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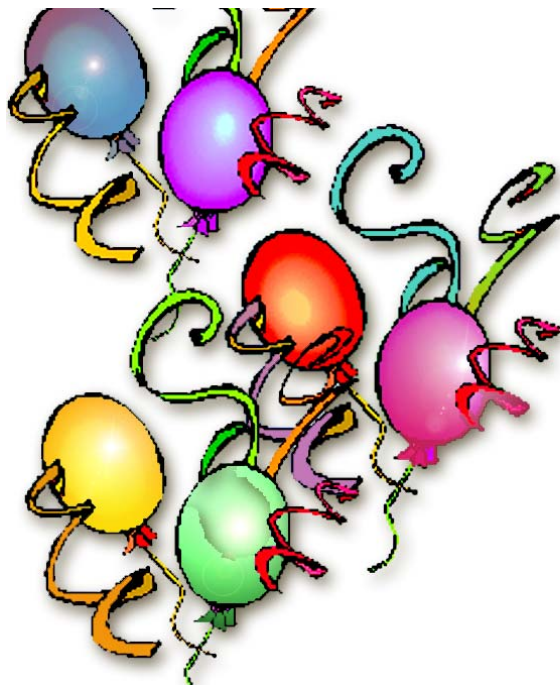
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QUOTE OF THE WEEK:

"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems."

--Gandhi

A Bug In Your Ear... Congratulations, Debbie Jabbour



The middle of October marks
Debbie's one-year
anniversary of writing as a columnist
for The Voice, and more than a year
and a half of contributing to our
paper.

Thank-you, Debbie,
for your contributions,
and your efforts to continue
to improve The Voice!



Something Festive This Way Comes... Halloween Fun and Creativity

By Tamra Ross Low

Halloween is only two short weeks away, and if you are like most people, you will be scrambling to get prepared, but will end up leaving most of the work until the very last minute. It happens to all of us. Nevertheless, decorating the house and yard can be great fun for parents and children, and even for those without children. There is

something about Halloween that appeals to people of all ages.

Unfortunately, the price of Halloween fun is on the rise. Decorations have evolved far beyond the old cardboard cut-out window-and-door-hanging variety that you used to be able to pick up for a buck at the department stores. Years ago, when elementary schools had significant funding for arts programs, children would create decorations at school, and bring them home to hang on their windows. We don't see many of those today.

Today's decorations are amazing – 5' poseable spiders, life-sized plastic skeletons, strings of pumpkin and skeleton-shaped lights, 3-D witches to hang on the door, etc, etc. They look great, but most of this stuff is really expensive, and when you factor in the high cost of candy, you may be reluctant to buy many extras.

It had to happen. All of the holidays are becoming more and more commercialized. Halloween used to be a surprisingly simple, organic, and home-crafted kind of holiday. In the old days, treats were home baked, and hospitality was more important than give-outs. Well, we can't do that anymore. Unless you know the child who receives your homemade goodies, you can be pretty sure the treats will end up in the garbage. Hospitality is no longer appreciated. Most kids just want to run to your door, get some candy, and be off as quickly as possible so that they can maximize their haul.

Halloween decorations used to be the ultimate in natural, environmentally friendly, waste-free, homemade fun. What could be simpler than cutting a few holes in a big vegetable? Sadly, plastic jack-o-lanterns and painted pumpkins have mostly replaced the strange charm of the homemade kind. It's a shame. There is something indescribably appealing about a simple pumpkin lantern – even if the craftsman is a child with clumsy fingers and a poor eye for design. Pumpkins look best when their features are mismatched and askew.

A few people still go to the trouble to make the real thing. Pumpkin carving patterns have really upped the artistic value of these creations, too. The only shame is that many of these patterns treat the pumpkin like a bulbous orange canvas, rather than the true focus of the artwork. Thus, jack-o-lanterns with personality are being replaced by innocuous gourds with 2-dimensional luminary prints gracing their shells. Not that these pictures aren't skill crafted. My neighbours down the street buy a package of pumpkin patterns every year, and they use the entire package on a dozen or more pumpkins which line the walk up to their door. Their work is skilful and precise, but there is nothing creepy about a lantern displaying a large bat figure, or a wolf baying at the moon. They are only pictures.

