little oil and spread out. Put round Bing (pastry you have made) into the pan until full. Flip it over and over. Don’t let them burn. Keep the burner at a mild heat. It takes about 5 minutes for cooking, I think. Take them out and place onto plate. Don’t cover them. They are crispy and sweet.

Mashed Potatoes

Prince Edward Island

Submitted by Laura Hardy

Ingredients

Potatoes
Butter
Water

Directions

Put potatoe in water.
Boil potatoe until soft.
Mash potatoe.
Put on butter.
Consume.
“We are simple people.”

Wacky Cake Nova Scotia

Submitted by Jessica Briand, Arts and Lifestyle Editor

This recipe is the result of World War II food rationing.

Sift together

½ cup of flour
1 tsp. of baking powder
½ tsp. of salt
1 cup sugar
1 tsp. baking soad
4 tsp. of cocoa
Spread sifted mix into an 8”×8” pan
Make 3 holes in mixture.
In one hole put 1 tsp. vanilla
In the second hole put 5 tbsp. butter
In the third hole put 1 tbsp. of vinegar
Over this pour 1 cup of warm water and mix well (make sure water is warm and not hot)
Bake at 350°F for 30 minutes.

Veggie Supreme Fare for Friends

Cookbook (United Way)

Submitted by Michael Greenlaw

Ingredients

2 cups fresh broccoli florets and tender stems
2 cups fresh cauliflower florets
2 eggs
½ cup mayonnaise
1 medium onion, finely chopped
1 can (10 oz./284 ml) cream of mushroom soup, undiluted
1 cup old cheddar, grated
½ cup butter, melted
1 box (6 oz/175g) seasoned croutons, crushed

Directions

Preheat oven to 350°F (180°C). Cook veggies in boiling, lightly salted water for 5 minutes. Drain thoroughly. Distribute evenly in lightly buttered 11”× 7” (3L) casserole dish

Beat eggs; combine with mayonnaise, onion, mushroom soup and ½ cup grated cheese over entire top of the casserole. Distribute crushed croutons over melted butter—they will absorb butter as casserole bakes
Bake for 40 minutes
Serves 12
Bonus: this is better if prepared a day before and baked just before serving

Toutons Newfoundland

Submitted by Haley MacKenzie

Ingredients

Pizza dough

Directions

Let pizza dough sit out all night to rise. Divide dough into sections smaller than your fist. Cook in butter or grease your pan. Let dough balls sit in the pan for about two minutes per side, or until golden brown. Enjoy.

Sweet Potato Sheppard’s Pie

British Columbia

Submitted by Kaila Jefferd-Moore, Editor-in-chief

Picking the ingredients for this recipe fresh from my mom’s garden on Vancouver Island added extra yum to the recipe.

Ingredients

Topping
2 lbs sweet potatoes
a dollop of sour cream
½ cup organic vegetable broth
½ cup almond milk
salt and pepper to taste

Filling

2 lbs ground turkey/chicken/beef
1 medium onion
3 large carrots
3 cups frozen green beans
½ cup canned peas
1 cup veg broth
1tsp Worcestershire sauce
4tbs ketchup or Tomatoe paste
3–6 cloves of garlic
salt and pepper to taste
olive oil

1tsp rosemary
1tbs flour

Directions

Boil sweet potatoes and garlic in a pot of salted water until cooked and soft. Drain and mash with veg broth, sour cream, salt and pepper. Set aside.
Preheat oven to 400°F.
In a large saute pan brown turkey; season with salt and pepper. When cooked, set aside. Add olive oil to a new large pan, then add the onion and sauté one minute. Add the carrots and half the green beans, salt and pepper to taste; cook about 12 minutes, until carrots are soft. Add garlic; sauté another 3–4 minutes. Add flour, salt and pepper and mix well. Add rest of green beans and peas, veg broth, tomato paste, Worcestershire sauce, rosemary, cooked turkey, and mix well. Simmer on low about 5–10 minutes. Transfer filling portion to a pan, spread potato around. Cool for 20min. Cool for 10min then eat.

