WHAT IS THE MSU?

The McMaster Students Union is the largest organization on campus. All full-time undergraduate students, enrolled in 18 units or more at McMaster University are members of the MSU.

WHAT DOES THE MSU DO FOR YOU?

The McMaster Students Union serves students in two main areas; political representation and the enhancement of student life. The MSU provides political representation and advocates for decisions that are in students' best interests at the university, municipal, provincial and federal levels of jurisdiction.

The MSU also offers many of the student services that you will use during your time at McMaster. You might get to know us through Welcome Week and our Campus Events department, visiting the Compass Information Centre, our funding and assistance of more than 300 clubs on campus, or as a major partner in the McMaster University Student Centre (MUSC). You may even come and work for us. The MSU employs more than 350 students each year to run committees, student services and work at our businesses, such as the Union Market convenience store, our restaurant & bar TwelvEighty, as well as Underground Media + Design. The MSU also provides health and dental plan coverage and a universal bus pass with the Hamilton Street Railway (HSR) bus pass program.

As a member of the McMaster Students Union, you have a student-run, multi-million dollar organization at your disposal to help you through the challenges, provide services and protect your interests within and outside the walls of McMaster.

Visit us at www.msumcmaster.ca!

YOUR 2013/2014 MSU EXECUTIVE

Each year, a student executive is elected to head up the MSU. The President is elected by the membership of the MSU (undergraduate students) and the Vice Presidents are elected by the Student Representative Assembly (SRA), the MSU’s governing body.

MEET YOUR EXECUTIVE FOR THIS YEAR:

DAVID CAMPBELL, MSU PRESIDENT & CEO:
president@msu.mcmaster.ca ext. 23885

ANNA D’ANGELA, VICE PRESIDENT (ADMINISTRATION) & CAO:
vpadmin@msu.mcmaster.ca ext. 23250

JEFFREY DOUCET, VICE PRESIDENT (FINANCE) & CFO:
vpfinance@msu.mcmaster.ca ext. 24109

SPENCER GRAHAM, VICE PRESIDENT (EDUCATION) & CO:
vped@msu.mcmaster.ca ext. 24017

YOUR 2013–2014 MSU EXECUTIVE

Hey there McMaster,

Welcome to campus! Whether it’s your first year here or your fourth (or more), I hope you’re excited and ready for the upcoming year. Here at the MSU, myself, the VPs and all the rest of the staff have spent the past four months getting ready for your arrival. We’re working hard to make sure your year is the best it can be. But in order for you to take advantage of all that is happening on campus, there are a few things that are important to remember:

Put yourself first – be healthy! As senior students and recent grads will tell you, one of the hardest parts about being a student is taking care of yourself. Eating healthy, exercising and getting enough sleep all tend to be the first habits we let go of when things get tough. But it’s important to remember that when you’re not healthy, you’re not at your best. So while it may seem easier to skip a night’s sleep (or to switch to a diet of predominantly KD) it will actually hurt your experience and your grades in the long run. So make sure to keep your health as a priority and you will be that much more successful.

Have a hobby. You know what they say – all work and no play makes Mac a dull place. Once again, it turns out that spending all your time on your school work doesn’t always get you better grades! Instead, taking a break to play sports, see your family, or settling down with some video games actually helps you by giving your brain a break. Don’t forget to reinforce your priorities in your life outside of school work.

Get involved. I’m going to tell you a secret, one that often gets lost during school; when you graduate, no one is going to care what your grades were! Seriously! Your employer won’t really care. And while grad school might be interested in your marks, most schools will be just as interested in what you did outside of the classroom. Getting involved in “extracurriculars” is not something that detracts from your school. In reality, it enhances the value of your degree by giving you a wider skill set, a more diverse range of interests and contacts which can help you achieve success. Trust me, when you leave Mac, your ability to demonstrate a variety of skills will be far more important than whether you got an 80 instead of a 75 on that test or assignment.

There are a whole host of ways to get involved outside of the classroom at McMaster, in Hamilton and beyond. The MSU itself offers innumerable ways of doing just that. With more than 35 services and businesses, I’ll bet we have a service which fits your interests. And if we don’t, our club system has more than 300 clubs for you to join, or you can even start your own. Whether through paid work or volunteerism, there is something to interest you inside the MSU. Check out our website as well as this booklet for information on these and many other opportunities.

