

The Dalhousie Gazette



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The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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YOUR UNION, YOUR VOICE

ISJ DALHOUSIE STUDENT UNION

ANNUAL GENERAL MEETING

5:00 PM WEDNESDAY APRIL 6, 2016 ROOM 303, SUB

BRING YOUR DALCARD TO VOTE

Untz untz ear
health untz untz

PG. 10

Open Mic on brink
of existence

PG. 11

Homelessness:
two different perspectives

PG. 12



Presidential Chitchat: Dan Nicholson

Last year, the *Gazette* sat down with the 2015/16 DSU President to see what he wanted to achieve. This is the interview.

ELEANOR DAVIDSON, NEWS EDITOR

Dalhousie Gazette: *What made you decide to run for president?*

Dan Nicholson: If I had to narrow it down to one specific thing, I guess it was just my feeling of not personally knowing what the union was up to or what they were doing in terms of student outreach, student programs, I really didn't know about things that I was able to do. And for me being in my fourth year, that seemed like a problem to me. I hate to lay blame, I don't think that I can lay blame, because there were a

lot of other things that went on, but in my mind it's a problem if I've been here for four years and I still don't know all the things that are available to me. I still don't know all the things I've been paying for or who to talk to if I want to, say, complain about my courses. I think one of the main things that I wanted to do is really make it a more user-friendly union.

DG: *You haven't been on DSU council before. Do you think that that is an advantage or a disadvantage?*

DN: Not formally, no. I think it's a little bit of both; it creates a

very steep learning curve. Every day I'm taking in new information before the formal start date of the position, so it's just like everything coming in is fresh, is new. In some regards I can see the disadvantages there, I'm going to have to get familiar with all the policy and procedure and whatnot. But, I think it gives me an advantage in that it's sort of like a fresh eye looking at things. I'm coming in to it trying to reach out to student who are maybe overloaded with school and don't have time to dedicate to reading policy and procedure or looking into the finer details of what services are available or what have you.

DG: *What plans do you have for next year?*

DN: I have quite a few plans, and I think they're going to start right away in the summer. Our executive coming in is very strong, in my opinion, and I think that we can get on the same page about a lot of goals, and that's going to be our main focus for the next little bit, at least trying to align some of our goals so that we can work as a unit or as a team. You can't really deny that in the last few years there's been a bit of a disconnect between the executive, so if we can minimize this disconnect and work together to achieve some common goals I think we could really accomplish some crazy awesome things.

DG: *And do you have any specific “crazy awesome things” you want to accomplish?*

DN: There’s a lot going on in meetings, and I know that now they cap them at three hours, and if the meeting reaches three hours then that’s it, which I think is a great start because if you’re having meetings every two weeks that are going five hours long then that’s a little crazy. But I think there’s a lot we could do in terms of modelling other unions, and in particular the King’s Student Union. They have this idea where if all councillors have a card that they can raise if they have a question about something that was said. This allows the Chair to explain what they just said, instead of stopping the meeting, addressing the question and having to start right up again. Little implementations like that, cheat sheets or these little question cards, can help with the flow of meetings. Of course I can’t do that on my own, but our executive and our council will definitely work together. The meetings are where a lot of things stem from, but a lot of councillors are going to meetings and getting frustrated at the meetings. How can you expect anybody who has sat through these meetings to make a reasonable decision anymore? If we can implement small changes, not just at the meeting level but small changes all across the board, then that’s where we’re going to see some of the larger things start to change and transform.

DG: *What makes you most nervous about this position?*

DN: I would say, I’m pretty new to this whole public eye thing, it’s kind of a big step from a D-Level society (the Undergraduate Neuroscience Society) to the executive council of the union, but things that are everyday things for me, like going on Twitter, tweeting my own personal opinions, I think that I’ve definitely taken things like that for granted, where I’m not under the microscope, but I’ve realized even now in the last three weeks, I need to be very careful about what I say or how I word things, there’s a lot of people looking with all different perspectives, and taking that into account is going to be interesting. I plan to take a media sensitivity course or training session.

DG: *Dal has seen several incidents over the past few months that have put it into the public spotlight, and have not reflected very positively on the school. If such an incident were to occur in the future, what would your take on it be?*

DN: That’s a tough one, because in order to address some of the disparities or the problems that we’re facing, especially in terms of misogyny or systemic sexism, one of the main things that we need to do is speak up and say ‘Hey, this is happening. I feel like this and other students feel the same.’ So, how can we still speak up and still vocalize our concerns without drawing negative attention? I suppose the best thing we can do is try and spin that conversation in a positive way.

Dalhousie Gazette: *How do you think that Dal students connect to the role of DSU president, and is there anything that you would change about that?*

DN: I want to have sort of ‘floating’ office hours throughout the week at various local places, whether it’s at the Killam or the SUB or the LSC or anywhere at all, where I’m there for a couple hours with a sign saying ‘Hey, I’m your DSU president, come chat.’ Someone joked about it and said ‘Ya you’d be in the Killam but it’s not like they could just come and ask what kind of sub they should get at Subway’ but if you want to ask me what kind of sub I would get at Subway, I don’t care. That’s one of the

things I really want to stress, my approachability. I am open and willing to talk about anything with anyone who wants to come chat, and I think making that known and making my presence known on campus the best I can, whether it’s with a giant neon sign or in any other way.

Dalhousie Gazette: *Is there anything else you would like to add?*

DN: I really want to convey that I’m here for the students, to listen to anyone and everyone who wants to chat. I encourage students to make it out to the DSU meetings that we have, I’m hoping to make them more digestible. We talk about some legitimate issues that directly impact students, so that’s a good start. Or at least coming out to the general meetings that we have once or twice a school year is a really good start. Just to kind of gain awareness of some of the big decisions that are being made. That was a big thing not just for me, but for a lot of other students, like ‘oh I didn’t even know this decision was made in council’ or ‘oh I didn’t even know that could make decisions like that without consulting students.’ Approachability and visibility are the two things that are big time for me.’

International Women’s Week panel portrays the complainant’s side of Ghomeshi trial

VICTORIA WALTON

From March 7–12, International Women’s Week 2016 took place around the world. At Dalhousie, students, professors and community members saw this week as an opportunity to open the discussion up and talk about wider cultural issues—those that affect women and men every day.

Former gender and women’s studies student Andrea England was one of the organizers for a panel that took place on

The panel sought to discuss how the defence often criticizes women’s behaviour and their issues of memory and accuses them of lying or being inconsistent. “We didn’t actually get any expert witness testimony,” said England about the Ghomeshi trial. The panelists, some of whom work with sexual assault victims every day, seek to put victim’s behaviour into the context of PTSD and other conditions related to trauma.

“Women in some cases are assumed to be lying until proven truthful.”

Tuesday, International Women’s Day itself, at Dalhousie. She planned the event, titled *The Jian Ghomeshi Trial: Fifty Ways to Discredit Your Complainant* as part of a final project for her degree.

The panelists were two SMU professors, a sexual assault centre employee, and Dalhousie Associate Director of Student life Melissa MacKay. MacKay was involved last year with the restorative justice process after the Dalhousie dentistry scandal, a topic that England says is “closely linked” to the discussion.

The panel discussed how the focus of former CBC radio host Jian Ghomeshi’s trial seemed to be on the credibility of complainants instead of the defendant. “Why did it feel like it’s the complainants who are on trial, and their credibility is at issue?” says England. “The defendant’s credibility didn’t seem to be much of a subject of discussion, not only in the media but at the trial itself.”

Many are asking whether Ghomeshi’s defence lawyer is going too far or being too harsh, but England says, “The focus shouldn’t necessarily be on whether Marie Henein is being tough, but whether this is a systemic practice.”

England says part of the systemic problem is that, in a judge trial, decisions are often based on case law. “Historically, women who have been victims of violence have been not been given the benefit of the doubt,” she says. “You don’t want to risk condemning an innocent person, and that should include complainants.”

All defendants in Canada are presumed innocent until proven guilty, but England says, “women in some cases are assumed to be lying until proven truthful.” The legal system is complex, but the panel’s focus was on the reasons why the court system is biased against women, which the Ghomeshi trial is an excellent—and public—example.

The panel opened Tuesday with England reading a Facebook post that Ghomeshi posted in the early days of the accusations against him. The post, claiming that the allegations against him were “salacious gossip, in a world driven by hunger for scandal” added fuel to the public narrative and left room for public speculation.

“But this is really not about the Ghomeshi trial, so much as it’s very representative of what happens typically,” says England. “It would be interesting to know how many cases were prosecuted in Canada this year in the exact same way, with the exact same tactics by (the) defence.”

Decade in review

Old man yells at cloud

JOHN HILLMAN, OPINIONS EDITOR

This week's *Gazette* is the final issue of the 2015-2016 school year. This is the time of the year when outgoing editors are supposed to reflect on their tenure with the paper.

This is kind of a big moment for me—the end of an era. I've been an editor for the last two years now, but I've been writing for the *Gazette* for much, much longer. Coincidentally, this issue actually marks the ten-year publication anniversary of my first *Gazette* article.

To put that amount of time into perspective, back when I nervously “Hotmailed” in my first piece, the *Gazette* was still making jokes about our creepy new Prime Minister Stephen Harper, and students were marveling over the incomprehensibly wonderful *Snakes on a Plane* trailer. It would take another six months before we first acknowledged the existence of Facebook in our pages (Facebook was “Hot.” Myspace was “Not.”)

This anniversary is significant, so I figure I owe something beyond the typical year in review—to do it justice, I need to reflect on an entire decade of student and societal progress. Given that I've been writing for the *Gazette* since the average 2015-2016 freshman was in the third grade though, I'm having a little difficulty trying to sum up how far we've come in 700 words or less.

I mean think about where we were as a society back in 2006. The US government's debacle of a response to Hurricane Katrina was still fresh in our minds, and many people were deeply upset due to a perception that elected officials and authority figures simply didn't believe that black lives mattered. Thankfully, with the historic election of Barack Obama in 2008, we managed to heal those ancient wounds and transition into the glorious new post-racial utopia we inhabit today.