Real jack-o-lanterns are not crafted for the artistic value of their light-emitting holes. On a real jack-o-lantern, the pumpkin itself is the focus – it is a head, and a face – it has life! People who carve pictures into their pumpkins instead of faces just don't understand the creepy value of a disembodied, orange-glowing vegetable head on the front lawn. Anyway, there is no way that children can participate in the carving of these intricate designs, and one of the beauties of pumpkin carving is that anyone can create a design, regardless of age or artistic talent. Every one should be unique.

Whether you choose to carve a pumpkin this year, or just hang up a few cardboard ghosts and cats, you may want to check out some of the following links for some low cost Halloween fun:

ONLINE HAUNTED HOUSES

I recommended this one last year, and it's still a winner. The Around Caroline Online Haunted House is fun for adults and children alike. Make sure you have your computer sound turned on, click on the picture to enter, and be patient. On low speed connections the house can take a long time to load, and even on high speed you may have to wait a minute or so. It's worth it. Once you see the house on your screen, have fun clicking on different areas to discover all of the hidden secrets [there are 41 altogether]. The house is located at: [<http://features.aroundcarolina.com/haunted/default.asp>].

Also check out the Ben and Jerry's site, listed below.

DECORATION PATTERNS

If you want to try your hand at making homemade decorations using your ink-jet printer, try the following:

Canon Print Planet [<http://www.canonprintplanet.com/seasonal/index.html>] has some printable masks [which can also make good decorations], gift boxes, candle wrap, gift tags, and more. If you have a lot of medium or large pillar candles, candle wrap can be a really simple way to decorate the house. Try using pictures from all kinds of sources, such as printable cards and stationary, wrapping your candle, and attaching it with a little tape. You can remove the wrap at the end of the season and replace it with a Christmas theme if you like.

Hewlett Packard's Creative Projects site

[http://homeandoffice.hp.com/hho/ca/eng/creative_projects.html?role=&preview_date=-] has tons of stuff, including masks, luminaria [light covers, and patterns for decorative paper bags you can place candles in], masks, cards [I used some of the card pictures to make candle wrap], pumpkin templates, decorations, and tons more. One of the best sites for printable Halloween ideas.

Ben and Jerry's Ice Cream [<http://www.benjerry.com/halloween/index.html>] offers Halloween printables, including a nice skeleton that you can hang on the window. I enlarged the pieces and printed them on several sheets of paper to make a larger one and it looked pretty good. This is a nice decoration as it takes up little ink and does not require colour. This site also has a simple online haunted house.

JACK-O-LANTERNS

If you want to make a great jack-o-lantern, try some of these sites for pumpkin carving templates. A fun idea is to mix and match portions of different designs, to make your own custom lantern face.

Start with Pumpkin Carving 101 [<http://www.pumpkin-carving.com/>] to get some great tips and ideas for beginning carvers.

For patterns try:

The Pumpkin Farm [<http://www.thepumpkinfarm.com/carvemenu.html>] for some really simple ones.

Byroads Magazine [<http://byroads.com/magazine/pumpkins/index.html>]

Pumpkin Masters [<http://www.pumpkinmasters.com/>], which includes a cute one for baby's first Halloween.

Jack-O-Lantern.com [<http://www.jack-o-lantern.com/patterns/patterns.html>] for some really unique ones. (I did a variation of Cyclops last year and thought it was very scary, but I was dismayed to learn that Disney had recently made a cutesy monster movie with a one-eyed-blob character in it. My pumpkin apparently looked exactly like it. Most of the kids thought it was cute and that I'd carved it in homage to Disney. I won't do that one again... sigh.

Hershey's Trick or Treats.com [<http://www.trickortreats.com/party/stencils.asp>], which also has wallpaper and clipart.

Finally, for something really different, see Me On A Pumkin.com [<http://www.meonapumpkin.com/index.html>] for software that will convert a picture of a person into a pumpkin-carving template.

