Valentine’s Day is a saint’s day commemorating Saint Valentine on February 14th. It is the traditional day on which lovers articulate their love for each other by sending cards or gifting candy. Most recently the candy of choice has been chocolate.

Chocolate and St. Valentine are both about 2,000 years old, but other than that fact, there is no record of the Mexican bean and the Roman priest ever meeting.

Saint Valentine secretly married couples after Emperor Claudius forbade coupling. However, on the other side of the world, Aztec couples were not only allowed to get married publicly, but they also drank chocolate at their weddings. Aztec legend held that cacao (chocolate) seeds had been brought from the gods and that “universal wisdom and power came from eating the fruit of the tree”.

The Aztecs and the Mayans worshiped cacao centuries before Cadbury, Hershey and Godiva did. There is no direct link between chocolates and Valentine’s Day. So why chocolate for Valentine’s Day? Because “Chocolate Makes It Better.”

This Valentine’s Day spread some “universal wisdom and power” and enjoy some chocolate with your loved ones.

Rajdeep Gill
Vice President of FDU-Vancouver Student Government Association
The magic number was thirteen with thirteen different dishes representing thirteen different countries. The Student Government Association sponsored Multi-Cultural Potluck was another hit among students. By far becoming one of the most popular events on campus, the potluck brought out new student participants as well as food from new countries yet to be represented in the event.

This time the thirteen dishes centered on hearty foods including rice dishes from the Dominican Republic and Iran. Other main dishes included Japanese stew and a pasta casserole.

Other dishes included pork sausages, ham & pea salad and of course sweets such as dried mangos, apple pie, chocolate cake and candy.

A special thanks to the students, staff and faculty who took part and made the potluck another successful event!!

Multicultural Potluck

Ancient Beliefs & Today’s Animals

Wikipedia states that Groundhog day is a day celebrated in Canada and the U.S. on February 2nd. “In weather lore, if a groundhog, also known as a woodchuck, marmot or ground squirrel, emerges from its burrow on this day and fails to see its shadow because the weather is cloudy, winter will soon end. If the groundhog sees its shadow, it will return into its burrow, and the winter will continue for six more weeks.”

The holiday came from the concept that the first official day of Spring is six weeks after groundhog day. Couple that with the ancient belief that hibernating animals can predict the arrival of spring and groundhog day was born.

Originally though it was German immigrants known as Pennsylvanian Dutch who brought the ancient tradition to the U.S. with the belief of Candlemas, a religious holiday celebrating the arrival of Spring.

When they celebrated Candlemas, if it was sunny winter could last longer than six weeks. However, if it rained or snowed then winter was almost over. Over time the tradition, and job became that of the groundhog.

Today the tradition is used worldwide however other countries use animals such as badgers or hedgehogs. What remains the same though is that hibernating animals have come to represent the impending arrival of Spring.

So did the groundhog, badger or hedgehog see his shadow this year? Looks like Spring is just around the corner if we believe what the animals seem to be saying.
You Know You Need a Tutor When...

Before I came to university, I worked for a period of four to five years during and after high school. I learned many things, but the most important of all was to ask for help or clarification if I was unsure of something. Time is money and asking for help made things much more efficient than if I would have tried to find out myself. With this in mind, I strongly recommend to those of you who feel behind in some of your classes to find a tutor.

Here are some indicators that you need a tutor:

- A lower result on a test or assignment than desired
- Many missed classes
- A concept that is incomprehensible or harder to understand
- A desire to do better

Mentors are very highly regarded in the professional world. They help set people up for success. Tutors are similar to mentors in that they help in teaching. Tutors can show you different methods of studying and reveal new ways of thinking. They are truly a valuable resource for students and much less intimidating than the professors.

Sometimes hiring a tutor can be quite expensive. But fortunately, here at FDU-Vancouver, there is a peer-tutoring service free of charge. Just speak to Learning Resource Specialist, David O’Reilly about how to go about getting a tutor and he’ll work with you to make the necessary arrangements.

Filip Krol,
President of FDU Vancouver Student Government Association

“Tutors can show you different methods of studying and reveal new ways of thinking.”
The Global Gazette is a student focused, monthly newsletter designed to cover anything and everything that affects the FDU-Vancouver student. To be a part of the creative team or to write for the Global Gazette contact Megan Baillie in the Office of Student Services or by email at baillie@fdu.edu.

Next Month: Midterms