Welcome home, McMaster – I can’t wait to make this our best year yet!

David Campbell
President
905.525.9140 Ext. 23885
president@msu.mcmaster.ca
Hi Mac,

Another year is starting and I - along with many others on campus - am getting excited because 2013-2014 is already gearing up to be a great year. To all of the first years that are starting your journey - welcome! We are so glad you have chosen to make McMaster your home. For those of you who are returning for another year - welcome back! To everyone, welcome from the McMaster Students Union (MSU), the organization that is here to help you along the way.

What is the MSU? Though it is hard to describe the totality of the organization in just a few words, I will say that the MSU strives to serve the needs of every undergraduate student at McMaster. Are you interested in learning more about policy, education and governance? Check out the Student Representative Assembly (SRA) or learn more about our advocacy efforts. Are you passionate about the environment, mental health or practically everything in between? The MSU offers more than 35 student services (most run by students) that focus on a wide variety of issues and offerings. Want to find the most affordable coffee on campus or the cheapest place to print your essay? Stop by Union Market and Underground Media+ Design - both located in the Student Centre. These are just some of the many things the MSU can do for you.

Now that I have shared some info about the MSU, I wanted to offer you each a few pieces of advice that I have collected over my time at Mac:

Learn more. Mac is one of the best schools in the world and you are going to be learning so much, both inside and out of the classroom. All of these skills will make you exceptional. Approach each and every opportunity with a willingness to learn and you will succeed.

See more. Don’t let your Mac experience be confined to just our campus (though it is beautiful). Hamilton is such a diverse, dynamic and striking place that has an array of things in which to participate. Get on the bus and take the opportunity to explore. There is most certainly something for everyone.

Do more. This is your time to define exactly who you want to be and what you want to do. Don’t just let your years here slip by. There is so much for you at Mac. Find something that you are interested in, passionate about or maybe have never even tried before and go for it. I can guarantee your attempt will have great returns.

If you ever have any questions, do not hesitate to get in touch with me. Send me an email, give me a ring or let’s grab a coffee from Union Market, sit in MUSC and chat! I want to help make your Mac experience the best it can be.

Looking forward to meeting you,

Anna D’Angela  
Vice President (Administration)  
905-525-9140 Ext. 23250  
vpadmin@msu.mcmaster.ca

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YOUR 2013–2014 MSU EXECUTIVE

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Looking forward to meeting you,

Anna D’Angela  
Vice President (Administration)  
905-525-9140 Ext. 23250  
vpadmin@msu.mcmaster.ca

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I hope you had a great and relaxing summer, because this year is likely to be one of the busiest and most exciting years of your life. The McMaster Students Union represents full-time undergraduate students at McMaster University. We are a student-run, student-focused organization that provides services and advocates on behalf of students to the University, municipality, province and federal government. In total, we provide over thirty services for McMaster students. These services range in size, scope and magnitude, but they are all geared towards improving student life on campus.

On your behalf, the MSU negotiates the bus pass with the HSR that allows you to ride the bus throughout the school year. We ensure that all McMaster students have access to health and dental insurance (if you have comparable coverage you can opt-out of our plans and get your money back). We also run TwelvEighty Bar & Grill, Union Market (a convenience store / coffee shop), Underground Media + Design, The Silhouette (our campus newspaper) and many more staples of camps life. In addition, the MSU runs a number of services designed to enhance student life on campus. For example, our services and volunteer opportunities range from environmental sustainability and community engagement, to student health, safety, sexuality, spirit and diversity. You can read through all of our services in the later pages of this Guidebook.

As Vice President (Finance), it is my job to oversee the finances of the organization and ensure that we are doing everything that we can to improve student life in a cost efficient manner. I help maintain an environment in which undergraduate students receive excellent value for their investment in the MSU.

Regardless of your interests and passions, I guarantee there is an MSU service or club that will enhance your experience at McMaster University. Looking back on my time as an undergrad at Mac, I always remember how most of my personal growth took place outside the classroom doing extra-curricular activities.

I hope you have a great Welcome Week and a great year at McMaster. If you have any questions about the MSU please do not hesitate to contact me, or any member of the MSU’s Board of Directors.