Caribou (Wild Game) stew &

Gwich’in style Bannock

Northwest Territories

Submitted by Kaila Jefferd-Moore, Editor-in-chief

Before I became a vegetarian, I grew up loving this shit, okay. I can still enjoy the simple pleasure of bannock, though.

The Stew

Cube up caribou meat and dice one onion. (Use can use any wild game meat you’ve hunted. Rabbit, moose, caribou, and bison are all good substitutes.)
Add 6 cups of water and simmer the caribou and onions for about 1 hour
Add diced: carrots, celery, and potatoes. Add spices like salt and pepper to taste. Throw in some frozen peas and corn and 1 cup of rice.
Let simmer for 1 hour.
Enjoy with some frybread or (if you must) a dinner roll.



Editor Kaila Jefferd-Moore dives into this year’s Dal Reads book, *We Were Not the Savages*, in the HMCS King’s Wardroom.

Dal Reads: We Were Not the Savages

Setting the record straight on what is Canadian history

KAILA JEFFERD-MOORE, EDITOR-IN-CHIEF

Daniel N. Paul was born in Indian Brook, Nova Scotia. When he was a kid, he witnessed first-hand how the “Indian agents” treated his parents and community members.

Paul was raised in an educational system that taught him he was “good at making axe handles and things, and that was it.”

Frustrated by the lack of knowledge and dealing with an inferiority complex from growing up in a hostile learning environment—Paul has written a massively informative book that exposes the brutal and devastating treatment of the Mi’kmaq peoples by settlers.

“My goal was to set the record straight,” he says of his book.

“I was taught, when I went to school, that I was a savage. Part of a barbaric culture; and that I had to go the right way, which was the white way,” says Paul.

“This didn’t impress me too much when I was young, and when I got older I decided to do something about it.”

He begins *We Were Not the Savages* by stating the history Canadians know is not *his* peoples’ history. He uses documents written by the settlers to prove his point.

“When you use info available in archives of Canada, of Nova Scotia, and England—then I think they have a hard time arguing,” says Paul of his reasoning for scouring and using mostly records and documents pulled from the Crown or the Government of Canada.

In 1993, the first edition of *We Were Not the Savages* was published after he was asked about his Mi’kmaq culture while living in the United States, and his answer was that he didn’t know much—he was told to find out.

“I wrote the book with the intent of educating the public of the real history experience in this neck of the woods,” says Paul, who think it’s great it’s been chosen for Dal Reads this year.

“I hope the takeaway from it is the knowledge; and an appreciation that the history as previously written by Caucasian authors was mostly white supremacy driven, I guess,” says Paul.

“[Canadian education] always depicted our people as savages and Europeans as civilized people; but as I like to point, out civilized people don’t burn people at the stake.”

2016/17 Vice-President of the Dalhousie Indigenous Student Centre, Aaron Prosper,

approached the Dal Reads committee last fall and asked if they would consider choosing a book written by an Indigenous author.

Dal Reads Steering Committee Chair, Marlo MacKay, says it was a collective process; the committee reached out to the Indigenous Advisory Council and also sought feedback from students.

“We got to the point where people kept recommending *We Were Not the Savages* so we went with it,” says MacKay.

These days, Paul is living in Halifax, and his biography *Daniel Paul: Mi’kmaw Elder*, written by Jon Tattrie is to be published on Oct.18 followed-up by the release of Paul’s new novel, *Chief Lightning Bolt* on Oct. 19.

MacKay says that because *We Were Not the Savages* is so central to Paul and his biography, the committee decided to host a launch party for the biography as a Dal Reads event. The launch will be held in the University Hall of the MacDonald building at 12:30 p.m. on Oct. 19.

Paul will also be delivering a public lecture on Oct 23—for more info on these events search for the Dal Reads page on the Dal libraries website.



Thank-you for caring

A thank you note to mental health supporters

ALLY GEIST

Thanksgiving is just around the corner and serves as an important reminder to reflect on all of the blessings in our lives.

Student life can be stressful. Sometimes, it’s hard to think of all the wonderful things that surround us when we’re stressed about that midterm, trying to meet that deadline, or in a mental health slump.

I’ve been reflecting on all of the incredible people I have in my life—from family to friends, to professors and mentors, and fellow advocates and creators.