On the other side of the world, things were looking pretty bleak in Iraq back in 2006. Suicide bombings. An entrenched extremist insurgency. Poorly trained Iraqi government soldiers who were utterly unprepared for the task of fighting battle-hardened militants. Luckily the Sunni Awakening and the American troop surge of 2007 turned the tide against religious fanaticism in the region, facilitating Obama's triumphant conclusion of the US occupation in 2011. Mission Accomplished!

And what about climate change? Back

in 2006, that issue was pretty much the only thing on any of our lips. *An Inconvenient Truth* came out that spring and woke us all up to the terrifying consequences of delaying action on climate change for even a moment longer. Now, ten years later, we can look back proudly at the impressive steps we've taken to protect the planet for future generations. When faced with our darkest hour, we stood up together, looked long and hard at the serious personal sacrifices that we all needed to make if we were to halt the advance of global warming, and gave Al Gore both an Oscar AND a Nobel Prize. Captain Planet would be bursting with pride over what we've accomplished—you know, assuming he hadn't mysteriously died of dehydration last year.

Closer to home are the sweeping changes that the past decade has brought to the typical student experience. This

may be hard to believe, but back in 2006, tuition costs were absolutely crippling. Nova Scotian schools charged the highest rates in the country, and student politicians regularly ran on promises to fight fee increases and end student debt. At the same time, Sexton students complained that the DSU and its levied societies were ignoring their needs, while controversial events in the Middle East provoked never-ending, heated debates about whether Canada ought to support or shun Israel.

Really, it's hard to believe how far we've come in ten short years!

...okay, so maybe a few minor things like global military disputes, impending environmental catastrophes, seething racial tensions, and literally every significant student complaint haven't really changed since I started with the *Gazette*.

Our phones though—man did they suck back in 2006. We're talking \$600, top-of-the-line models with no touch screens, limited internet access, and 0.3 megapixel cameras. Selfies had resolutions more commonly associated with Sasquatch snapshots, and we were still a full year away from the first generation iPhone. We've come a long way since those dark days. The gleaming perfection of the iPhone SE is a testament to our inspiring collective ability to identify and overcome society's greatest evils—no matter how much money we have to throw at Apple to make that 12 megapixel, 4K-video-recording camera fit into four inches of sleek, oh-so-stylish inspiration.

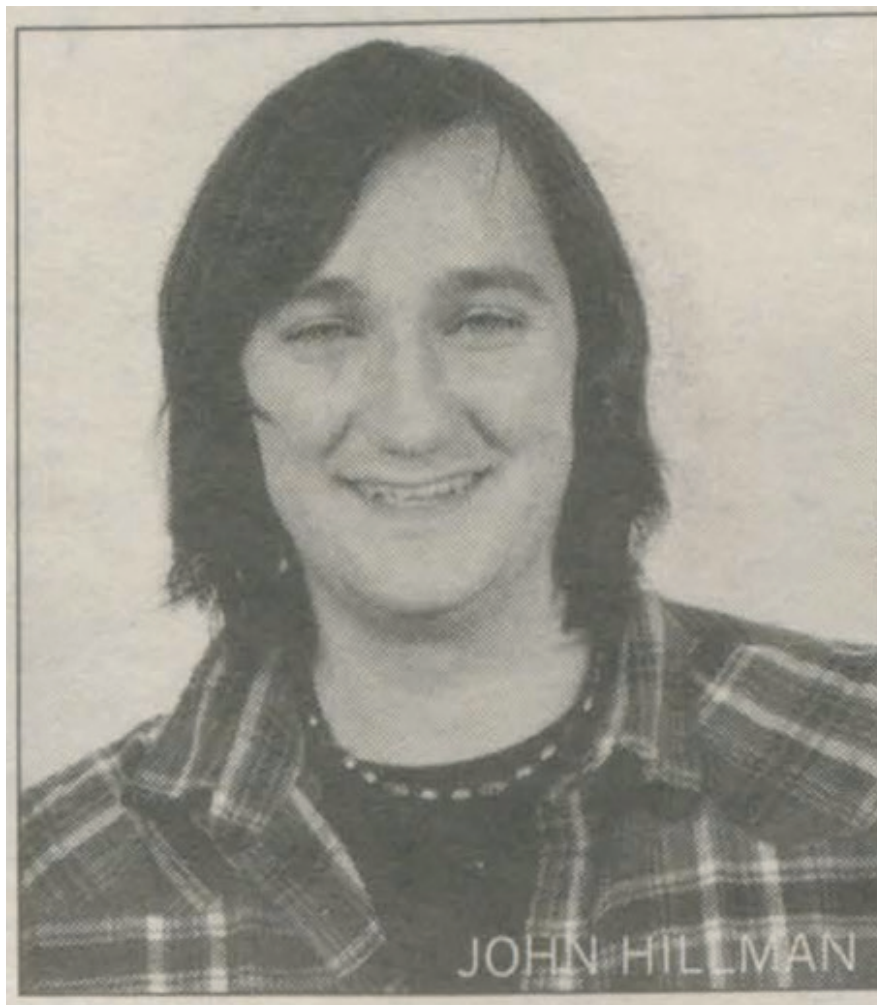
And with that, I'm officially running over my intended word count (yet another thing that hasn't changed in the past decade).

This has been fun, Dalhousie. To those who I've met and corresponded with over the years—readers, writers, and fellow editors—thanks for helping making my tenure with the *Gazette* the highlight of my time here at Dal.

To my fiancée Shannon, who has spent the last two years saving my ass with smart, salty, 800-word feminist rants every time a contributor pulled out on me at the last minute, I thank you for helping to preserve the surviving shards of my sanity that would surely have shattered without your support.

Finally, to my wonderful mom Margaret, who has been bugging me to mention her in an article for the past decade (“You know John, there's nothing uncool about letting the other boys know you love your mother”), I'd like to say thank you for compelling me to spend my middle-school Friday afternoons writing short stories that incorporated your crazy handpicked vocabulary lists. In retrospect, at age 13, I may have been just a little premature in declaring that I already knew all of the “good words.”

Alas, to borrow the parting words of our original editors back in 1869, “space, that inexorable master of all editors, forbids [me] from saying more.”



John Hillman, circa the mid-2000s. John has been writing for the *Gazette* since the era when your biggest concern in life was whining to your teacher about “Taylor” calling your stuffed Charizard a “baby toy.”

Sugar

Do do do do do do,
oh honey honey

MATT STRICKLAND

In 2001 the pop industry made 15 billion gallons of pop. Or 1.6 cans of pop a day for every person on the planet. But what's the cost of a can of pop? Obesity costs Canada approximately seven billion dollars a year. So maybe it's time we start taxing pop like the senate report released last month suggests. It should be a 55 cent tax per can, if it's the only unhealthy food we tax.

But who should we tax? A tax of this nature if applied at the point of sale would be regressive, disproportionately affecting the poor. We should take a serious look at taxing the makers of pop.

Right now the pop makers have no skin in the game. They

are not responsible for any of the costs caused by their products. It used to be this way with recycling. Pop companies used to make their bottles out of the cheapest plastics they could. This produced bottles that were too toxic to recycle. These bottles cost municipalities a lot of money to clean up. In response, governments legislated a recycling tax on these companies. This forced them to take responsibility, and action, for the damage their products were causing to the environment.

So why shouldn't we tax these companies for the damage they are doing to our bodies? With the profit margins the Cokes and Pepsis of this world are running they should be able to afford an extra 55 cents a can. The companies could then decide if they wanted to pass those savings on to us.

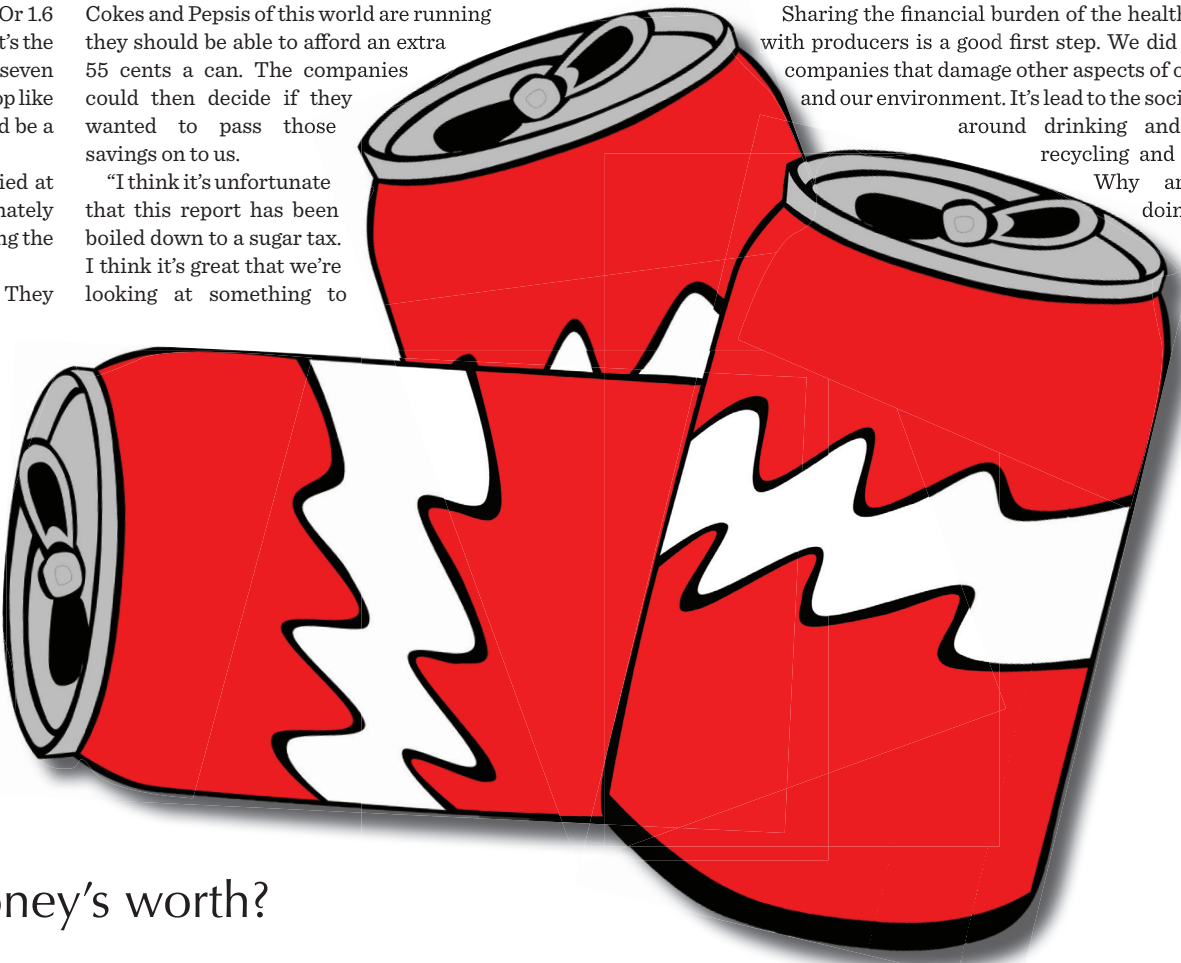
"I think it's unfortunate that this report has been boiled down to a sugar tax. I think it's great that we're looking at something to

help people be healthier," says dietitian Diana Chard. "But what the report really boils down to is individual change. I think that it's a system and societal problem. Focusing on people having to make individual changes isn't going to fix things."