TO CREATE A HAUNTED HOUSE:

Find tips at [<http://www.hauntguide.com/>]

FOR KIDS:

Hershey's Trick or Treats. Com [<http://www.trickortreats.com/party/stencils.asp>], which also has wallpaper and clipart.

You know Mc Gruff – the safety dog? This site is full of information on making Halloween safe. [<http://www.mcgruffspo.com/index.html>]

FOR EVERYTHING ELSE:

For everything else, make sure you visit Halloween Online.com [<http://halloween-online.com/>]. This place is an awesome source for Halloween clip art, fonts, links, ideas, everything! One of my all-time favourite sites.

A Spiritual Quest has all kinds of Halloween tips, including ideas for parties and simple costumes: [<http://groups.msn.com/ASpiritualQuest/yourwebpage1.msnw>]

Finally, try Halloween by Mail.com to order party favours and other fun stuff: [<http://www.halloweenbymail.com/>]

OTHER FUN HALLOWEEN THEMED SITES:

Elvira – Mistress of the Dark [<http://www.Elvira.com>]

Rocky Horror [<http://www.rockyhorror.com>]

Vampira [<http://www.cypherzero.com/vampira/>] – the classic Halloween vamp.

Clive Barker online [<http://www.clivebarker.com>] – because Hellraiser is one of the all-time greatest Halloween movies ever

Deadites Online [<http://www.deadites.net/>], for fans of the Evil Dead movies – it's not Halloween without at least one of them.

Last but not least, don't forget the Halloween movies and music. Classic movie picks would include: Night Of The Living Dead, Psycho, The Pit and the Pendulum [with Vincent Price], anything else with Vincent Price, Re-Animator [if you like your horror to be really strange], or any of the original Universal horrors starring masters like Bela Lugosi, Boris Karloff, Claude Rains, Lon Chaney Jr., Elsa Lanchester, and others. If you like modern horrors, good pics would be A Nightmare on Elm Street, An American Werewolf in London, Hellraiser [not for the weak-hearted], Evil Dead 1 or 2, or #3 - Army Of Darkness [if you like it campy], Lair Of The White Worm [if you like it sexy but absurd], Candyman, Alien, or any of the Halloween [avoid the #3 which is entirely unrelated to the others] or Friday the 13th series [all are equally good, or bad, depending on your perspective].

If you are a Halloween junkie like me, you'll spend most of October watching horror movies and playing the Misfits back catalogue over and over, and you'll decorate your Windows desktop with a fully animated and interactive custom desktop theme or ghoulish horror, complete with dancing skeleton screen saver [available at: <http://www.yooniverse.net/grimstuff/skeledance.htm>], but if not, at least try to scare the pants off of yourself on Halloween night. It's good for you. Really!

HAPPY HALLOWEEN!

Tamra lives in Calgary with her husband and two cats. A fulltime AU student, she splits her free time between her duties as an AUSU councillor, writing her first novel, and editing written work by other students and friends.



From My Perspective: Post-Secondary Tuition (Part One)

By Debbie Jabbour

On-campus students are always making public statements to protest rising tuition costs. In fact many people may even start to tune these protests out, since they seem to go hand in hand with attendance at a post secondary institution in an almost predictable pattern - the school year starts & students complain about tuition! As distance education students at AU, we may feel somewhat detached from the tuition debate. We are directly affected, of course, when tuition rises, but for students taking only one course at a time, we may not notice the effects immediately. On a single course, a 4% increase may not seem excessive, since it amounts to only a few extra

dollars. In the 2000/2001 academic year, base tuition at AU was \$341, with course materials and fees bringing the total to \$476. This year base tuition rose to \$355 (the maximum allowable under current government tuition policy), bringing the total per course to \$496 when course materials and fees are included. A \$20 per course increase may not seem excessive, but for those of us attending full time, this adds \$200 to a full year semester load of ten courses - a yearly tuition of \$4960. (8)

AU students pay less tuition than campus-based students, and we have the added advantage of textbooks being included in our total tuition cost. At the University of Alberta, 2002/2003 tuition and course fees for most Arts/Sciences are about \$4490 for the year, not including the cost of textbooks (which can run \$100 or more per course). There are additional costs for certain faculties as well. Engineering tuition is \$4800, Medicine \$6133 and Dentistry \$15,733! (3) The University of Calgary tuition is almost identical to that of the University of Alberta. (4)