What I am especially thankful for this fall is the people in my life who support me through the good times and the bad. When the semester is in full-swing, I start forgetting to take care of myself; I fall back into negative habits and coping mechanisms. I’m so grateful to my friends who know me well—who notice when I’m not treating myself kindly, and who remind me to take a step back.

I’m grateful for friends who see when I am struggling, offer to make supper with me and sit down to catch up.

To the friends who make me my favourite foods when I feel too stressed to eat, or who snack with me throughout the day—to the friends who hold my hands when I have panic attacks, who listen to my rants and encourage me in pursuing my creative degree: thank you.

To my friends who remind me that I’m worthy, loved, and doing just fine: thank you.

To the people who see when I’m sad, blast an ABBA song and dance around the room with me: thank you.

This Thanksgiving season, remember that no matter what you have going on, there is always something to be grateful for. And, hey—maybe tell someone you care about, that you appreciate them. A little appreciation goes a long way.

Checking in with your friends is a simple way to show you care.

Indigenous designers fashion fuel

Twin Mi'kmaq artists streetwear brand one-of-a-kind

KAILA JEFFERD-MORE, EDITOR IN CHIEF WITH FILES FROM SERENA JACKSON

Mi'kmaq twins Chris and Greg Mitchell are a Haligonian force to be reckoned with. They're known for their streetwear designs depicting Mi'kmaq emblems such as the double-curve motif and spreading First Nations messages such as "Sage and Decolonize."

The innovative designers believe their apparel is for everyone to wear and enjoy—regardless of background, heritage or race. Fans can be sure that the Mi'kmaq-inspired designs they are sporting are an accurate and undistorted representation of the Mi'kmaq legacy.

The twins began their entrepreneurship into the medium of wearable art with a different idea in mind: Allnighters.

"When we were in college, we originally had a clothing brand, but it was all like, pizza – that kind of stuff."

"So, we already had experience doing, you know, clothing," they said, "but we wanted to have some traditional Mi'kmaq designs to wear while we were in New York."

The move into creating a Mi'kmaq clothing brand was an organic one. They'd been interested in sharing their culture with their friends while they lived in New York for post-secondary.

"We couldn't really find the exact traditional Mi'kmaq designs we were looking for, so yeah—we were already doing paintings and beadwork of Mi'kmaq stuff and we decided to put it on the clothes so we could wear them. And it went from there."

"People keep asking us to put our logo on stuff so we will continue to make Mi'kmaq stuff, but also more things with our logo on them."

Greg and Mitchell look for inspiration from current trends. Vancouver-based clothing brand Section 35 is a similar "contemporary streetwear," style they aim for that's also designed by First Nations.

"And you got The NTVS; they're an American brand. They do a lot of cool stuff. OXDX is another big brand—they're similar to the other Native brands."

"You want to differentiate yourself to be like, Eastern woodlands and the Maritimes and First Nation culture, rather than a more Western image."

The boys are always thinking of new stuff.

"It's kind of an open market and it's never been done before—well, no one's

done it," they say. "So, we do a lot research on Instagram. Just like, big brands like, Vetements and Off-White."

If they see a look trending, such as long sleeve T's with just print on the sleeves, they jump on the oppourtunity to bring a Mi'kmaq twist to the trend.

"So, we say 'okay, so I'll take this idea and make it Mi'kmaq.'"

After spending their summer going around to powwows around Canada they say they always received positive response. They're main supporters seem to be a lot of First Nations peoples living in urban environments such as Toronto or Vancouver they muse.

"There's only been one complaint," they said.

The twins aren't interested in chasing the money, though.

"It'd be nice to have more recognition of First Nations people in contemporary culture," they said. "You know, so you can see that First Nations have a place in the whole entire culture. We'd like to be a respected brand."

They believe that the shared experience of contemporary fashion can pull this together.

"Instead of being seen as just a museum exhibit, or like, 'Oh, it's only for Native people' – instead like, anyone could be rocking clothing from a Native-owned brand."

"When we create our designs, we keep in mind that we have a lot of friends and followers who aren't First Nations."

