

Off campus  
2010-11  
campus

# express

OCTOBER 2010

## Gobble Gobble

WOW The first month of school has really flown by! Us OCLs cant believe October has begun, midterms are upon us, and it's almost turkey time!

Frosh Week was amazing and the OC frosh made a strong showing and we ended up coming in fourth overall AWESOME I KNOW! Everyone seemed to have a blast and really bonded as a group. After Frosh Week the

group went for Dinner at the Pub and great times were had by all. We are looking forward to having more events like it soon.

The next off campus event that is taking place is a Thanksgiving potluck. It will take place on fourth floor sub in Council Chambers at 6m on Oct. 6th. If you wish to come RSVP on the Facebook event and let us know if you can bring any food!

Good luck on all yo middy's homez - your OCL's Clare, Christene and Nathan!

at the Frosh Awards



OC Frosh



join our facebook group

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Christene Smith

# fresh 15

The freshman 15 is something that scares a lot of university students when they leave home. But did you know that the average amount of weight gained is actually closer to 5-7 pounds? \*Sigh of Relief\* Still here are some tips on how to

stay healthy and keep the poundage off.:

- Get off your but and actually go to the gym! Make a schedule of times that would work for you and DO IT.
- Hungry on a Saturday night and Club K is looking pretty good? Try and limit yourself to this only in moderation
- Try and not buy junk food, if its not in your house you are significantly reducing the amount of unhealthy food you are going to consume.
- Don't Stress eat, when middy's come around try other relaxing ways to deal with the pressure—like yoga!

# Intramurals

Are you interested in joining intramurals? It's a fun way to meet new people, get physically active and most of all have fun! If you are interested join the Off Campus

Intramurals 2010-2011 group on facebook. Keep checking the group for updates on the different sports and schedules. Soccer will be starting the week after Thanksgiving so don't for-

get to bring your cleats back to school with you. If you are planning on playing soccer contact Danielle Dalton at X2008nje@stfx.ca with your student id number. Hope to see you all on the soccer field!

# FOOD BANK



Helloo Off Campus students!! Having trouble concentrating on reading this news letter because you're SO Hunger?! Come on down to YOUR Student Food Bank (SFB). The SFB is a free and confidential service, available to you! We are open Monday to

Friday from 9 to 5, and are located in the Municipal Building (across from the football practice field and new rez). All you need to do is present your student ID and you receive a bag of groceries!! Remember to respect the SFB, we don't want any one to abuse this

wonderful service!!

Any questions about the food bank please email me at su\_food@stfx.ca!

-Laura Arsenault

A day in the life of:

Michael Cadegan

# Council Corner

On the agenda of a special Council Meeting Monday Sept. 27<sup>th</sup> was the issue of the automatic appointment of the Bishop as Chancellor of StFX. This has been a popular topic of discussion among students both on and off campus for an extended period of time. Groups of students came forward to state their views toward the automatic appointment arguing that it is undemocratic and inequitable. The Bishop must be an unmarried man of Catholic faith and since the Bishop is

automatically appointed as Chancellor; those restrictions apply to the Chancellor as well. Therefore, a woman, a homosexual individual, or any individual who does not practice Catholicism does not have the opportunity to apply for the position of Chancellor. A motion was made at council that the Students' Union take a stance against the automatic appointment of the Bishop as Chancellor. After serious debate, the motion was called to question, and voted on. The motion passed, therefore, the Students'

Union is officially taking a stance against this automatic appointment. The U's president, Sam Mason, has requested to the Board of Governors that the automatic appointment be an agenda item at the upcoming B.O.G. meeting. Whether the issue of the automatic appointment will actually make it on the agenda is yet to be determined.

## OC BBQ

During the AMAZING frosh week that went on this year MacMaster Meats decided to support the OC frosh and put on a BBQ for the students. They supplied all the Meat for the event which included burgers the size of Texas and sausages that were out of this world. They also came to the event and cooked it all for the students. While the food was cooking the students partook in icebreakers so they could get to know each other better. Even some of the Student's Union Exec and OC Councilors came to the event! OC hopes to collaborate with MacMaster Meats again and is thankful for their support! If you are interested in buying a student box (only \$25!) then go to their Facebook page "MacMaster Choice Meats" and find out all the details on the Back To School Box!



# OCL NEWS

## Events

Some fun and upcoming Off Campus events that are happening this month are:

- **Off Campus Thanksgiving Potluck:** On Oct. 6th come over to council chambers with a thanksgiving side dish for a good time! RSVP on fbook!
- **OC goes bowling!:** On Oct. 28th the OC crew is going bowling together to bond and have-a-time!
- **Trick-or-Eat:** On Halloween people from St.FX will be going around Antigonish asking for Food Donations as part of the Meal Exchange Program. Join one of the Off Campus Teams on

## New OC Councillor: Olwyn Foley

On Tuesday September 28th Olwyn Foley was elected the newest Off- Campus Councilor. Olwyn is a third year Developmental Studies student. She has lived all over Canada but most recently lives in Medicine Hat, Alberta. Currently she is the Internal Environmental Officer for the Students' Union. She is a snappy dresser and she went to that place that one time and it was great. Of mustaches she enjoys finger ones the most. If you have any questions or concerns about your newest Off Campus councilor email [su\\_counc@stfx.ca](mailto:su_counc@stfx.ca)



# 2010 Month 2010 Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Homecoming	2 Weekend!
3	4	5	6 OC thanksgiving dinner	7	8	9
10	11 Thanksgiving Day, No Classes!	12 Midterms Start	13	14	15	16 Word Food Day!
17	18	19	20	21	22	23
24	25 Midterms End	26	27	28 OC Goes Bowling @ 6	29	30
31 Halloween And Trick or EAT!!!						

Cut Here

## HELP!

To ensure the quality of the *Off Campus eXpress* we would ask you to please fill out this form, drop it off with an OCL, or email the OCLs at su\_ocl@sfx.ca. We are always looking for ideas and suggestions as this publication grows. If you have a story or an idea, let us know. Your article could be featured as our cover story!

### How did you hear about us?

- Students' Union Website
- A Friend
- Facebook, Twitter, or Social Media
- My OCL
- Other: \_\_\_\_\_

### What year are you

- FIRST
- SECOND
- THIRD
- FOURTH
- Other: \_\_\_\_\_

### Comments:



Name (optional):

Contact Info (optional):