However, tuition increases and the on-campus protests are something we should not ignore, since we are all ultimately affected. There are a number of things occurring within the post secondary education environment, changes that will have a huge impact on students, parents, university staff, and the general public. During the next few months a variety of campaigns will be initiated by the Council of Alberta University Students (CAUS) in which tuition and funding issues will be brought into the public forum in Alberta. More information will continue to be available

through the Voice and the AUSU website, and I urge you to keep a close watch on this issue and add your voice to the protest.

Why should we at AU be concerned about tuition increases and the issues that will be brought to the public? Because rising tuition rates are reducing the availability of post secondary education for ourselves and our children, and the situation is getting dramatically worse. According to CAUS, "between 1990/91 and 2000/01, tuition fees in Alberta have increased by 208%, the most rapid rate of increase of all Canadian provinces," giving Alberta the third highest tuition in Canada. (1) Across Canada the situation is no better. The Canadian Alliance of Student Associations (CASA) notes that tuition levels in Canada rose 135% over the past decade. (5) Some provinces are experiencing yearly tuition rises of 10% or more. In British Columbia a seven-year tuition freeze was just lifted, resulting in a 2002/2003 tuition increase of a staggering 25.2%! (6)

These tuition increases are rising far more rapidly than the rate of inflation. I recently spoke with my doctor about tuition for med school, and he made the comment that when he entered the U of A back in the 1960's, he paid \$460 a year in tuition. I recall minimum wage being in the vicinity of \$1.50 an hour back then. In the years since that time, minimum wage in Alberta has increased about 4 times that amount, to \$5.90 an hour...yet tuition has risen more than 10 times the 1960's rate to the point where a single course now costs more than a year's tuition did in the 1960's!

Students are coping by taking on increased debt, whether by student loan or credit card, and by working more hours during the school term. About one-third of students work from 10-18 hours a week, and many are taking longer to graduate as a result. Families are expected to help their children with tuition expenses, but this creates significant barriers for students whose families are unwilling or unable to put money towards tuition. There are a small number of families in the upper income bracket who have no difficulty paying outright for their children's education. For the majority of middle-income earners, this is a virtual impossibility. In Alberta, for example, a family making \$50,000 a year with two university-aged children is expected to contribute almost \$4,700 per child. This would mean a total of \$9,600 - close to one-fifth of their disposable income - is going towards tuition. Because these parental contributions are "expected," children in this family would not qualify for a student loan. (7) Where families own a business or farm, assessment is based on the value of the farm or business. In rural Alberta, the implication is that farmers are expected to sell their farm equipment if they want their children to attend university! Many young people are moving away from home simply so they can qualify for a student loan - creating an even more onerous financial situation for themselves.

In real terms, this means that many middle-class families simply cannot afford to send their children to university. For lower-income families, qualifying for student loans is much easier. However these families are already in difficult financial straits, working at low wages just to survive - to even consider adding another huge financial burden through a student loan creates an almost impossible mental and social barrier to even considering post-secondary education.

In the 1960's a high school education was sufficient to guarantee a fairly secure, well-paying job. Now we live in a society where post-secondary education has become a basic requirement for any job paying more than minimum wage. Yet this basic requirement is becoming further and further out of reach of those who need it the most, and the gap between rich and poor is widening substantially in Canada - country of opportunity!

But the tuition picture is becoming even more bleak. In the next two weeks I will look at student loans, differential tuition, and some initiatives Alberta universities are undertaking that will have an even greater impact on the gap between those who can access post secondary education and those who are completely shut out.