There's a lot we can do to eat better. Work less and value time more, so we make home cooked meals again. Making farming more accessible as a career option. Value farmers. Bring back nutrition information and home economics to public education. Avoid demonizing a single nutrient (doing that to fat led us to this sugar thing).

Sharing the financial burden of the health impacts with producers is a good first step. We did this with companies that damage other aspects of our health and our environment. It's lead to the social change around drinking and driving, recycling and smoking.

Why aren't we doing this with our food?



Bird courses

Are you getting your money's worth?

MATT STRICKLAND

I realize with a start that I haven't been paying attention in quite some time. The professor has been talking, of that I'm sure. I haven't heard a word of it. My note sheet, optimistically titled and dated at the start of the class, remains empty. For my lack of attention to the lecture, I'm no closer to figuring out how Luke Skywalker would have fared against Darth Maul. This likely won't effect my grade. I'm not bragging, I'm in the middle of a bird course.

The argument about bird courses goes something like this, it's easy to boost my GPA, but am I getting my money's worth?

I originally picked the course because I was interested in the subject. I also thought it

would compliment my major. On both counts I was correct. However, I haven't yet been officially accepted into my major. I've been out of school for a while and my marks the first time around were, in a word, abysmal. So I need to prove to the university that I belong at their institution. Ironically, I think I need to do well to prove that I'm not wasting their time. I need a good mark in this class to get accepted into my major. So I am staying in my bird course. For others, the appeal of bird courses is that they can spend more time on the harder classes of their major. Either way, the appeal of the bird course is that you get a big academic payout, for little academic effort. For many that trade is worth it.

It's possible that my opinion on the other side of this argument is colored by the fact that I'm over 30 and now, more than in my youth, appreciate the value of a dollar. I've paid \$1398 for this course according to my tuition breakdown on myDal. It's a full year course. Yet I do not feel that I am receiving \$1398 worth of knowledge from this class. Especially when I compare it to my other courses. Bird courses are easy for many reasons. The prof tests directly from the text book. The prof gives all the answers to tests in the class before. No essays. The prof realizes how inadequate high school is at preparing students for university so softens the blow of rigorous academic standards I expect from a

higher education. Regardless of the reasons, the simple fact is, for those paying attention, we are paying exponentially more than we are receiving in education.

I'm torn on this. I thought that perhaps I was just cynical in my old age of 32. In writing this article I've moved from my bird course to a shuttle bound for PEI. There is a kid in the seat in front of me and with his combination of a child's curiosity and islander friendliness he asks me what I'm doing. I explain and then ask him what he thinks about it.

According to Austin Arsenault age 13, "I think I'd rather keep the money. It's a lot of money, you could do anything with that money." Maybe I'm right to feel ripped off.

From the Archives

Mesdames Presidents

JOHN HILLMAN, OPINIONS EDITOR

On March 16, Kathleen Reid was elected president of the Dalhousie Student Union. Her victory was a rarer event than you might think—while women account for roughly 55% of the student population, they have made up only 30% of DSU presidents since 1985. This is the first time since the 2009-2010 school year that students have elected a female president, and the ninth time overall since we elected our first female president a little over three decades ago. In honour of this occasion, we present the following “yearbook” to upgrade your knowledge of DSU history and help preserve the institutional memory of Kathleen’s predecessors.



Left-right: Catherine Blewett, 1985–1986;
Kelly MacKenzie, 1999–2000; Courtney Larkin, 2008–2009;
Juanita Montalvo, 1988–1989; Caroline Zayid, 1986–1987;
Johanne Galarneau, 2002–2003 & 2003–2004 (Fall Semester);
Shannon Zimmerman, 2009–2010; Lale Kesebi, 1992–1993;

Add women, change politics

How Rwanda is doing the math better than Canada

ERIN BROWN

It's International Women's Day on Mar. 8, and as we should, we've turned it into a weeklong extravaganza of women supporting women so that they might recognize their potential and seek whatever future they choose.

Celebrating our mothers, wives, girlfriends, our CEOs, our cabinet ministers and our game-changers, International Women's Day is a day to recognize the accomplishments of women from right-to-vote activist Nellie McClung to top-free activist Gwen Jacob.

Our Canadian government this year is doing a fantastic job by showing they will participate in, and hosting, a number of events for IWD 2016. This is great because, despite what we all claim are our best efforts, women only make up 26 per cent of the House of Commons.

In 1993, a historic 476 women ran to be elected to the Parliament of Canada. By 2006, the number of women putting their name forward to seek public office dropped, and has been seeing small fluctuations rising and falling ever since.

The 2016 federal election saw a record number of women elected, with a grand total of 88. Despite this large gain, fewer women ran for election than in previous elections. We have more women getting elected, but less women running for office. Why?

In Rwanda, the world's leading country for number of female parliamentarians, women make up 63.8 per cent of the lower house of their Parliament. 24 of the 88 seats of the Rwandan member's chamber is reserved for women, and women chair the majority of parliamentary committees. While there is a quota in place to elect women, the country has elected more and more women each election, surpassing this policy.

Two decades ago, Rwanda was emerging from the disaster

of a mass genocide, which killed approximately 1 million people, and left the country in a broken state. During this time, women in rural Rwanda were often illiterate, faced social challenges in the home, and across the country made up less than 18 per cent of the government.

In 2000, the government of Rwanda made the conscious decision that if they were ever to prosper again as a country, they must make inclusiveness and equality their priority. The government adopted a gender-balanced constitution, and made a 12-person government research committee to explore why women don't enter politics—and in the smartest decision they could have made, had this committee run by women.

Judith Kanakuze, who was one of the lead members of this committee, introduced the idea that this gender-balanced constitution must be participatory and crafted in a way that ensures the equal rights of men and women—explaining to the population the importance of gender equality and how it fosters national development. By 2003, the percentage of women elected to the Rwandan Chamber of Deputies was 50 per cent, and the United Nations had classified Rwanda as a country that was economically and socially on its way to being a developed country.

Juliana Katengwa is a Deputy Member of the Rwandan parliament, and in her opinion piece for Left Foot Forward in 2013, she philosophizes that it was not the quota for women elected that lead to the large influx of female parliamentarians, but rather the grassroots community support.

Katengwa states that both men and women joined together to educate their communities on the political process. They educated women on how to vote and how to seek office, helping women build networks to larger groups. Men stepped forward to teach the men in their lives that

female leadership was crucial to a country's success, while women stepped forward to support the women in their lives to realize their potential. This societal shift created a culture of confidence in their women and girls that decades ago they would have never thought possible.

I can in no way believe that women in Canada don't want to run for office, or don't care about politics. I know too many young women who want to tackle climate change head-on, who spend their days fighting social injustices in their schools, and who are passionate about the future of our country. These young women are powerful enough to change the world, they just haven't been told it yet.

We cannot rely solely on organizations like Equal Voice to tell our women that they should bring their ideas to the House. We as a national community must make a conscious effort to not undermine our women's ideas. Encouraging a woman to run for office goes beyond "you should do that;" it's about supporting her through the long election process, helping her network, and building financial and party supports.

Prime Minister Justin Trudeau simply said it best when he declared that "It's 2015." It's past time we started challenging the media in their portrayal of our female MPs compared to their male colleagues, it's past time we started asking for accountability of misogyny in the House, and it's past time we had a more family-friendly working environment for all of our MPs, regardless of gender. These steps are how Rwanda is beating Canada in increasing its percentage of women in politics.

Communications, strategy, and policy are all parts of the equation of a successful government. In the 2015 federal election, Canadians voted for a real change from what they were used to, and the government seems to be on their way to providing what they promised. Just add women.

The Morning Maniacs and hidden hearing loss

How Halifax DJs take care of their hearing health

EVAN MCINTYRE



It's 5 p.m. and Mitchell Pineo just woke up after a long, loud night. He was DJing late with brother-in-beats DJ Loeb at Pacifico and they both left the club feeling inspired.

"I hate it when that happens," Pineo said, "we ended up coming back here and working on music until 8 a.m."

With that kind of schedule, it's fitting the nocturnal duo called their latest release, Morning Maniac Music. The continuous 30-minute mixtape moves the listener through reinterpretations of radio rock classics. While guitar riffs aren't typical remix fare for club DJs, remixing songs like Comfortably Numb, or Don't Fear the Reaper is the duo's way of paying homage.

"It's what our parents listened to in the car when we were growing up," said Pineo who grew up in the Annapolis valley, "it's what was on the radio here: classic rock, top 40."

The sum of their influences: a playlist that appeals to both commuting dads and clubgoers who love the nostalgia a familiar melody brings.

"We're trying to bridge that gap for some people," said Loeb, "it's easier to get into dance music if they've heard the originals of these songs. We meet them halfway."