They have people coming to them often asking if they're allowed to wear or buy the brand.

"We tell people like, 'Yo, if we made something that only First Nations people would be allowed to buy then we wouldn't really sell it.' Because we don't want to have that exclusionary brand where it's like, 'hey, members only.'"

Cultural appropriation is the adoption or use of the elements of one culture by members of another culture and these guys say they always keep it in mind.

"We see brands, you know, like Diesel or someone, who have a 'native guy' with a headdress on, and it's inappropriate," they made clear, "[if] you want the appropriate, authentic, accurate representation of it, then we have it."

Check out Born In the North on Instagram @born.in.the.north or online at borninthe-north.com

Five-hundred people fed for Thanksgiving

Souls Harbour makes a difference one month at a time

CHIARA FERRERO-WONG

The season of sweaters, pumpkins, and changing leaves is approaching, and with it, Thanksgiving; the holiday we all associate with an abundance of food—mainly turkey, mashed potatoes, and pumpkin pie. For a lot of people, this time of year is when we come together with those we love to show our thanks for the lives we lead.

For Michelle and Ken Porter, this is a time for doing what they love most: giving back to members of the community.

The Porters are the founders of Souls Harbour Rescue Mission Halifax, a charity dedicated to helping those afflicted by poverty. They offer food, clothing, shelter, as well as recovery programs and religious guidance. The Porter's live frugally to stay dedicated in offering all they have to those less fortunate. There's a verse in the bible that says to sell everything you have in order to give to the poor—Michelle and Ken do just this.

When asked what the hardest part of her job is, Michelle replied, "not having enough hours in my day! Our work at Souls Harbour is only six years old and we are growing by leaps and bounds, so there is always much to do to improve and expand our services to those in need."

On Oct. 7, the Porter's and the rest of Souls Harbour will be hosting a Thanksgiving dinner at both Halifax and Bridgewater locations. The dinner includes a traditional turkey dinner: stuffing, cranberries, mashed potatoes, gravy, vegetables—the works. They're preparing for 400 guests at the Halifax location and 80 in Bridgewater, with a team of 80 volunteers serving the events.

Souls Harbour first started in Regina, Saskatchewan and it soon became the largest service provider to the homeless in Saskatchewan, providing more than 100 000

meals a year with 90 overnight guests every night. When they thought it looked like this same service was needed in Halifax, Michelle and Ken sold what they could; they got into their car and drove across the country to bring their services to the east coast.

In order to get the organization off its feet in Halifax, the couple went two years without pay.

The drop-in centre is one of the main services provided by Souls Harbour. The drop-in centre receives local calls, carries daily newspapers, magazines; it has a lending library, computers for use, free income tax returns offered both in English and Spanish, and up to 100 hot lunches each week.

Souls Harbour also hosts the Good News Chapel; a church service led by Reverend Ken



Founders Ken and Michelle Porter started Souls Harbour Rescue Mission Halifax six years ago—and have changed innumerable lives since then.

Porter. Souls Harbour offers these services to offer the less fortunate a community to be part of. It's been shown that being a part of a community, like a church, leads to more success in beating addiction, as well as building compassion for fellow community members.

The Good News Chapel opens its doors to all—regardless of social status, gender, race, or religious beliefs. The service is run from 7–8 p.m. every Wednesday evening with a sermon given by Reverend Ken Porter and snacks provided afterwards for all attendees.

"This year we just won \$20,000 from 100 Men Who Give a Damn. It will go towards our main floor space, so we can provide showers and laundry," Michelle said when speaking about all the plans on the horizon for the organization.

Currently, they're trying to win the grand prize from the Aviva voting campaign with the hopes to commercialize their kitchen, and provide a completely accessible dining area.



In the first race of the season, Dalhousie's men's cross country team managed to come away with a first place finish. Photo by Josh Young.

Tigers find triumph

The men's team finished first, and the women's team came second at the Dal/SMU Invitational

JOSH YOUNG, SPORTS EDITOR

In her first ever university level cross-country race, Dalhousie runner Savannah Jordan won.

"Yeah, I am excited," said a smiling Jordan after the race.