Jeffrey Doucet  
Vice President (Finance)  
905.525.9140 Ext. 24109  
vpfinance@msu.mcmaster.ca
YOUR 2013–2014 MSU EXECUTIVE

Hi!

As a student of McMaster, you are part of a community like no other; you have a world of opportunity to connect, build and grow as a person. I encourage you to make the most of it. Find out what drives you, what makes you tick. Take that experiential education course in your faculty. Join a club. Become a Welcome Week rep. Most importantly, take chances – you’ll never figure out who you are unless you try new things and university is the perfect environment to catch you if you fall.

As the Vice President (Education), a large part of my job is to ensure that the University provides you with the best education and student experience possible. This includes supporting student projects, challenging the University when students are dissatisfied and working with the movers and shakers of the University to solve problems and move forward. Being a large student-run organization, we identify with the needs of students from a wide variety of backgrounds. The MSU truly brings the student perspective to the table – that’s what motivates us to advocate for more.

Did you know that the MSU also lobbies our government for better quality, affordability and access to post-secondary education? The VP (Education) leads the charge on this, through work in the Ontario Undergraduate Student Alliance (OUSA) and the Canadian Alliance of Student Associations (CASA). Unfortunately, most students are unaware how big a role the government plays in post-secondary education. The province allocates funding to universities (about 50% of the entire University budget) and holds universities accountable for program quality. Provinces and the federal government jointly support student grants and loans (OSAP). Alas, the system is not perfect. At OUSA and CASA, we’re talking to politicians and bureaucrats, encouraging them to see things our way.

When I first came to Mac in 2009 (for Life Science), I had no idea I’d end up doing this job. It all starts with opening a door. I hope you open many doors during your time here and find what drives you.

Much love,

Spencer Graham
Vice President (Education)
905.525.9140 Ext. 24017
vped@msu.mcmaster.ca

HOW DOES THE MSU REPRESENT YOU?

The McMaster Students Union provides two main areas of service to the student population; political representation and the enhancement of student life.

POLITICAL REPRESENTATION

The Student Representative Assembly (SRA), the governing body of the MSU, is composed of 35 undergraduate students elected by their peers, inside each academic faculty. Together, they work to provide the best possible MSU services and departments, address undergraduate students’ concerns and lobby the University to improve McMaster’s academic quality. The MSU exists to represent you and to help build a better community for all students. During the academic year, the SRA meets bi-weekly in Council Chambers, Gilmour Hall 111. SRA meetings are open, public forums, to which anyone can attend without invitation or reservation.

For more information regarding SRA meeting times, contact the MSU Speaker at speaker@msu.mcmaster.ca or visit the SRA website at msumcmaster.ca/sra. General elections for the SRA are held every March. Seats on the SRA are allocated by population; larger academic areas have more representation. By-elections will be held during the school year if positions become vacant. To find out if there is a position open in your faculty, or for further information on running for a position within the SRA, contact the MSU Chief Returning Officer at election@msu.mcmaster.ca, ext. 24118.

If you have any questions or concerns, you are encouraged to contact your SRA reps at the following email addresses:

| Arts & Science: | sraartsci@msu.mcmaster.ca |
| Commerce: | sracom@msu.mcmaster.ca |
| Engineering: | sraeng@msu.mcmaster.ca |
| Health Sciences: | srahealth@msu.mcmaster.ca |
| Humanities: | srahuman@msu.mcmaster.ca |
| Kinesiology: | srakin@msu.mcmaster.ca |
| Nursing: | sranursing@msu.mcmaster.ca |
| Science: | srasci@msu.mcmaster.ca |
| Social Science: | srassci@msu.mcmaster.ca |
COMMITTEES

To ensure that students’ needs are being met, the MSU offers six standing committees that work closely with the SRA, MSU members, the University’s Administration and the Hamilton community. Each committee relies on the participation of undergrads to run smoothly and committees always benefit from feedback. Contact the Committee Commissioners by email to find out how to get involved. For further information on committees, visit the SRA website at msumcmaster.ca/sra.