But classic rock nostalgia isn't the only

thing Pineo and Loeb have in common with their parents' generation. At 23 and 24 years young, they've started thinking about getting their hearing tested. Although they're decades away from retirement, the DJs want to know how working in noisy nightclubs is affecting how they hear the world.

"It's super overlooked by most people at our shows. I'll see somebody dancing with their head right in front of a speaker," says Loeb. He gestures dramatically, pretending it's too loud for the person to hear him, shaking his head and moving his lips slowly, "I'll say 'No don't do that!'"

Inside Pacifico, Loeb used a sound meter app on his phone to see how loud the noise was. The music in room too loud for the meter to measure it properly. It simply measured 90 decibels (dB) until Loeb turned it off.

"It stresses me out for sure," he said.

"He was probably recording levels around 100 to 110 dB, and in those cases, the possibility of damage switches from a risk to a certainty," said Steven Aiken, an audiologist and professor at Dalhousie University.

Aiken says people should wear hearing protection if they're going to be around levels of 85 dB for more than eight hours. Every 3 dB above that and the exposure time is cut in

half: 88 dB for four hours, 91 dB for two hours.

Concerned about the potential damage, Pineo and Loeb got their hearing tested by Audiology students at Dalhousie. The test results showed both DJs had normal hearing, but Aiken says they should still be concerned.

He mentioned two ways a nightclub's noise can damage a person's hearing. There's immediate temporary damage, where a person will hear ringing in their ears or have a hard time hearing very soft sounds. Usually this damage goes away within a day.

"You also have permanent damage," he said, "your hearing will come back, but over time, it gradually gets worse."

Jian Wang also researches hearing loss at Dalhousie. He and Aiken are currently looking for better ways to diagnose this long term hearing damage, which scientists nicknamed "Hidden Hearing Loss."

"We say it's a 'hidden' hearing loss because routine hearing tests only focus on sensitivity in quiet, which doesn't detect this damage," says Wang.

Aiken says the hidden damage happens to thousands of microscopic synapses between the ear and auditory nerve. After the ear has converted sound into electrical impulses, the auditory nerve brings that information to the brain to interpret it. He described the damage by comparing the synapses to electrical cables.

"To hear one tone, you have hundreds of cables plugged in. You're still going to hear that tone, but 50 of your cables are unplugged and you can't plug them back in. You've lost resolution and temporal precision," Aiken says.

For the music producers, hearing fine details is essential when producing and mixing songs in the studio. Losing precision in their hearing would have a huge impact on their work.

"That's what scares me," says Pineo, "We're basically shaping this audio experience and we want people to hear what we're hearing. Every little equalizer setting, every detail. That can't be lost in translation."

"If you have (this damage), you may have difficulty understanding what others say to you, especially when they talk fast and when background noise competes for your attention," says Wang.

Noise induced damage can also cause chronic tinnitus, where a person hears a ringing or hissing sound in their ears. While it's common for people to hear ringing in their ears after leaving a loud concert or arena, in some cases the head-noise is permanent.

"We have lots of reports of long term musicians that experience devastating tinnitus," said Aiken.

Hearing a phantom ringing is why Pineo got his first hearing test as a teenager. He was working in a warehouse and listened to music to drown out ambient noise.

"For a week I blasted my music. I had a ringing in my ears for 4 or 5 days," he said, "I thought I wasn't ever going to hear the same again."

When Pineo was working, he listened to music with an earbud in one ear, which adds more risk than you'd think.

"When someone listens to music from a portable device using one earbud, they have to double the volume to hear the same as they would with two earbuds," says Wang, "there will be a higher risk of noise-induced damage."

Both musicians experience tinnitus from time to time, and for Pineo, it's a scary reminder of what he could lose. "Anytime I get that feeling again, I kick myself," Pineo says, "even last night I had it a little bit, and I was wearing earplugs the whole night."

Bright orange and green earplugs are littered around Loeb's bedroom-turned-music studio.

"As soon as the music is on, earplugs are in," says Pineo, squishing the spongy plug between his thumb and forefinger.

Foam earplugs can prevent serious damage, but are uncomfortable and often make music sound dull. When he started performing regularly, Loeb purchased a \$20 pair of drummers' earplugs at a music store. They reduce the overall volume, but sound clearer than foam plugs.

"I wear them pretty much the whole night, but when I play, I'll take them out," says Loeb.

It's not ideal, but the earplugs prevent him from using headphones while he DJs.

"Even when you have the good (earplugs), you can't hear what you're doing as well. Every detail matters," Loeb said.

Aiken says an ideal workplace for DJs is a soundproof booth, but that's not going to be a priority for bar owners any time soon. So, Pineo and Loeb know they have to be the ones who take care of their ears.

"I've been that guy," said Loeb, "at a music festival, front row, not wearing earplugs. I don't want to be that guy again."

Despite knowing loud music can cause long term damage, the DJs get harassed by other clubgoers when they wear earplugs.

"It's not cool. We'll be wearing earplugs backstage sometimes and people will tug on them and say 'What are you doing? Aren't you going to enjoy the show?'" said Pineo.

Depending on volume, even a few minutes of loud noise can cause permanent damage. Some research says the damage can be repaired, but there isn't a drug or hearing aid available that can bring back perfect hearing.

"If you're a musician, you should treat your ears at least as well as you treat your equipment," said Aiken, "If you're going to buy the best sounding guitar or drum kit, would you want to buy the best ears possible too?"



“It has offered a place for people to just have their voices heard... a time for the community to share ideas, culture, music, song, story, poetry.”

The open mic house is on the edge of existence

Pressure from bylaw officials forced tenants to cancel famous Monday night open mic

LEILA KADIVAR

What began as friends gathering to enjoy food, conversation and music, quickly gained popularity and transformed into a Monday night open mic. This tradition, located at 2539 Agricola Street in the north end of Halifax, gave rise to a community hub known as the open mic house and lasted seven years.

On Jan. 22, 2016, an inspection of the house, which stemmed from a noise complaint, caused Bylaw officials to inform the landlord that the tenants were in direct violation of the Land Use Bylaw. They perceived the home event as a business and forced the tenants to halt their tradition, at least until a development permit is obtained at the landlord’s discretion.

Over the years, the open mic house has received a lot of praise and publicity. The house was first mentioned in the Globe and Mail, during a 2013 interview with local musician Ben Caplan. The event has also been publicized

in The Coast several times, and in 2015, won gold for best open mic.

In late December of 2015, the tenants received a letter from the province, which congratulated and thanked the open mic house for its contributions to the community as a venue. “Which is amazing considering we are not an official venue of any kind,” says Heather Moore, who has been living in the open mic house for two years. “No one has made any money off of this, but it has made a lot of the community come together.”

Although the tenants have changed, the house’s philosophy has stayed the same. “We are here as community support, primarily to help people express themselves artistically,” says another tenant, known as Jupiter M. VV, who has resided in the open mic house for six months. “And it just so happens that the residents, who have lived here over the years, have been open to the concept of a Monday night open mic and have rallied around it to have it continued.”

What makes the open mic house different from other open mic venues is that it is a home and not a business. It is a place that encourages creativity and individuality by being open to all people, of all ages.

“Friends of friends are welcome and it’s this idea that extends a little bit further and it tries to reach out to people who we don’t really know,” says Jacques Mindreau, who originally initiated the gatherings. “It has offered a place for people to just have their voices heard...a time for the community to share ideas, culture, music, song, story, poetry. That’s what it is and that offering people bring is an invaluable contribution to the community.”

Not only is the house a place for people to gather, but it



is also a collective that thrives on people working together to create an eclectic and inspiring space. “Most of the yard work, in fact, that’s been done over the last years, has been by our friend Jen...She just loves the community and the house, so she’ll just show up at the door and be like, ‘I got some tomatoes for ya, I got some sunflowers for ya... I’ve got 20 bags of manure for ya.’” says Jupiter M. VV.

The open mic house is located across the street from Lion and Bright, and is surrounded by other businesses. Guitars hang on one side of the living room and gig posters are pasted on the adjacent wall. In the same room, a drum kit and piano are placed where they are easily visible from the family room, with other small instruments and equipment scattered around. Painted rat silhouettes are strategically placed around the cozy home. And a sign on top of a door frame, in the family room, reads: Quiet please, during performances. Thanks.

Even though community hubs, such as this one, can pop up anywhere, it is businesses in the surrounding area that will be most affected by the cancellation of this event. “If anything, it was a great little platform for people to tell their friends, or the people who were there, ‘Hey, tomorrow I’m playing at such and such venue.’ So it has actually helped businesses around the community greatly,” says Mindreau.

The gathering may have started as a potluck, but the event’s only intention was to provide a space for the community to meet, share and encourage one another. “At the end of it, it was just people showing up to see people play music,” says Mindreau. “People who’ve won Junos have shown up, people who have travelled from across the country had heard about it and just showed up, but it was still a home event—never to be confused as a music venue.”



Dalhousie students sleep outside in homeless awareness effort

ERIN BROWN

While most of us dream of returning to our warm beds after a day of classes, a group of students are choosing to stay out in the wind and rain. Six commerce students from Dalhousie University have been participating in the campaign, Five Days for the Homeless, since Mar. 12.

The campaign has groups raise funds for a charity of their choice and create awareness of youth homelessness in their area. The Dalhousie group has chosen Phoenix Youth as the community organization to support.

The campaign first started 11 years ago at the University of Alberta, and made it's way to Dalhousie three years ago. Katie Flanagan has participated every year that the event has been here on campus.

"This is my third year participating in the campaign, so nearing my 15th day over the past three years of participating; it's definitely very eye opening," said Flanagan.

Flanagan believes that it is not only important to raise money for charity, but to

also make others more aware of the issue of youth homelessness.

"It's really important that people realize that youth homelessness is very prevalent in our community, and it's important that we can help to support them," she said.

In raising awareness for youth homelessness, the group chose to support Phoenix Youth programs.

"Not only do they (Phoenix Youth) help youth who are experiencing homelessness, but also youth who are at risk. They work with people aged 11-24, who some of them are our peers. Youth who have experienced homelessness in the past, who are at risk of homelessness now, are students here at Dalhousie," said Flanagan.