For further information:

(1) Council of Alberta University Students (CAUS):

<http://www.su.ucalgary.ca/caus/alpha/>
<http://www.caus.net/alpha/pdf/news/Tuition%20Media%20Package.pdf>

(2) University of Alberta Students' Union

<http://www.su.ualberta.ca/>
http://www.su.ualberta.ca/mainpage_content/articles/survey

(3) University of Alberta Tuition:

<http://www.registrar.ualberta.ca/ro.cfm?id=246>

(4) Students' Union, University of Calgary:

<http://www.su.ucalgary.ca/suweb/html/media/tuitionfacts.html>

(5) Canadian Alliance of Student Associations (CASA):

<http://www.casa.ca/index.asp>

(6) Statistics Canada, University Tuition Fees:

<http://www.statcan.ca/Daily/English/020821/d020821b.htm>

(7) Student Finance Board, Alberta Government:

<http://www.alis.gov.ab.ca/studentsfinance/detpar.asp>

(8) Athabasca University

<http://www.athabascau.ca>

Debbie is a native Edmontonian, a single parent with four daughters. She has worked as a professional musician for most of her life, and has enjoyed a rich variety of life experiences - with many more to come! Debbie is working towards an eventual doctorate in psychology, and currently serves as the president of the Athabasca University Students' Union.



Canadian Fed Watch!

News Across The Nation... Money in the Trees, Learning Ministers Petition Federal Government, 2003 Calendars, and Virtual Tree Planting – Virtual Idiocy

THE VOICE October 16, 2002

By Karl Low

Money in the Trees

The Minister of Natural Resources, Herb Dhaliwal, has [announced](#) \$100,000 in scholarships, \$5,000 each to 20 university students that are studying forestry. Tied to these scholarships is the requirement to pursue at least part of their research in a laboratory of the Canadian Forestry Service.

Unfortunately these scholarships, like so many others in recent months, are strictly post-graduate in nature. While certainly welcome, if the government requires excellence in forest research, perhaps what they should consider is offering scholarships at the undergraduate level that are tied encouraging programmes in forestry. An undergraduate scholarship would be multi-purpose in that it would help to ensure that those students most suited for careers in forestry are able to pursue those goals, while at the same time creating a larger pool of students to become post-graduate forestry researchers and thereby promote that the best students, regardless of their financial situation, have the opportunity to go further in their fields.

Learning Ministers Petition Federal Government

Provincial Ministers from various provinces and territories have met and created a report that they have [released](#) to the Federal Government that calls for more support from Ottawa in meeting the need for post-secondary and labour-skills education. In the report, they identify four key priorities for action that they want the federal government to support.

These priorities are:

1. Enhancing the capacity of the postsecondary education sector
2. Strengthening workforce development

3. Providing funding for measures to help expand Internet access and meet the needs of each province and territory in regard to on-line learning connectivity
4. Encouraging the full integration of under-represented groups in the labour market.

Once again, we see that there is this focus on creating more "capacity". Maybe this is just a wording choice, but it seems to me to imply the need to create more physical space for students. If studying at Athabasca University has taught me anything, it is that the need for an actual classroom is really quite minimal. If a professor must deliver lectures, they could just as easily be done over the television. Interactivity can come via phone or online means.

What is really needed is to increase the ability of people to take post-secondary studies. With a large enough demand, the Universities would find it worth their while to either increase "capacity" on their own, or would move to alternative means of course delivery. In either situation, we would find University expansion delivered more where the general public found it necessary rather than in larger and more grandiose buildings.

2003 Calendars

The Provincial governments of Alberta and Manitoba have both produced 2003 Calendars for their citizens. The [Alberta Calendar](#) features various Canadian researchers and inventions while the [Manitoba Calendar](#) contains tips for consumers and seniors to help them be better informed and avoid scams and cons. If you tend to procrastinate, like I do, this is a great chance to get a free calendar before the year starts. Usually I find that for the first two months of any year I'm wandering around wondering what the date is. This can be even more of a problem for home-study students as often there is little to differentiate one day from the next.

In any event, this is another government service that you've already paid for through your taxes; you may as well take advantage of it.

Virtual Tree Planting - Virtual Idiocy

One of the many events that Royal Watchers were treated to over Queen Elizabeth II's stay was a [Virtual Tree Planting](#). The Queen apparently pushed a button that started a program that would show the planting and development of a Red Maple tree. Visitors at various sites through New Brunswick could witness this event and add their names in as "assisting" the Queen in this planting.