STANDING COMMITTEES OF THE SRA

Bylaws and Procedures (Gabriel Jeyasingham) srabylaws@msu.mcmaster.ca
External Affairs (Jimmy Long) sraexternal@msu.mcmaster.ca
Finance (Daniel D’Angela) srafinance@msu.mcmaster.ca
Operations (Naomi Pullen) sraops@msu.mcmaster.ca
Services (Jacob Brodka) sraservices@msu.mcmaster.ca
University Affairs (Rodrigo Narro Perez) srauniv@msu.mcmaster.ca

MSU CLUBS

With more than 300 clubs on campus, there is sure to be something for everyone. To see a detailed listing of the clubs we support, visit the clubs section of our website at www.msumcmaster.ca/clubs. Clubs work closely with the Clubs Administrator, who answers questions, provides support and assists in clubs’ activities. The MSU provides MSU Clubs with meeting space on campus in ClubSpace, located in MUSC 215. Contact the Clubs Administrator at clubs@msu.mcmaster.ca, or phone 905.525.9140, ext. 24113 for more information regarding all Clubs related queries.

Watch for ClubsFest during Welcome Week and again in the New Year. This event showcases more than 300 on- and off-campus groups, looking for new members and offering social events. The McMaster Students Union supports clubs in a wide variety of areas ranging from social, political, cultural, religious and academic. Visit the Clubs’ section of the MSU website for more detailed information, msumcmaster.ca/clubs.

STAY INFORMED WITH THE MSU EVENTS CALENDAR!

The MSU Events Calendar is your gateway to all that is happening on campus. Located at www.msumcmaster.ca, you can find ‘Calendar’ on the MSU homepage. The MSU Events Calendar is accessible to anyone on campus who wishes to post news and info regarding upcoming events. Use the MSU Events Calendar and be in-the-know about Welcome Week events, upcoming campus concerts and special events! Hear about promotions from TwelvEighty, Union Market and Campus Events. As well, you can keep up-to-date on election information, learn about special guests and speakers and find out what MSU Clubs have planned.
HOW DOES THE MSU SERVE YOU?

The McMaster Students Union provides two main areas of service to the student population; political representation and the enhancement of student life.

MSU SERVICES & THE ENHANCEMENT OF STUDENT LIFE

As a member of the McMaster Students Union, you are entitled to take advantage of more than 30 student oriented services and businesses and have the opportunity to join more than 300 clubs and committees. The following pages outline some of the businesses and services available to students of McMaster University.

HOW TO GET INVOLVED

Many of these services hire part-time staff to work throughout the year. Other services depend on volunteers to run effectively. If you would like to get involved, contact the coordinator or manager of the service or business of your interest and inquire about available opportunities. The MSU website also has more detailed information and job postings at www.msumcmaster.ca/jobs.

AVTEK

MSU AVTEK is the audio/visual branch of the McMaster Students Union. Offering low prices to students and McMaster groups, as well as providing technical support to MSU services and Clubs, AVTEK is on-call to meet your audio/visual needs. Services range from a simple microphone and PA system, to full production services for conferences, concerts, special events and speakers. Located in MUSC B109, AVTEK can be reached at extension 28835 or av@msu.mcmaster.ca.

MAC BREAD BIN

Started in the fall of 2005, the Bread Bin offers emergency food and supply rations to students in need. Mac Bread Bin also facilitates the Good Food Box program, giving students the opportunity to purchase local produce at a great rate. The on-campus food bank operates on a strictly confidential basis. For more information, contact the Mac Bread Bin at extension 27685, or macbreadbin@msu.mcmaster.ca.

MSU CAMPUS EVENTS

The Campus Events department organizes concerts, speakers and events at numerous venues around campus. Some of the major projects organized by the programming department are Welcome Week activities, Homecoming Weekend, concerts and Charity Ball. To find out how to get involved, email the Director of MSU Campus Events at events@msu.mcmaster.ca, or phone extension 24114.

CFMU 93.3 FM

McMaster’s campus and community radio station plays a wide variety of music and spoken word broadcasts. Volunteers are always welcome. Tune in and support campus radio! In addition to their already popular radio feed, you can now listen to live streaming via the CFMU website, cfmu.msumcmaster.ca. CFMU 93.3 FM is located in lower level of the Student Centre in MUSC B119, ext. 27631.

MSU CHILD CARE CENTRE

The McMaster Students Union Child Care Centre is a non-profit service, which has provided educational child care for children of the McMaster student community, as well as the Hamilton community at large for the past 35 years.