The campaign involves more than just sleeping outdoors, as the group of students also did educational research before the project.

"We've done a lot of educating ourselves before we started participating in the

campaign. We were able to go to different Phoenix facilities and tour around, speak with employers, and those who work with Phoenix, in order to gain a better knowledge of what we're doing, why we're doing it, and

"We understand that this is nothing compared to homelessness, but it's still important to raise the awareness and raise the funds"

why it's so important," said Flanagan.

The campaign also restricts the diet of the group, making it so participants can only eat and drink what has been donated to them. This is a taste of what homeless teens experience everyday, but Flanagan said that she knows it's not exactly the real thing.

"It's very interesting to participate in, it's a very unique campaign, but of course it's not nearly the same as what youth actually have to go through. We understand that, we understand that this is nothing compared to that, but it's still important to raise the awareness

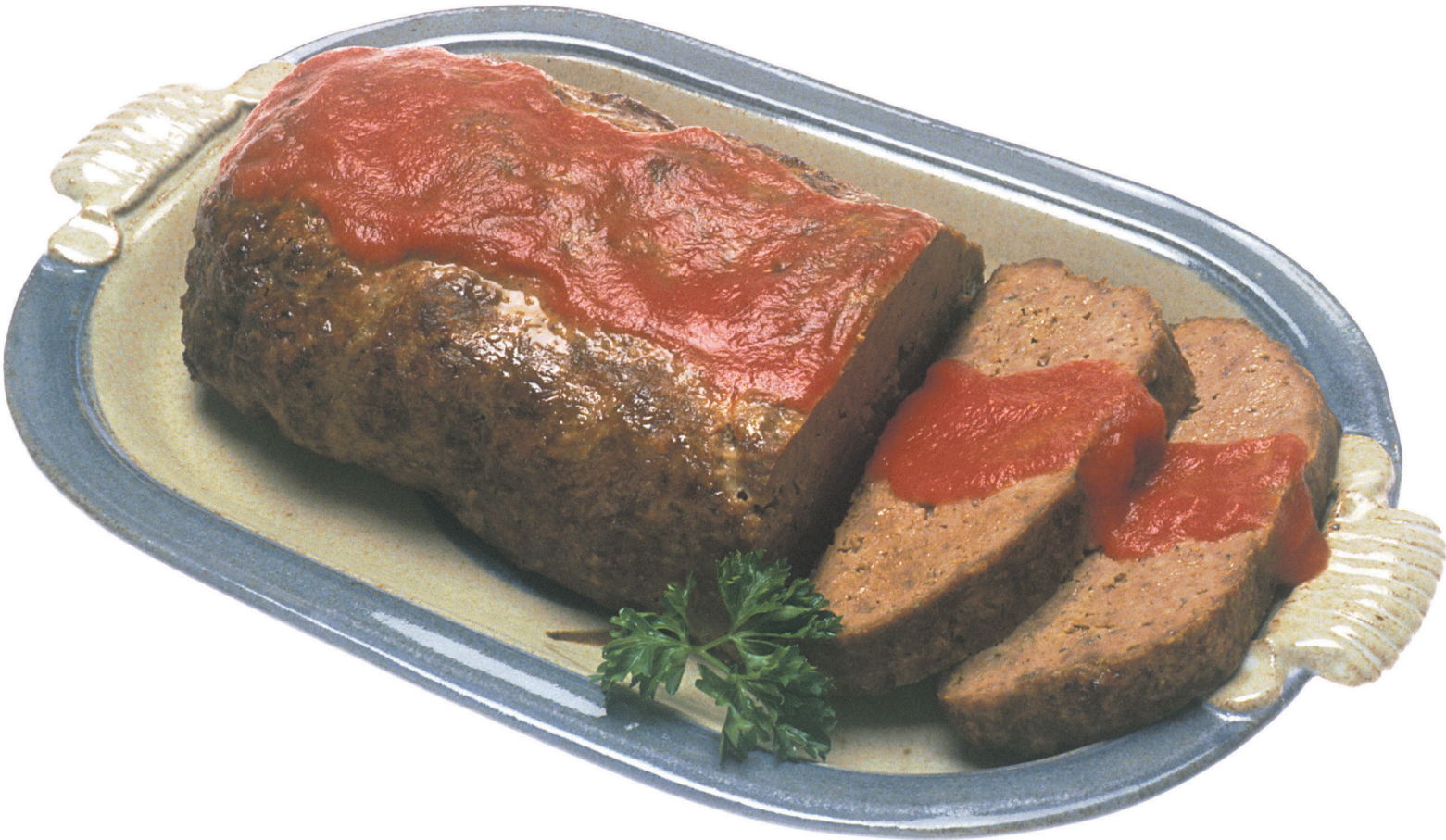
and raise the funds."

While other group members are brand new to the project, Flanagan brings a different perspective to the project having been involved for many campaigns previous.

"It's been very interesting and very humbling to know the community is so supportive. We've had so many people from the Halifax and Dalhousie community drop by."

As of Mar. 16, the group had raised \$8547.80 for Phoenix Youth to help fund their financial support, educational support and drop-centre services, as well as the food, clothing and shelter that Phoenix House provides to young people.

For Flanagan, one of the major highlights of the campaign has been to be so close to completing their fundraising goal of \$10,000. Yet, she said that the amount of community support the group has received has been the greatest reward.



Meatloaf!

Great for sandwiches, too!!

DAVID FRIGHT

This meatloaf tastes great and is a welcome break from the boiled or stewed dinners that frugal student living so often necessitates. It is also about half the price of the pre-cooked sandwich meat sold in grocery stores without the added preservatives or artificial ingredients.

INGREDIENTS

- 1lb ground pork or turkey
- 1/3 cup finely diced onion
- 1/8 cup all purpose flour
- 2 cloves garlic finely minced
- 1 & 1/2 tsp prepared whole grain mustard
- 1 tsp salt
- 1/2 tsp black pepper ground
- 1/4 tsp ground coriander (optional)

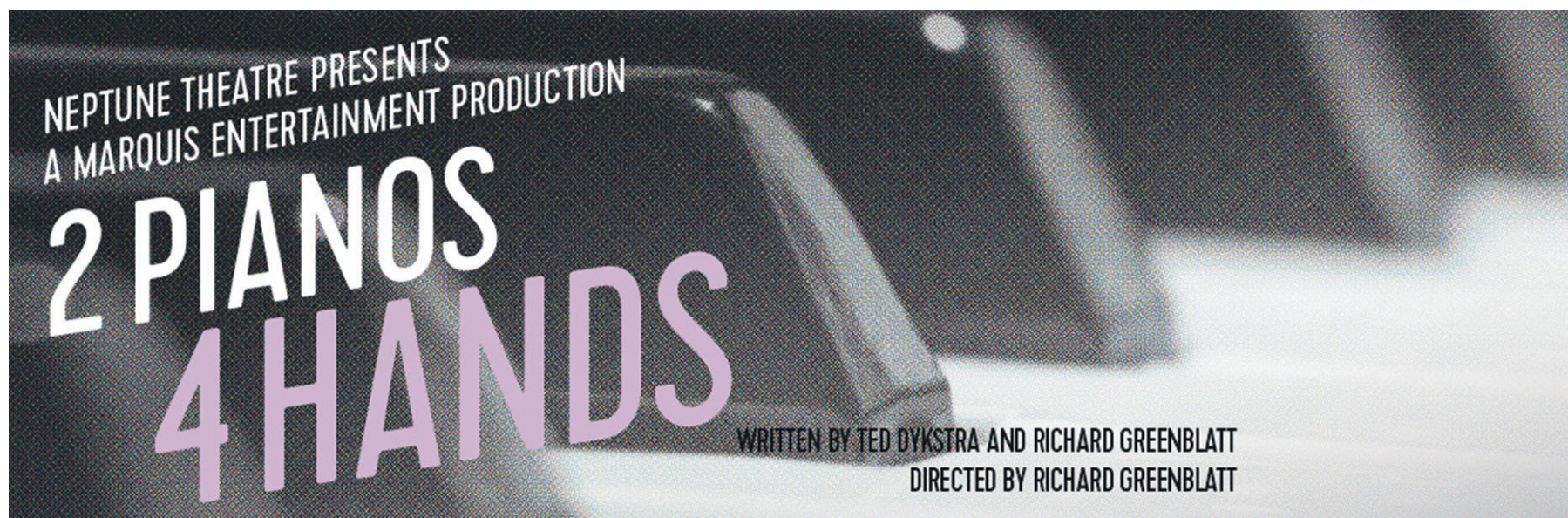
DIRECTIONS

1 Preheat your oven to 400F. Because the onion and garlic will not have time to cook inside the loaf before it is done, it is necessary to sweat them first in a sauté pan before incorporating them into the recipe. This is why many recipes for meatloaf or hamburgers call for powdered onion or garlic. Sauté the onions on low to medium heat so that they become tender but only take on a very subtle colouring. Add the minced garlic in the last 30 seconds of cooking to help soften and release its flavour.

2 Combine the onions, garlic, flour, mustard, and seasonings in a mixing bowl along with the ground pork or turkey. Grease your baking pan before mixing the meat to save an extra hand washing. The baking pan should be small enough to allow the loaf to have a depth of at least 4cms.

3 Mix the ingredients for 2–3 minutes the way you would knead a loaf of bread in order to give the loaf a finer texture. After kneading the loaf, form it into a ball and “throw” it down into the mixing bowl a few times to help remove any air pockets that might have become trapped inside. Reform it into a ball and continue to work it into a ball shape for another minute or so to try and remove any remaining air pockets. Shape this ball into an appropriate size then press down into the baking pan.

4 Smooth out the edges so the loaf has a uniform and slightly “domed” surface then lightly brush the top of the loaf with a small amount of water in order to help form a crisp crust. Place the loaf in the preheated oven and roast for approximately 35 minutes. It is ready when a light brown crust has begun to form and the juices run clear when pricked with a knife. Remember to account for carry-over cooking when removing it from the oven. You want the loaf to be as close to being finished as possible without begin over cooked in order to preserve as much moisture as possible for your sandwiches the next day. Placing the loaf on a cooling rack once it is done will also help it to retain moisture and flavour.