Racing at the Dalhousie/Saint Mary's Invitational at Point Pleasant Park on a humid Saturday, Sept. 21, Jordan finished the women's 6 km race in 22:39, which was 13 seconds faster than the second place runner.

Both the women and the men's team raced half of their team. The other half raced the previous week in Fredericton. This is because Dal Head Coach Rich Lehman doesn't want to overwork his runners in September, when the championship races are in October.

"I personally believe there are too many races in the AUS and I don't love the idea of people racing more than two, maximum three races before the championship races. Back-to back weekends, I just don't see the point in it," said Lehman. "Actually racing all-out for 6k or 8k, it takes a lot out of you. And you can't just come back and train the Monday or Tuesday afterwards so it's less about burnout and making sure we are ready to go when

we need to."

Neither team ran all-out for the past two races. Lehman instructed Dal to run relaxed in the first half of the race and then start competing in the second half.

The Dal women's teams finished second in the race, one point ahead of first place Acadia (the less points the better in track). Dalhousie runners Shaylynn Tell finished fifth, Kate Scallion 21st, Sarah Mason 23rd, Brooklyn Rawlyk 28th, Abby McDonald 46th and Molly Miller 48th. There were 61 runners in total. They finished one spot up on the group that raced in Fredericton.

The men's team won first, matching the other half of the team's performance in Fredericton. Dalhousie runners Cal Dewolfé finished 4th, Graeme Wach 5th, Will Russel 9th, Hudson Grimshaw-Surette 14th, Colin Long 17th, Dan Maguire 23rd, Blair Miller 28th, Mason Maxwell 42nd, and Alec Freeman 43rd—out of 60 runners.

This was Dewolf's first race in a Tiger uniform. Last season's AUS MVP ran his previous four seasons with Saint

Francis Xavier Univeristy.

"I've been with the [Dalhousie] guys for about a month now so it didn't feel too awkward. It was weird though seeing the X guys lined up with us at the start."

He would have liked to finish higher than fourth, but he was battling a cold and didn't feel his best.

Lehman said he didn't learn anything about either team from the first two races because they did not compete like they normally would. He did say that the men have lots of depth, which was shown by both halves of the team winning their races. He said the women's top four runners in Jordan, Tell, Michelle Ready and Jenna MacDonald are "among the best they have ever had," but he needs another runner to step up at the fifth spot.

Dalhousie's next race is in Quebec City at the RSEQ Invitational on October 7th. Lehman says that will be the first race in which they will compete hard right from the start.

"We don't race seriously in September, that's a rule in our program," said Lehman.

“We noticed she is a more mature athlete from that experience, which will really help us on the court and really help us provide leadership on and off the court” – Scott

Leading the way

JOSH YOUNG, SPORTS EDITOR

This summer, Dalhousie volleyball player Courtney Baker proved that she is not only one of the best women's volleyball players in Atlantic University Sport (AUS), but one of the best in the country.

An AUS first team all-star last season, Baker competed against 60 players from the NCAA, U SPORTS and professional players to make the Canadian senior national team this year. She made the team the previous summer as a member of the practice squad, but this year, she made it on to the main team and saw her playing time improve as the summer went on.

“I was really hopeful after the tryout but I was really surprised,” said Baker. “I wasn't really sure what to expect because there was a new coach this year.”

In July, Baker played her first international competition at the Grand Prix in Argentina, Puerto Rico and Canada. Baker was the second youngest athlete and was one of six U SPORTS players on the 21-player-roster. Therefore, she didn't see a lot of game action during the tournament.

Baker said the Grand Prix had some ups and downs for her. “Our new coach (Marcello Abbondanza) was pretty intense,” said Baker. “If there were games that we lost and didn't do well, we would have to stay up until 2 a.m. watching film, four hours of watching our own game and then scouting our next game for our next day.”

Baker still had fun. She said she was nervous playing in her first game in Argentina because it was a new environment for her.

“In our first games in Argentina the stands were completely packed and I have never seen so many fans and that much of a crazy energy in a stadium,” said Baker. “It was definitely nerve wracking, but it was also super energy giving and made it super exciting.”