The Child Care Centre provides high quality educational child care to enrich all aspects of development in a safe, healthy, loving, inclusive environment. Programming is implemented by qualified Early Childhood Educators to foster creativity, independence, self-esteem, motor and cognitive skills, communication and respect for others. Program features include; eclectic child-centred curriculum, nutritious hot lunch and snacks, Raising the Bar participants, subsidy contract, family events, field trips and visitors, as well as the Summer Day Camp Program.

Hours: 7:30 a.m. – 6:00 p.m.
Location: 1145 King Street West (Haddon Avenue Entrance)
(2 blocks east of the University)
Phone: 905-526-1544  Email: dthomson@msu.mcmaster.ca

COMPASS INFORMATION CENTRE

Located in the Student Centre Marketplace, Compass provides a central location to get and give information, including a variety of brochures, pamphlets and transportation schedules. Friendly staff are available to answer general inquiries regarding services provided by the MSU, the University and the McMaster community. Compass is also your on-campus location to purchase tickets for Go Transit, Hamilton Street Railway (HSR), Burlington Transit, Greyhound, Coach Canada, concerts, Campus Event tickets, long-distance calling cards, prepaid phone cards and more. Contact Compass at ext. 21000, or stop by the desk to see what they have to offer. For updates, current ticket sales, community event listings and more, check out the Compass website msumcmaster.ca/compass.

CREATING LEADERSHIP AMONGST YOUTH (CLAY)

The CLAY conference is held annually in May and hosts high school students from across the province and beyond. CLAY is designed to foster youth engagement and teach both leadership and life skills. CLAY relies on many undergraduate volunteers to lead teams, coordinate programming and supervise the multi-day conference. For more information, contact the CLAY Coordinator at clay@msu.mcmaster.ca.

DIVERSITY SERVICES

Diversity Services strives to build and maintain a campus that celebrates, advocates and ensures inclusiveness in areas such as ethnicity and culture, faith and spirituality, gender equity, ability/disability and sexual orientation. Diversity Services is always looking for volunteers! Please contact the Director of Diversity Services at ext. 26603 or diversity@msumcmaster.ca.
**MAC FARMSTAND**
Mac Farmstand is an initiative coordinated by the McMaster Students Union, in partnership with the McMaster Office of Sustainability and Hospitality Services. Each week, farmers bring a fresh assortment of seasonal produce to be sold conveniently on campus for students, staff and faculty to enjoy. The Mac Farmstand begins operations each June and can be found in central campus, directly in front of University Hall. For more information about Mac Farmstand, visit msu.mcmaster.ca/macfarmstand or contact the Director at farmstand@msu.mcmaster.ca.

**MARMOR**
The Marmor is the undergraduate student yearbook. Students are automatically mailed their copy of the Marmor for the year in which they graduate. The Marmor provides plenty of volunteer opportunities for the aspiring photographer or designer, call the Marmor at ext. 23135 or email marmor@msu.mcmaster.ca.

**MAROONS**
Easily recognizable by their maroon jumpsuits, the MSU Maroons are the campus spirit squad. You will see the Maroons at events all around campus including Welcome Week, athletics events, community gatherings and fundraising for local charities. Everyone is encouraged and welcome to join, no matter where you live, or what you’re studying. Email maroons@msu.mcmaster.ca for more information, or call ext. 26575.

**McMASTER TEACHING AND COMMUNITY GARDEN**
Fruits, vegetables and herbs are grown in the garden incorporating permaculture and organic practices. Permaculture (a derivative of “permanent agriculture”) is a design system for creating sustainable, minimal impact food production through the integration of natural ecological processes. This includes no-till soil building, mulching, vertical planting and companion planting. The MTCG has been made possible with the participation of many different campus partners including the MSU, the Office of Sustainability, the Integrated Science Program (iSci), McMaster Facility Services and Green Venture. If you would like to volunteer with the garden or are looking for more information, contact the McMaster Teaching and Community Garden at garden@msu.mcmaster.ca.

**OMBUDS OFFICE**
Need a little help solving a university-related problem? Not having much luck using the channels outlined in the Almanac? Never fear – the Ombuds Office is here to help. This free service is dedicated to ensuring all students, faculty and staff receive fair and equitable treatment. These services are kept, to the extent possible, confidential. For more information on the Ombuds Office, please phone extension 24151 or visit the office in MUSC 210.