Neptune's *2 Pianos, 4 Hands* confusingly entertaining

What happens when two men grow up learning classical piano? This play.

DELIA MACPHERSON

Two gleaming grand pianos facing one another are surrounded by nearly all black. A large empty photo frame hangs above each piano. It's simplicity to the point of excess. As the house lights dim, two men dressed in tuxedos with shiny, patent leather shoes walk confidently across the stage. It takes them a moment to settle in, and then all at once they begin to play classical music; scales, arpeggios and more.

It becomes clear within the first few minutes that this is more of a play in the traditional sense of the word than a concert. The two men begin switching characters, each portraying music teacher and pupil: one acts as a small child learning to play chop sticks, the other hovers over him barking orders in a thick,

old-lady voice. After 30 minutes of angry child and angrier parent arguing over practicing an instrument, the constant screaming and banter becomes tiring. There's something about watching a child hate practicing (loathing of themselves and their parents) that just isn't funny, no matter how much you scream it in a funny little kid voice.

This show is presented as a comedy but it feels more like a drama or maybe a dark comedy at best. Certain scenes are downright depressing as the performers take you through the incredibly exhausting arcs of growing up learning a classical instrument. Hours of practicing and preparation which heads at the realization that 'becoming a musician' in the career sense is near impossible and, if they are lucky enough to make it, comes with a steep physical and emotional toll.

"This show is presented as a comedy but it feels more like a drama or maybe a dark comedy at best."

But maybe that angst and torment is exactly what they're trying to convey. At one time there are even flames projected on the back wall, meant to symbolize a living hell.

Because the roles from parent, teacher and child are ever rotating between the two actors, following any semblance of a plot becomes challenging. It doesn't really matter, though, since the show is so jam-packed with live licks and talent.

The sound is nice and loud, but unfortunately not as full or rich as you might expect. Perhaps it's the way they've been amplified, but some of the notes sound like they're coming from a keyboard rather than a parlour grand. Both actors are without a doubt immensely talented in both their acting and piano crafts. They keep the show entertaining (for nearly three hours). The classical piano music including Bach, Mozart, Chopin, Beethoven and many other famous composers is lovely. At times, both men play together in duets, which is magical.

Unless you have a heavy and extensive music background (we're talking firsthand experience with Classical Conservatory examinations, Kiwanis Music Festival competitions and adjudications), you won't understand more than half of the comedy in this production. Deep and advanced music theory references were the butt of a third of the inside jokes. There are hints of other genres of music throughout the show, a bar of Billy Joel's "Piano Man" here, and a phrase of John Lennon's "Imagine" there, but these are truly just a tease.

To learn more and for upcoming show dates go to www.2Pianos4Hands.com.

Tune into spring

CKDU's annual Spring Fring fundraiser is here!

PAOLA TOLENTINO

CKDU, Dal's independent campus radio, is set to host their Spring Fring, with various events planned from **Apr. 1 to 9**. Events range from a screening of "Only Yesterday," the award-winning anime film that has never been released in North America until this year to a beer tasting with the Ladies Beer League at Stillwell, accompanied, of course, by live DJs. Each event does have an entrance fee, ranging from **\$6–12**, although if you're a sustainer of the CKDU, **some events are free**.

The proceeds from the events and from the sustainers go towards the maintenance of the radio station. "CKDU is your local, non-profit media source—produced for the community, by the community. CKDU

88.1FM is a campus and community radio station operating out of the Dalhousie University campus. The station is mandated as an alternative to both public and commercial radio, making it the place for local music, alternative news, and other unique content you will not find anywhere else in Halifax," writes CKDU. With shows ranging from "The Most Maple Morning" (Friday mornings, 9 a.m.) to "Native Solidarity News" (Saturday nights, 1:30 a.m.), there is a variety of alternative shows for everyone's hearing pleasure.

To find out more about becoming a sustainer or about the Spring Fring, go to **ckdu.ca**. To listen to an awesome station, tune into **88.1 FM**.

From paper to TV

The scripts are more or less already written

PAOLA TOLENTINO, ARTS EDITOR

While it's usually more popular to turn books into movies, recently there's been a trend of TV shows based on popular books, such as *Shadowhunters*, inspired by Cassandra Clare's *The Mortal Instrument* series; *The Expanse*, from a series of the same name by James A. Corey; and the *Magicians*, from the first book in *The Magicians* trilogy by Lev Grossman. In the spirit of that, here's some books that seem like they would make awesome TV adaptations:

Harry Potter (JK Rowling)

Everyone's said this already, but I still think it would be awesome to see a reboot as this. Actually, what I would really have loved to see is the side books as TV series. Imagine a whole season of Eddie Redmayne in 1920s magical New York, or how awesome a TV show about a quidditch team would be.

The Stepford Wives (Ira Leving)

This one's a bit older and has also previously been made into movies, but it should make a great TV show. The plot is pretty simple: a new family moves into a suburb where all the women are suspiciously similar and the men all belong to a mysterious "Men's Association." Despite the simple plot and short length, the book manages to be an exhilarating mystery as we follow Joanna, feminist and photographer, as she attempts

to figure out what is going on in the town. With a bit of updating on the dialogue and technology (this was written before Google or iPhones), it would make an exciting horror-thriller in the style of *American Horror Story*.

Mistborn (Brandon Sanderson)

Let's face it, we need more good fantasy shows. *Mistborn* kind of has it all: awesome female protagonist, really in-depth world building, magic, an evil ruler, and a good twist at the end. While it might be hard to make the effects look realistic, at least the characters and the plot won't disappoint.

The Iliad (Homer)

Okay, so we had Brad Pitt's *Troy*, which is about as loyal to the original work as dorm room mac and cheese is to real food. What would be awesome to see is a series that starts out focusing around Achilles, much in the way of *The Song of Achilles* (Madeline Miller), and then shifts towards other characters, like Hector and Patroclus, as the final battle comes closer. It would give more time to grow relationships between the characters and explore the complex world of ancient Greek politics.

Red Planet Blues (Robert J. Sawyer)

It's a noir mystery set on Mars, which I think is all that needs to be said. The prose could use a little work as it's stronger in the first half than the second, but even just for the visuals it would make for an awesome show.

On the small screen



The Coast and Eastlink host the second annual Smartphone Film Festival

PAOLA TOLENTINO, ARTS EDITOR

The title says it all: it's a film festival where everything has been shot on a smartphone.

That means “that your film must be shot on any brand of smartphone or tablet, meaning no footage from DSLRs, camcorders, GoPros, point-and-shoot cameras or that sort of not-a-smartphone thing,” as the rules of the contest state. Other than that, the limits are pretty much defined by your imagination and determination to write, shoot and edit a film.

“We started the festival out of pride for our filmmakers in this region, but also get people out having some creative fun with these amazingly impressive and devices we carry

around with us all day!” said Lindsay Cory of *The Coast*.

It is true that Halifax has one of the largest filmmaking scenes in the Maritimes. The city hosts the Atlantic Film Festival every fall, as well as a variety of smaller film festivals through the year, and the Atlantic Filmmaker's Co-op dedicates itself to helping out both aspiring and professional filmmakers in the area. The solidarity of Halifax's Filmmaking community was demonstrated last year with #savensfilm, a movement to protest film tax-credit cuts.

The Smartphone Film Festival is a bit more accessible to those looking to get into film—there's not a huge amount of pressure to purchase and learn about expensive

equipment, and the genres can be as varied as they want to be, from dramas to stop-motion animation. The lack of an age limit is also more appealing for younger filmmakers, especially when the prize for the best film is a new smartphone from Eastlink.

“You have this totally capable machine in your pocket and you have the creative mind to make it happen,” Cory said. “If you have always wanted to make a film, now's your chance! Try out some new apps to make your vision a reality!”

The screening of the films will be hosted at Central Library's Paul O'Regan Hall on Apr. 22. For more information, see spff.ca.



WELL DONE TIGERS!



The Dalhousie Tigers brought home nine AUS championship banners this year including women's cross country, men's basketball, women's volleyball, swimming, curling and track & field. Individual student-athletes won 47 AUS gold medals, five CIS medals and captured 33 CIS top 10 finishes.

These accomplishments were celebrated at the 62nd Annual Black & Gold Athletic Banquet where deserving student-athletes were rewarded for their hard work on the field, court, pool and track as well as in the classroom and in the community. **Well done Tigers!**

Thank you to all the fans who cheered us on and we'll see you in the stands next year!

[DALTIGERS.CA](http://dal.tigers.ca)

Season Recaps

CAM HONEY AND JOSH YOUNG

Men’s Basketball, AUS Champs, 4th in CIS

It was another tremendous year for head coach Rick Plato and his squad. They were able to defend their AUS championship and win back-to-back for the first time in the programs history.

The team fought to a fourth place finish in the country, falling to the Carleton Ravens in the semifinal. The Ravens went on to win their sixth consecutive championship and the Tigers played by far the closest game against them in the tournament.

The team cruised to a first place finish in the AUS regular season and then won two thrilling, down-to-the-last-shot games against the SMU Huskies in the semifinal and the U.P.E.I. Panthers in the final.

These Tigers will host the CIS men’s basketball championships next year and coach Plato has his sights set on winning the whole thing.

Ritchie Kanza Mata was named a first team AUS all-star and Kashrell Lawrence a second team AUS all-star Jordan Aquino-Serjue was named AUS rookie of the year.

Plato won AUS coach of the year.

Only William Yengue graduates from the team going into next year, which will make the Tigers favourite to three-peat as AUS champs and make a solid run at the CIS title. Stars Ritchie Kanza Mata and Kashrell Lawrence will be back for their fifth years and will be putting everything into leading the team to the ship.

Women’s Basketball, 6th in AUS

It was a good year for head coach Anna Stammberger’s squad. The other head coaches picked them to finish last in the AUS in a preseason poll and the Tigers exceeded those expectations to make the playoffs.

Losing star player Tessa Stammberger with a month left in the season put a major dent in the teams aspirations come playoff time. Without their premier ball-handler the Cape Breton Capers pressed the Tigers into a

rash of turnovers in their quarterfinal game to end the team’s season.