In August, she traveled with a different Canadian team to the 29th International University Federation Universaide in Taipei, Taiwan. Baker ended up playing more because this team was made up of only university students. In Taipei, she was used mostly as a substitute, but in the team's last game against Latvia, Baker started and played all three sets. She led the team in

spike and running sets ratio, and was second in serves and third in digs. Canada won that game in straight sets.

“Taipei seemed pretty nice and I was pretty confident going in there and getting to play there a lot more,” said Baker.

The past two seasons Baker played as right side at Dal and had to go back to playing setter, her natural position, in the summer. She said it was an adjustment, but she feels caught up to play that position, which is the one she will be playing this year for the Tigers.

The biggest takeaway Baker received about her experience this summer was the amount of work she needs to put into the sport in order to be successful. At the Universaide, when Canada was scrimmaging against Japan, there was a two-minute water break available during parts of the game. The Japanese players would take a quick sip and go back on the court to do 10–15 extra reps. Baker saw how beneficial that was because the Japanese made it to the finals.

“I just think that it kind of exposed me to the amount of effort it takes to be that good, that it is rewarding, and that it does work if you actually put in the work and do what it takes,” said Baker. “There is a lot of talk behind it, but I think it's important and it shows when I saw them make the finals at the tournament.”

Baker believes if Dal puts in the hard work required to be a great team, then they could win a national championship. She is planning to lead the team on that front. Scott said it's too early for him to say if she has become that leader, but he has noticed that she is more composed coming back this year.

“We noticed she is a more mature athlete from that

experience, which will really help us on the court and really help us provide leadership on and off the court,” said head coach Rick Scott.

Scott also believes Baker's impact can stretch further than Dalhousie. If Baker, who is from Bridgewater, N.S., can make the national team, it shows that other athletes from Atlantic Canada and the AUS can do the same.

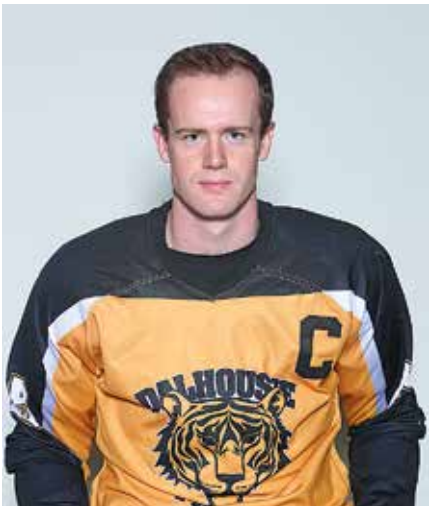
“It hasn't happened often and we hope it happens more, and I think she has proven that it can be done,” said Scott. “I hope it leads to more kids making the program in future years.”

Baker is happy with her summer and excited to get the upcoming season going with Dal.

“It was a great summer, it was a great experience,” said Baker. “It wasn't all super smooth but I think that I learned a lot and I'm excited for this upcoming season.”



Courtney Baker holds the Canadian flag proudly in a stadium packed with fans, athletes and coaches from around the world.
Photo from Courtney Baker.



Luke Madill, captain of the men's hockey team, believes this year's recruits will bring renewed energy to the ice.
Photo provided by Dalhousie Athletics.

Tigers hungry for playoffs

Tigers need to fix some holes in order to get to their goal

JOSH YOUNG, SPORTS EDITOR

Luke Madill believes the men's hockey team can be Dalhousie's best team in seven years.

That's because Madill, a fifth-year defenseman and captain of the team, believes the Tigers can get into the playoffs this year, something the team has not done since the 2010–2011 season seven years ago.

“I think the expectations are to build off what we did last year and be even stronger this year and make the playoffs and have a good run there,” said Madill.

The Tigers have shown hope of being a playoff team the past two seasons. In the 2015–2016 season, the Tigers were a .500 team past January 15th and missed the playoffs by 3 points. Last season they started off with 5 wins and seven losses up until Remembrance Day. After that they fell down the standings losing 15 games and winning only 3, but they still were only four points out of a playoff spot. This means if they can hover around .500 this year, the playoffs are a realistic possibility.