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**MSU ELECTIONS DEPARTMENT**
The Elections Department oversees the various voting schedules, including those of the Student Representative Assembly (SRA) and the Presidential election. Throughout the year, the Elections Department hires student staff as poll-clerks to help facilitate the numerous elections. For more information on poll clerk positions, or for an outline of the year’s election cycle, contact the Chief Returning Officer at election@msumcmaster.ca, ext. 24118.

**EMERGENCY FIRST RESPONSE TEAM (EFRT)**
EFRT is a group of highly trained student volunteers who respond to all medical emergencies on campus, 24 hours a day, seven days a week. In an emergency, dial “88” from any campus phone to dispatch the team. For information on first aid courses or to join the team, visit the EFRT website at msumcmaster.ca/efrt, or call the non-emergency line at ext. 24117.

**FIRST YEAR COUNCIL**
If you are entering your first year at McMaster, the First Year Council (FYC) is a chance to jump right in and get involved. The McMaster Students Union First Year Council is made up of first year students interested in volunteering to create events and programs for first year students and providing feedback and recommendations on how to improve student life at McMaster. For further information email fycc@msumcmaster.ca or vped@msumcmaster.ca, or call ext. 27202.

**HORIZONS**
The MSU Horizons conference happens each August to welcome incoming first year students. The multi-day schedule works on McMaster orientation, as well as leadership training and social programming. For upper year students, Horizons offers fantastic volunteer opportunities. For more information, please contact the Horizons Director at horizons@msumcmaster.ca.

**MACgreen**
MACgreen is your student run campus environmental service. MACgreen’s purpose is to educate the McMaster community on issues of sustainability and to work with students to better understand their primary environmental concerns on campus. MACgreen also provides several services to the McMaster community, such as the ‘Dish-it-Out Kit’, sustainability workshops and forums for environmental discussion. For more information regarding MACgreen, you can visit their website at msumcmaster.ca/macgreen, or email MACgreen at green@msumcmaster.ca. New volunteers and projects are always welcome.

**MACCYCLE CO-OP**
MACycle Co-op is a full self-service bicycle repair and maintenance shop. MACycle also sells used and repaired bicycles and refurbished bike parts, as well as offering different seminars and skills programs. To find out more information, contact the MACycle Co-op Director at macycle@msumcmaster.ca or call ext. 26629.
PEER SUPPORT LINE
The Peer Support Line is a confidential, peer-run telephone service, dedicated to providing emotional support to the McMaster community on issues such as (but not limited to): academics, addiction, bereavement & grief, sexual health, suicide & self harm, relationships, mental health & wellness, residence life, physical health & wellness, as well as sexuality and gender. The Peer Support Line can refer callers to the other services on campus where appropriate, such as the Student Wellness Centre or Security Services. If you would like to speak with a Peer Listener, trained staff are available at extension 28888. For more information about the service, or to inquire about volunteer opportunities, email the Coordinator at psl@msu.mcmaster.ca.

PROMOTIONS AND ADVERTISING COMMITTEE (PAC)
PAC is a student volunteer group responsible for maintaining the public posting areas on campus. An incentives system rewards volunteers for giving their time and effort to the program. PAC volunteers can work on a night-to-night basis and no commitment is required. For more information, visit the PAC website at msumcmaster.ca/pac.

QUEER STUDENTS COMMUNITY CENTRE (QSCC)
QSCC is a service that acts as a safe space, contact point and resource centre for the McMaster and Hamilton GLBTQ community. General discussion and coming-out groups are offered. Also available are private counselling sessions, a resource library and anti-homophobia workshops. QSCC can be found in MUSC 221, or contact QSCC at ext. 27397 or by email at qscc@msu.mcmaster.ca.

SHINERAMA CAMPAIGN
For more than four decades, students from numerous universities and colleges nationwide have been raising money through the Shinerama Campaign to help find a cure or an effective control against Cystic Fibrosis (CF). Shinerama raises more than $1 million a year for the fight against CF with more than 35,000 students from coast to coast banding together to shine shoes, wash cars, and hold numerous other events in support of this wonderful cause. This coming year, McMaster has pledged to raise $120,000! Be sure to attend McMaster’s annual “Shine Day” this year during Welcome Week on Saturday, September 7th, 2013. For more information on the Shinerama Campaign, email shinerama@msu.mcmaster.ca, or phone extension 26575.

