

that's something to write home about.

Duncan Johannessen is the president of the Dal Fencing Club, which meets every Monday and Wednesday evening from 8:30 - 10:30. He says joining a society was a pivotal moment in his university career.

"In my under-grad experience at [the University of British Columbia], joining a society was essential to dealing with the size of the university. You can go through a day without seeing anyone you know [on campus]," he said.

He says societies do more than just their main activity, in his case, fencing. "We do a lot of other social events together as well, [like] go for wings together. It's a sports club, but it's also a very social club. And [with fencing], it's also a good way to

relieve tension," he adds with a chuckle.

Societies are a way to meet people with similar interest. That's not always the case with classes and residence. And, it gets students out of their rooms and doing something different.

Cote says groups that do things different are sometimes the most popular. "The Outdoors Club is really popular. They do everything from hiking, skiing, everything." He says there's many reasons for joining a group. "You can learn new things or you can just do it for something to do."

(This year's deadline for societies to be ratified by the DSU is October 1st. That must be done through the DSU's website: www.dal.ca/dsu. A list of societies can also be found on the website, or check with the DSU.)

Chuck Wagon



As students leave home to pursue academic goals, they face many challenges, one of them being eating well. And unfortunately McDonald's, KFC and Pizza Delight are not always the answer when meal time comes around. As convenient as they might be, they can be nutritionally and financially taxing to students.

Since mom isn't around to cook your favorite things and always have the fridge stocked, students are left to fend for themselves. This may leave some people a little nervous but cooking for yourself or friends is easy.

Start by doing simple meals, a stir-fry, spaghetti and meat sauce or Mom's "Tuna Surprise".

Dishes with fancy names once analyzed, are simple. For example, Ragout de Boeuf Jardinier is beef stew. Once you have a couple of pots and pans (compliments of Mom or the salvation Army surplus), you are well on your way to extraordinary culinary adventures.

Breakfast, though not a complicated cooking adventure, is often skipped due to the lack of time or is deemed not important. Yet come mid-morning, the hunger pangs arrive and energy levels start to drop because the body needs food to function. So for something a little different than cereal or nothing at all, try a frittata and while it bakes you can continue to get ready for school.

And remember recipes are not written in stone, they are meant to be guidelines so that you can customize them to your living.

Frittata Dalhousie (serves 4)

- 1 9" pie plate coated with a vegetable spray
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 1/2 cup diced red pepper
- 1/2 cup sliced mushrooms
- 4 slices of bacon sliced
- 4 large eggs
- 2 cups of blend
- 1 cup grated cheese and a pinch of salt and pepper to add taste



Pre-heat oven to 350F. Warm frying pan on medium heat. Add bacon and cook for 1 minute. Add onion, peppers, mushrooms, salt and pepper. Cook until soft, stirring occasionally (3-4 minutes). Place in pie plate. Mix eggs and blend. Pour into pie plate. Add cheese. This can be done the night before and kept in the fridge, covered. Place in oven and cook for 25 minutes. Remove and let set for a few minutes before serving.

Enjoy!



Courtesy of Charles Lacerte

Charles has been cooking for over fifteen years and is currently the executive chef at Unni's Restaurant.

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