The team played stellar defense all year but was unable to find a way to score consistently.

Tessa was named a first team AUS all-star. Megan Thompson and Sophie Gaube were named to the AUS all-rookie team.

Ainsley MacIntyre won both the AUS and CIS community service awards.

With Tessa and MacIntyre graduating (MacIntyre has one year of eligibility left but is unsure if she will use it) the team will need other players to assume leadership roles next year. The experience that the young players gained in their playoff game this year should give them a boost going into next season.

Shalyn Field going into her fourth year Diedre Alexander going into her third year and Sophie Gaube going into her second will need to take control and play bigger scoring roles.

The main goal for Anna this offseason is to find a go-to point guard that can move the ball up-court and run the offense.

If the team can find a way to score consistently they should absolutely be back in the AUS playoffs next season.

Men’s Cross Country, 2nd in AUS, 16th in CIS

It was a solid season for the men’s cross country Tigers finishing second behind the powerhouse St FX X-Men.

AUS men’s cross country athlete of the year Matt McNeil was outstanding for the Tigers winning every AUS race he participated in and running to a seventh place finish at nationals.

The Tigers will lose McNeil to graduation next year and will have their hands full with the ridiculously deep X-Men team at the top of the AUS standings.

Will Russell and Jake Wing are going to have to try to fill McNeil’s shoes next year.

The Tigers will likely find themselves in second to the X-Men again next year but are the best bet to dethrone the AUS champs.

Women’s Cross Country, AUS Champs, 5th in CIS

The women’s cross country Tigers picked up their third consecutive AUS championship. Colleen Wilson, Michelle Reddy, Jenna MacDonald ran to a podium sweep for the Tigers.

Wilson won the AUS women’s cross country

athlete of the year and was the top finisher for the Tigers at the CIS championships, placing twelfth.

Rich Lehman won another AUS coach of the year award and led the team to a fifth place team finish in the CIS.

Wilson has one more year of eligibility left, if she uses it she will have a chance to break into the top-10 in the nation next year.

Even if Wilson does not return Reddy and MacDonald are more than capable of leading the Tigers to another AUS championship.

Men’s Hockey

The Dalhousie Tigers’ men’s hockey team missed the playoffs by four points this season. Lead by AUS rookie of the year Phil Gadoury, first team all-star goalie Corbin Boes and leading scorer Fabian Walsh the team battled for a playoff spot but were officially eliminated in the third last game of the season with a 2-0 loss to L’Universite de Moncton.

In the first half of the season, the Tigers had four wins, nine losses and two overtime losses (4-9-2). They finished off the last month before the holiday break only winning two of their last eight games.

However, the season turned around for the Tigers’ in the second half. They had a record of 5-6-2 ended the season winning 5 out for their final 10 games; beating the eventual AUS champions the StFX X-Men twice.

The exciting thing is the Tigers’ should be able to make the playoffs next season. Last season, 68% of their team was made up of players in their first or second year in the league. More experience will definitely be a benefit for the team next year. They only lost two players this season, defenseman Matt English and back-up goaltender Wendell Vye. Therefore the team should have no problem finding chemistry at the start of the year. That could have been one of the reasons why the team struggled at the start of last season; the team was so young and unfamiliar with each other.

Offensively, this team should be good next year. Phil Gadoury led the league in goal scoring as a rookie last season. With one year now under his belt, he will be a force to be reckoned with. For the second straight year Fabian Walsh lead the Tigers in scoring with 24 points in 28 games. Tanner Williams (17 points) and Andrew Wiggington (13 points) had strong second half’s. Williams scored 10 points in the final 10 games while Wiggington scored 12 points in the last 13 games once

being put in a more offensive role. Rookie Felix Page scored 14 points in 22 games. If all of those players play to their capabilities next season, the team will be fine offensively.

Their defense will have to improve if they are serious about making the playoffs. They gave up a horrendous 37.7 shots per game last year. Tigers’ goaltenders Corbin Boes (.918 save percentage) and Wendell Vye (.908 save percentage) were outstanding for the Tigers. They can’t rely on their goaltending as heavily as they did this season and expect to make the playoffs.

With more experience, familiarity and a good offense, the Tigers’ have the potential to be a playoff team next year. However, they are going to need to play the way they did in the second half of last season for an entire season and will have to drastically improve their defensive play if they are going to guarantee themselves a playoff spot.

Women’s Hockey

The 2015-2016 season for the Dalhousie Tigers women’s hockey team was full of adversity. If you add up time lost due to individual injuries, it would total 107 games. That is a high number considering the team only played 24 games. This caused a lot of problems for the Tigers. They couldn’t have any consistent lines throughout the season and it forced younger players to play in unfamiliar positions and situations.

The team finished second last in the seven-team AUS women’s hockey league. They had a tough start to the season losing their first four games. However, they finished the first half winning six out of their last nine games.

In the second half of the season the team suffered serious injury problems. Ten players were injured in the second half of the regular season. Four players missed the entire second half and two players missed the majority of it including one of their top offensive players, Lisa Maclean. The team lost nine of their last 12 games. They made it into the last playoff spot but were swept by St. Thomas in two games.

It would be unlikely for the team to have as many injuries next season. With fewer injuries, they will have a more consistent line-up every night. Because they only lost they will have a veteran team next year. The line-up consistency combined with the experience should mean that this team will finish higher than their sixth place showing last year.

This team has the potential to be a good

defensive team next season. Even with all the changes to defensive pairings because of injuries the Tigers prevented other teams from scoring more than three goals 17 times last year. Head Coach Sean Fraser believes his team needs to be more consistent to improve.

“Game in and game out, we are expecting more consistency if we want to push for a AUS title.”

However, they will need to have a superb offensive team if they want to be a contender for the championship next year. Saint Mary’s, L’Université de Moncton and St. Thomas were the three best teams in the league last year and both had at least two players with over 20 points. The Tigers had no players with 20 points or higher last season. If Lisa Maclean played the entire season she would be on pace to score 23 points but that still gives the Tigers only one 20-point scorer.

The Tigers’ potential to be a good defensive team, along with their maturity, should set them up for a better season next year. If they want to be contenders for the AUS championship, they are going to have to step up their offensive game.

Men’s Soccer, 6th in AUS

The men’s soccer Tigers had a quality year. The team hovered near the top of the AUS standings throughout the regular season and ended up with the final playoff spot in a very tight league.

The Tigers fell 2-0 to the Acadia Axemen at Acadia in the quarterfinals to end their season.

Head coach Pat Nearing will have his hands full next season as the team will lose at least six players to graduation.

Striker Bezick Evraire was named both a first team AUS all-star and a second team CIS all-Canadian.

Defenders Mark Hagen and Jonathan Doucett were each named second team AUS all-stars.

Sangmuk Choi won the AUS community service award.

Core players: Evraire, Hagan, Zack Mbolekwa, Zack Shaffelburg, Choi and starting keeper Jason Ross will not be returning next year.

With so much turnover within the roster, it’s tough to predict what this Tigers team will look like on the pitch next season.

Jonathan Doucett, Jack Schembri and James Nearing will be relied upon to provide leadership for the squad next year, as they try to return to the AUS playoffs.

Women’s Soccer, tied 6th in AUS missed playoffs

It was a difficult season for the women’s soccer Tigers as they failed to make the playoffs, finishing tied for sixth but losing out because last place Moncton was the tournament host.

The Tigers were a tremendous possession team but could not find a way to translate ball control into goals.

Defender Kristy McGregor-Bales and Midfielder Victoria Parkinson were named second team AUS all-stars.

The team will lose McGregor-Bales to graduation and will have a new head coach, as well.

With the yet to be named coach at the helm, this team has enough ability to improve upon their 4-6-3 record of last year and make a playoff push.

If the team can find a way to turn their stellar ball control into offense they should be exciting to watch next year.

Men’s Swimming, AUS Champs, 6th in CIS

It was another stellar year in the pool for the men’s Tigers swim team. They swept every event through the regular season and AUS championship and grabbed a sixth place finish in the CIS.

AUS male swimmer of the year Gavin Dyke led the charge, while Kyle Watson, Peter Inches and Tony Liew among others all had stellar seasons.

Watson was swimming in his final year of eligibility but the rest of the team is able to return next year.

They are the clear favourites in the AUS again next year.

Women’s Swimming, AUS Champs, 5th in CIS

The Tigers women’s swim team shredded the competition in the AUS all season, winning every event on their way to another AUS championship.

AUS female swimmer of the year Phoebe Lenderyou was dominant all season leading the Tigers squad. She was able to pick up a bronze medal in the 50m back at nationals.

Kat Webster put in a brilliant performance of her own at nationals winning two bronze medals in the 400m free and the

800m free, helping the team lock down fifth place in the CIS.

The team will lose Webster and Rachel Shin to graduation but are still poised to win another AUS championship next year.

Men’s Track & Field, AUS Champs, 8th in CIS

The men’s track and field team ripped up the AUS this season on their way to another AUS championship.

Matt Coolen was named the AUS rookie of the year and track athlete of the year and

Jake Wing was the male track AUS championship MVP. Head coach Rich Lehman was AUS coach of the year.

At the CIS championships the team worked its way to an eighth place finish. Jordan Bruce won a bronze medal in the triple jump. Coolen finished fourth in the 60m, Adam Karakolis fourth in shot put and Chas Smith nabbed fifth in triple jump.

A handful of other Tigers finished with top-10 performances. Wing was eighth in the 1000m, Bruce ninth in long jump, Mike van der Poel ninth in the 300m, Will Russell, Wing, Shiloh Johnson, Adam Manuel eighth in the 4×800m relay and Russell 10th in the 1500m.

Only long distance runner Matt McNeil has run out of eligibility so the team is poised to be back on top of the AUS and should make a run at improving their national finish as well.

Women’s Track & Field, AUS Champs, 11th in CIS

The sun came up today, we all need oxygen to survive and the Tigers women’s track and field team won an AUS championship. It was the 27th consecutive title for the team and 32nd overall.

Sarah Taplin was the AUS field athlete of the year Morgan Hawkes won the AUS student-athlete community service award. Head coach Rich Lehman was AUS coach of the year.