The team is young this year because they are bringing in nine recruits, with a few of them having a lot of success in major junior. First-year players Aiden Jamieson and Chandler Yakimowicz won the Memorial Cup with the London Knights in 2016. Forward Ryan Verbeek scored 42 points in his final junior season, and defenseman Duncan MacIntyre averaged just under 20 points in his last three full seasons in the QMJHL.

Even with a young team, Madill believes consistency and having a competitive mindset

is what the team needs in order to get into the playoffs.

“It is all about consistency,” said Madill. “It is a short season, 30 games compared to a usual junior season (68 games in Canadian major junior hockey) which is what most guys are used to, so it's all about bringing that competitive hard working and physical attitude for every game and grinding teams down, doing what we can to make the playoffs.”

Dal did not have a good pre-season. They got outscored 15–0 in three games against St. Mary's, University of New Brunswick and Acadia. The defense should sort itself out; the team finished fourth out of seven teams in goals against last year. They are also bringing back six defensemen along with the additions of Jamieson and MacIntyre.

It's their offense that's the problem. The team finished last in goals for and shots on goal last year. Plus, they lost two of their most dangerous forwards in Fabian Walsh to Carleton University and Philippe Gadoury to the East Coast Hockey League. Madill believes the offense will get going once the season starts.

“We have some young guys who have had some pretty successful junior careers, so I think they will be able to contribute right away, and then we got some returning players who do have a little bit of offensive touch,” said Madill.

The season starts on October 6th against Saint Mary's at the Halifax Forum.

Rookie hockey players recruited from West Coast

Three women's recruits from the Program of Excellence move across the country to play for Dal

SARAH MOORE

In the spring, there was a constant chant that followed Molly Box around the Pursuit of

Excellence (POE) Hockey Academy in Kelowna, British Columbia. It came courtesy of her teammates Ariana Pinchuk and Tyra Death, who had both already committed to playing hockey for Dalhousie University.

“They knew I was looking still and they had this running joke—every time I see them they'd say ‘come to Dal, come to Dal, come to Dal,’” says Box.

In April, the decisions were final, and in September, all three rookies made the move across the country to play for the Tigers.

Hailing from Vernon, BC, Box moved out to Halifax because she wanted a new experience and a change from Western Canada.

“I wanted to be away and that's what it meant for me, for something to be new and exciting,” says Box. “I needed to go away from what I'm comfortable with.”

Having Pinchuk and Death alongside her, however, has still made the defencewoman more than happy.

“That's probably been one of the greatest things about coming here - that they've been here,” Box says.

Pinchuk, also a defencewoman, was the first of the three to commit to playing for Dalhousie back in December of 2016. She said that her decision was individual due to the uncertainty at the time of where her teammates would be playing.

“Tyra [Death] was kind of talking to them a bit and I didn't know if she was for sure coming or not, so it was all kind of up in the air at that point,” says Pinchuk.

The Sherwood Park, Alta. native chose to move to Eastern Canada because she loves the East Coast, and she's happy with how things have turned out with Box and Death along with her.

She says that it's “way more comfortable having a group of friends you're familiar with already. Moving in and living away from home,



Three of Dalhousie's newest Program of Excellence recruits, from left to right: Ariana Pinchuk, Tyra Death and Molly Box.
Photo from Tyra Death.

it's nice to know people coming into this.”

It's a sentiment echoed by her teammates, as Death agrees that they're all adjusting well in the transition to university hockey.

Death, a science student from Grand Prairie, Alta., chose to study at Dalhousie because she wanted to play hockey in Canada and because of Dalhousie's academic reputation, especially for medical science.

Although the 5'3" forward has been sidelined for the month of September by a torn MCL and meniscus, she hopes to be practicing in full equipment in the next couple weeks.

Death also credits the Pursuit of Excellence program in easing the transition to university. In terms of travelling for hockey, workouts, and ice times throughout the day, “POE prepares you pretty well,” she says. “It's a really busy schedule but it's similar to this.”

Head Coach Sean Fraser agrees: “We know what we're getting when someone plays [at POE] because of their schedule and because of the level they play at before they got here.”

In addition to the POE alumni, there are six other rookies on the team, hailing from Ontario, Nova Scotia, and New Brunswick. The coaching staff expects the rookie class as a whole to have an impact during the season.