THE SILHOUETTE
The Sil is McMaster’s student newspaper and your weekly guide to University politics, news, sports, entertainment and lifestyles. On campus newstands every Thursday. The Sil is always free and always looking for volunteers. Call ext. 22052, or visit the office on the lower level of MUSC, Room B110. You can reach the Executive Editor of The Silhouette at thesil@thesil.ca.

STUDENT COMMUNITY SUPPORT NETWORK (SCSN)
The SCSN is here to support students in the Hamilton community. We can answer questions about a housing situation, the MSU, the City of Hamilton, or the community in general. We also offer the Community Resource Assistant program as a service for off-campus students. You can also find the SCSN helping out at various community events and meetings. We offer great volunteer opportunities to students who are looking to get involved with their community, which include writing articles for our newsletter and volunteering with a senior resident in your neighbourhood. Contact the SCSN Director at scsn@msu.mcmaster.ca, or visit the SCSN office in the basement of the Student Centre, MUSC B108, ext. 27618.

STUDENT HEALTH EDUCATION CENTRE (SHEC)
Need someone to talk to, or some information on issues such as substance abuse, nutrition, relationships, sexual assault, STIs (sexually transmitted infections), stress, sexuality or body image? Our trained peer counsellors are available in SHEC, located in MUSC 202. Free condoms and pregnancy tests are also available. You can just walk right in or give us a call at ext. 22041. Contact the SHEC Coordinator at shec@msu.mcmaster.ca.

STUDENT WALK HOME ATTENDANT TEAM (SWHAT)
You don’t ever have to walk home alone at night thanks to these volunteers who will escort you anywhere on campus, as well as anywhere in a 30 minute radius of campus. SWHAT will even ride the bus with you if so desired. All campus phones have a free direct line to SWHAT. Volunteer SWHAT walkers are always welcome. SWHAT is located on the second floor of the Student Centre, MUSC 204 and can be reached at ext. 27500, or by email at swhat@msu.mcmaster.ca.

TEACHING AWARDS COMMITTEE (TAC)
The MSU provides an opportunity for students to recognize exceptional instructors by nominating them for an MSU Teaching Award. The nomination period takes place once a term. We are always looking for volunteers to help implement and improve the service. For more information please email tac@msu.mcmaster.ca, or contact the VP (Education) at vped@msu.mcmaster.ca, ext. 24017.

TERRY FOX RUN
On behalf of The Terry Fox Foundation, the MSU organizes an annual run to raise funds for cancer research. This year, the run will be held on Sunday, September 15th, 2013. The Terry Fox Run brings the McMaster and Hamilton communities together for a truly worthwhile cause. Since 1984, McMaster University has been dedicated to raising awareness and funds to continue Terry’s Marathon of Hope. On September 15th, choose to run, walk, or roll. Every person makes a difference. For more information on the Terry Fox Run at McMaster, or how you can get involved, please email terryfox@msu.mcmaster.ca, or phone extension 26575.
TWELVEIGHTY
Located in the basement of Togo Salmon Hall, just down the steps from Union Market, TwelvEighty is the MSU-run restaurant and nightclub. This recently renovated space is the ideal place to relax over lunch or before class. With a high calibre kitchen, daily lunch and dinner specials, loads of seating, wi-fi access and twelve great taps, TwelvEighty will not disappoint. Thursday and Saturday nights will see the rise of club nights, with a tremendous sound system, stage-set DJ booth and great club atmosphere, Club TwelvEighty is the best party in Hamilton. For more information, or to book the venue for your next party, contact the Service Manager at sm1280@msu.mcmaster.ca, or phone extension 27004.

UNDERGROUND MEDIA + DESIGN
Underground Media & Design provides low cost, high quality copying, printing, and graphic design services. Black and white and colour photocopying, faxing and binding are all samples of the multitude of services available. Friendly staff and designers will make sure you get the most for your money. Located in the lower level of MUSC, Underground can be found directly underneath Union Market, down the hall from CFMU 93.3FM. Underground Media & Design can be reached at extension 22027, or by email at underground@msu.mcmaster.ca.