The team finished just outside the top-10 in the CIS with an 11th place performance. Shannay Beals won a bronze medal in the 60m. Celia Peters and Chantelle Robbertse placed fifth in the 1000m and long jump respectively.

There were several Tigers with top-10 performances. Sarah Taplin was sixth in triple

jump, Macayla Cullen sixth in high jump, Robbertse, Peters, Jessica Shannon, Heather Beaton sixth in the 4×400m relay, Shannon 10th in 60m hurdles and Robbertse 10th in high jump.

Robbertse and Peters will not be back next year after each used their fifth year of eligibility. The rest of the team should be back and are the runaway favourites to win another AUS championship.

Men’s Volleyball, 2nd in AUS

It was a disappointing finish to the season for head coach Dan Ota’s team. After finishing first in the AUS in the regular season to gain home court advantage in the playoffs, the Tigers dropped both games at the Dalplex to the UNB Varsity Reds and were unable to three-peat as AUS champs.

Ota was named AUS coach of the year for the 14th time. The Tigers had four AUS all-stars with Setter Jonathan Macdonald, Middle Matthew Donovan, Libero Adam Sandeson, and Outside Hitter Kristen O’Brien all making the team.

Harrison Callaghan became a central figure in the rotation in his rookie season and will be called upon to deliver again next year.

The team will lose the services of Macdonald, Connor Maesson, Logan Baillie and Justin Lynch to graduation. The loss of the immensely talented Macdonald will hurt the most.

Women’s Volleyball, AUS Champs, 6th in CIS

Head coach Rick Scott was able to lead his squad to a fourth consecutive AUS championship this year.

The team steamrolled through the competition throughout the regular season and AUS championships and went 1-2 at nationals for a sixth place finish.

Setter Abby Czenze, Middle Jessica Josenhans and Outside Hitter Anna Dunn-Suen were named first team AUS all-stars

Libero: Marisa Mota and Outside Hitter Mieke DuMont second team AUS all-stars

Courtney Baker was named to both the AUS and CIS all-rookie teams.

The team will lose Josenhans and Amy Appleby to graduation but are set up very well to make it five AUS championships in a row.

State of Tigers athletics:

The *Gazette* sits down with Tim Maloney

CAM HONEY, SPORTS EDITOR

With all of the action wrapped up for the season, the *Gazette* sat down with Tigers varsity athletic director Tim Maloney to find out how he thought the 2016-17 year went and what he hopes the future will bring.

Gazette: *What are your thoughts on how the year went?*

Maloney: Well, I think after last year’s performance it was a pretty high bar for us to tackle this year but I think we can safely say that we improved over last year overall.

With the championships, we had 9 AUS banners that Dalhousie won. Two being the men’s and women’s curling which is a club team here, but great performance for them and another seven banners, which is tough to do.

When we look at how many varsity programs we have (14), to win over 50 per cent conference championships in those sports, I think is a lot for us to be proud of. Combined with, I think it was another seven AUS coach of the year awards, another 80 academic all-Canadians and our student athletes have continued to give back to the community.

When we look at those three pillars of success for us, being academics, athletics and community I think we had another great year.

Gazette: *In the men’s volleyball final, in particular the Dalplex was packed, it was full and the people were excited. How did the attendance numbers look for home games this year?*

Maloney: We’re still actually capturing all of the numbers but in general it looks like our attendance has improved year over year.

We’re still working on that student engagement piece,

which will continue to be a focus for us for a long time. That’s something that we need to be attentive to and work on year over year.

You’re right (the men’s volleyball final) was arguably the best night in the Dalplex in the last ten years. Many people from Dalhousie and the community said to me that it was an electric environment, you couldn’t get a seat and that they hadn’t seen that in a long, long time. So that’s a really positive sign.

And when we went to the AUS basketball championships, that weekend as well, we had a great turnout from students, alumni and community. There was a lot of black and gold in the stands, which is great to see.

Gazette: *88 academic all-Canadians last year, 80 this year, how are Tigers student athletes doing in the classroom?*

Maloney: Well that change actually stemmed from a slight increase in the academic all-Canadian standard on our campus (3.43GPA up to 3.5GPA). We would have had 88 again this year if that hadn’t of changed.

The overall academic performance of our student-athletes continues to be really-really good.

We always say that they’re student athletes, but students are first and that is the priority all of the time. I’m really, really pleased with the academic performance of our student-athletes and we hope that that just continues to improve.

Gazette: *Looking forward to next year now that all of the action has wrapped up, what is the focus moving forward?*

Maloney: Well the focus now is some final recruiting pieces for all of the teams. Although, I think we can safely say we’ve had a great recruiting year.

We have an exciting year ahead of us. All of our teams, I think, are in great positions going into next year. So if we add a few pieces to each team then I think we can improve.

We’re in the process of bringing on a new women’s soccer coach, which will be exciting.

We are hosting the final eight (CIS championships) men’s basketball tournament next year.

So the plan right now is to just keep getting better, to keep trying to set that bar higher and higher each year on the academic, athletic and community front. We want to continue to leave a great impression on Canada from a Dalhousie perspective.

For our men’s basketball team to play on national TV in a semifinal game this year, when no one expected them to win is fantastic. We lose one player from that team, we’ve landed a top-10 recruit in Canada and we’re hosting nationals next year. So that’s really exciting from a Dalhousie perspective.

All of our programs have shown great improvement this year. The swim teams coming fifth and sixth in the nation, our men’s track and field team coming eighth in the nation, our women’s cross country coming seventh, there’s lots, our women’s volleyball team came in top-10 (sixth).

So if you look at our top-10 performances across the board in the country and all those programs should be as good if not better next year.

It’s about a build. I think this job is a test of my patience because you want to be great at everything right away but it does take time. I’m really pleased with our coaching staffs, our student-athletes and our recruiting platform and we will continue to get better.



THE SEXTANT

THE OFFICIAL PAPER OF DALHOUSIE SEXTON CAMPUS

April 1, 2016

A Farewell Note

Garrett Allain Smith
Editor-in-Chief
Civil '16

Our first publication of the academic year was a welcoming note from myself, Garrett Allain Smith Editor-in-Chief of The Sextant. In the lead up to this final issue of the year I have been trying to think of a compelling story to write, a way to cement my legacy and end on a high note. In this I have had little success. I have no stories to break, no opinions to offer and no anecdotes to tell.

As our publishing year comes to an end so too does my tenure as an undergraduate student. With only a month left I will soon be leaving behind the only life I have known for the past five years. I find most of my classmates looking toward the future, discussing job offers and plans to move abroad, while I, in my own way, have turned inward.

I have been reflecting on these past five years a lot lately. I hope to share with you some of my experiences that you might learn from my mistakes or follow my example whatever the case may be.

First, a brief background: I am originally from a very small village on Prince Edward Island. It was here that I spent the first 16 years of my life with my parents and brother. It was here, from my parents, that I learned the importance of resilience and hard work.

Ever since I was a child I had a passion for learning. I wanted to know how things worked and

how we could understand them. I remember in elementary school while the other kids were playing during recess I was practicing long division because that was fun to me. In middle school most people my age spent their weekends trying to get some cigarettes or beer while I sat at home obsessed with building things. In high school during the lunch hour most of my peers were focused on getting the respect of their friends or the attention of a certain guy or girl while I would sit in my English classroom reading.

I wanted to know how things worked. I wanted to be able to create but I was stronger in math and science then in the arts. One of my teachers suggested I look into engineering and I felt it was for me.

My university career began at Acadia University. Like so many others there I was looking for that small school feeling. I was nervous but also excited. My first class was CHEM 1013, intro chem, and I was two and a half hours early for class. Class started at 8:30 am, I got there at 6:00 am, ready to learn.

The first year engineering class was larger than I expected but by the end of the first term it had been culled and by the end of the year it had shrank further still. The work was hard and while many around me fell, I was able to hold my own. I finished near the top of my class and continued onward to Dalhousie.

At Dalhousie I began my studies in Civil Engineering with an interest in structures. My third year of studies was like starting all over

again. New school, new people, new classes, new challenges. Still I continued to put in the work as I consistently scored at the top of my class.

Co-op terms took up the following year as I worked in the structural consulting industry in Halifax. It was an opportunity to apply what I had learned and to experience real design. Through this work I gained a better appreciation for my field and learned a thing or two along the way which I suppose is the purpose of a co-op program. Mission accomplished.

This brings us to where I started this article, the beginning of my final academic year. Things continued to progress. The skills I picked up on the job site were invaluable in my studies and I could see the end in sight. That end is closer now than ever, though it hasn't quite sunk in yet.

So far I have presented my story but I have only followed through on half of my promise. I have given an example to follow but so far no mistakes to learn from.

University is meant to be a transformative experience and looking back on who I was five years ago compared to now it certainly has been. We are all shaped by our experiences and our choices begin to define who we are.

As previously said, many of my classmates from the first year of studies did not make it through to the last year. Some have dropped out all together while others are simply taking longer to complete their degrees. When talking with these people they often seem to regret not

focusing more on their earlier studies. Nobody wants to struggle with passing their courses or worry about academic probation.

The engineering program is rigorous. It is a five-year program condensed in to four years with most students overloading with six courses during each of their terms. It isn't a program that fits with the typical university lifestyle. My time in school has been far more taxing and stressful than my time in industry.

I often hear people talking about how they regret not focusing harder on school. How they regret the debts they accumulated before dropping out or the prolonged time it took them to finish their degrees. They tell me that I did things the right way, that I was smart to focus on studying and getting top grades.

As I leave this stage of academia behind though I feel just as regretful as my peers. In trying to reach a healthy work life balance, they may have focused too heavily on life while I focused too heavily on work. I am leaving my program with excellent grades but in the grand scheme of things I sometimes wonder if those grades are not worth the effort I put in or the sacrifices I made to get them. Even though things may look good from the outside it doesn't mean there aren't deeper problems.

I think we all look back with regrets. What becomes clearer with time is that our experiences are what we make of them. It is up to the individual to decide how to channel their experiences in to making them the person they want to become.



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