“We're excited for the year,” says Fraser. “We think they'll all be able to step in and contribute in many different ways.”

It's highly unusual that the team has so many first-year players from Western Canada. This is the most they've had in one recruiting class, but it wasn't by design. Nonetheless, the coaching staff is pleased with the results.

“Those were the players we were happy with in the recruiting process and wanted to add to our roster,” says Fraser, “and we were lucky enough to get them all.”



Swimming coach Lance Cansdale has high hopes for the teams this season. Photo by Alexandra Sweny / Pool photo by Trevor MacMillan.

Back on calm waters

Dal swim team back at home in Dalplex

JOSH YOUNG, SPORTS EDITOR

After a hectic season last year, the Dalhousie swim teams are living a normal life again.

Last season, as previously reported by the *Gazette*, the Dal swim teams had to train at the Centennial pool from December of 2016, because the Dalplex pool was trying to fix leaks. It meant their usual training time was cut in half, and they had to train between 9 p.m. to 10:30 p.m. With the leak situation cleared up, the Tigers are going back to business as usual.

Dalhousie swim Head Coach Lance Cansdale, said it is huge to have the Dalplex

pool back.

“We have a chance to definitely improve upon last year, just because of our situation. Already in our make-up we are one place ahead,” said Cansdale.

Cansdale explained that usually they run 11 practices a week and four dry-land training exercises. However, the swimmers usually show up to eight practices and two dry-land sessions. That gives the athletes more room in the pool to train, which is important when most of them are training for events above 200

meters. At Centennial that wasn’t an option, so it was more crowded in the pool. Even though both teams won the AUS conference, Cansdale believes the team wasn’t prepared for the tougher competition at nationals.

This year, the men’s team will have last season’s AUS MVP Gavin Dyke returning for his fifth season. They will also have Alec Karlsen, who set an AUS record in the 400m last season, and strong swimmers in Morrgan Payne, Tyler Immel-Heron, and Quinn West, who all won gold at the AUS championships. They should contend for another conference championship this year.

The women’s team took a big blow in the July when superstar swimmer Phoebe Lenderyou decided to leave Dal in order to go back home to Newcastle, England and train

for the 2020 Tokyo Olympics.

“When you lose your best swimmer, it changes the dynamic and personality of the team,” said Cansdale. “I feel like there is a hole, but there is a resolve and optimism in our girls team to step up and go, so I’m excited to see where that leads us.”

Cansdale believes Lise Cinq-Mars, Claire Yurkovic and recruit Isabel Sarty are the candidates to step up and replace Lenderyou’s presence on the team.

The team has an interesting group of first year swimmers this year. Cansdale said he had trouble getting recruits to come because he couldn’t guarantee the leaks would be fixed at the pool. He has seven walk-ons, which is unusual for Dal, but he thinks they will still be good.

“I feel like we are actually better than we were last year, potentially. Potential and 25 cents it isn’t even a cup of coffee, its kind of a dirty word,” said Cansdale. “But we have that in the water right now. Now it’s my job and the coaching staff’s job to mold it into something that can gather momentum as the season goes on and hopefully perform on point when it comes February, whether at the AUS or U SPORTS championships in Toronto.”

Cansdale doesn’t know for certain how he feels the swim team will do this year because he hasn’t seen any races yet, so he doesn’t have anything to compare his team with. Cansdale’s main focus is making sure the athletes are faster swimmers and then let the rest take care of itself.

“Yeah we would like to win, we would like to do well at nationals,” said Cansdale. “The

thing that we can control is making sure we are better at the end of the year than when we were starting at the beginning of the year. Then we will let the chips fall where they may.”

The team is riding two big AUS championship streaks heading into the year. The women can win their 17th straight AUS championship, while the men can reach the 20th straight championship milestone in the AUS. Cansdale wants his team to focus more on improving as swimmers, instead of the end result, so that the season doesn’t seem like a waste of a year if they don’t win.

“For us, it’s making sure the process is adhered to and then ultimately we come out and be successful. So far it has been successful in my first five years, and I think we can be successful again.”

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