UNION MARKET
With a casual atmosphere and great prices, this is your home away from home. As McMaster’s only student-run convenience and coffee shoppe, it is so hip it hurts. Stacked to the ceiling with everything you could possibly need for university life and with the lowest prices on campus, it is a wonder how you ever got along without us! Union Market is open six days a week, brewing fresh coffee, offering quick snacks and affordable fresh lunch options including salads and sandwiches. Our selection of FAIR TRADE coffee, teas and chocolates are just some of the unique items we bring to you. Check out Union Market on the main floor of the MUSC, email unionmarket@msu.mcmaster.ca or phone ext. 22544.

WHAT FEES DO I PAY?

**MSU Fees**

**CFMU Operating and Capital fund $12.50**
In support of all the fantastic programming and opportunities that CFMU 93.3 FM provides to both the McMaster and Hamilton communities.

**HSR Bus Pass $126.15**
Don’t worry about getting to and from campus, because you will have a bus pass. This fee is good for the entire academic year (September through April).

**Marmor Operating Fund (MSU’s University yearbook) $9.12**
When you graduate, this annual payment ensures you receive a copy of the Marmor yearbook.

* **MSU Dental Plan $115.00**
This fee supports the Dental Plan that the MSU provides to its members.

* **MSU Health Plan $57.50**
This fee supports the Health Plan that the MSU provides to its members.

**MSU Operating Fund $122.61**
This fee supports all the great services that the MSU provides to students.

**WUSC Refugee Scholarship $1.47**
Each year the MSU and McMaster students make it possible for one student who has been forced to leave his/her home country as a refugee, to attend university.

* **More detailed information on the next page**

**Non-MSU/Non-University Fees:**

**Engineers Without Borders $0.37**
This fee supports McMaster Engineers Without Borders.

**Incite Magazine fee $0.95**
This fee works to support an independent student run magazine.

**McMaster Solar Car Project $1.07**
This fee supports the McMaster solar car team.

**OPIRG $7.57**
This fee supports the work of the Ontario Public Interest Research Group.

**McMaster University fees, approved by MSU referenda or quorate General Assembly:**

**Administrative Services Fee**
$1.17 per unit to a maximum of 30 units

**Athletics and Recreation Activity Fee $112.25**

**Orientation Fee $110**
Payable by full-time (18 units of more) Level I students only, this fee supports the activities, concerts and programming of McMaster’s Welcome Week.

**McMaster University Student Centre (MUSC) Operating Fee**
$0.63 per unit, to a maximum of 30 units.

**Student Health Services Fee $57.43**

**Sports Complex Building Fee**
$4.51 per unit to a maximum of 30 units

**Student Services Fee**
$4.38 per unit to a maximum of 30 units
MSU DENTAL INSURANCE PLAN

Your student fees also include the cost to participate in the MSU Dental Insurance plan for full-time undergraduate students, enrolled in 18 units or more. You have already paid the cost of $115 per student, tax included in your student fees.

If you already have a dental plan, make sure you have 100% coverage before opting out of the MSU Dental plan. Your MSU Dental plan coverage may allow you to combine your plans for 100% coverage.

Students may opt-out of the MSU Dental Insurance plan if they can provide proof of comparable coverage under another Dental Insurance plan prior to **MONDAY, SEPTEMBER 30th, 2013**. You may also add your spouse and/or dependent children to the Dental Insurance plan at a cost of $130 per person, but you must do so before **MONDAY, SEPTEMBER 30th, 2013**. For more information about opt-outs or add-ons, please visit our website, www.msumcmaster.ca.

**PLEASE NOTE THAT THERE ARE NO EXCEPTIONS TO THE ABOVE STATED DEADLINES**

**COVERAGE INCLUDES:**

- 100% Basic & Preventative Services including one consultation and one cleaning per policy year
- 75% Minor Restorative Services – amalgam, silicate, composite or tooth-coloured fillings
- 75% Extractions and Residual Root Removal including two (2) wisdom teeth per any policy year
- 10% Oral Surgery
- 10% Endodontic Services
- 10% Periodontal Services
- 10% Major Restorative Services

**MORE DETAILED INFORMATION REGARDING COVERAGE IS AVAILABLE ONLINE AT:** msumcmaster.ca/dentalplan

For additional information, please contact Victoria Scott at 905.525.9140 ext. 23251 or via email at adminasst@msu.mcmaster.ca.

*Coverage percentages based on using a dentist inside the Dental Network. For more information about the Dental Network, please visit www.msumcmaster.ca/dentalplan.