Excuse me?

Was there any real point to this entire exercise beyond a waste of some programmer/ animator's time and taxpayer money in developing this virtual "tree planting"? I understand that some people think the Queen's visit is something to celebrate, but surely even these people must be questioning the point of this.

Next time, why not have her press a button that gives a green light to some worker on the field to actually plant a tree? A living commemoration to her visit would not only be much more dignified, it would actually be something somewhat useful. A virtual tree-planting is more of an

insult to the environment than anything else - no tree is planted, but the people are allowed to feel like they have a concern for the environment, even though the very resources used to create this "tree-planting" will eventually be thrown out and actually cause damage to the environment.

At the same time, how much did this demonstration cost to set-up, and what does that compare to the cost of planting a sapling in a field? Even if we assume the project only took two hours of a programmer's time, planting a real tree would only take a person twenty minutes at the most - and the person probably would be a volunteer at that. If people wanted to add their names as watchers of the event, this could still be done using freely available electronic guest-books or, though this may seem too advanced, real books with real pens and real signatures.

Now, there will be CD of the event displayed in an elementary school. Had they not decided to go "virtual" there would be an actual tree in the yard of the elementary school, which could be seen at any time by anyone, not simply during school hours. There could also be books with actual signatures present in the library of the school - something that could be shown to grandchildren generations on - the actual signatures of various relatives.

Sometimes the simple ways really are the best ones.

A native Calgarian, Karl is perpetually nearing the completion of his Bachelor of Arts with a Major in Information Studies. He also works for the Computer Sciences Virtual Helpdesk for Athabasca University and plans to eventually go on to tutor and obtain his Master's Degree.



The Administration of Public Sector Union-Management Relations

Part Four: The Public Sector Employer

By Wayne E. Benedict

For the last few weeks we have been discussing the administration of Public Sector Union-Management relationships and their social and historical background, their place in social context today, and how these relationships function in the complex network of law, theory and reality. We continue this week, while discussing the public sector employer.

Who exactly is the public-sector employer? Unlimitedly it is the Canadian public. However, public-sector workers neither deal directly (as employees), nor bargain collectively, with the general public. Nor do they normally interact with the overseers of the public treasury/policy, i.e. the government. The entity that takes on the role of public-sector employer is the occupational grouping known as public-sector management. In the 1965-75 period, when the unionization of public-sector workers became legal across Canada, public-sector employers were largely unprepared for the rapid unionization of the vast majority of their employees. It didn't take long for them to adapt to the increase in unionization-density of the public sector. Patterns of public-sector management organization which have emerged to deal with unionization include: the establishment of de facto labour relations departments to represent them in dealings with their own employees; smaller municipalities are reluctant to cede bargaining authority to unelected parties and thus take on bargaining themselves; larger municipalities typically have specialized labour relations departments; hospitals are typically represented by employer associations; there is centralized bargaining in Health and Education; in provinces where local government bodies bargain individually, there is likely to be pattern bargaining; Quebec exhibits a highly centralized collective bargaining system where the parties negotiate over economic matters on a provincial basis, often in a highly politicized atmosphere (Thompson & Ponak, 1992, p. 18-19). In addition to combining into employer associations in order to oppose their unionized employees' associations', public-sector employers have, during the retrenchment phase, resorted to managerial tactics largely imitative of the private sector.

Contemporary processes of control, which public-sector employers use against their employees, are based on concepts of limited employee participation in governance of the workplace. Initiatives such as quality of working life (QWL), quality circles (QC), employee involvement (EI), and total quality management (TQM) are all variations of "team concept" programs. Team concept human resource initiatives share a commonality of purpose, i.e. union exclusion (or avoidance) through individual participation. According to Redlin (1990, pp. 188-189), the "team concept" is a sophisticated union avoidance or exclusion mechanism wherein individual workers are convinced that they are vital to and contribute to the corporation; through the rhetoric of "quality" and "cooperation", the technique takes advantage of workers' desire to do a good job. Recognizable aspects of team concept management might include: a drastic

reduction in job classifications (flexible workforce); less meaning for seniority due to the reduction in job classifications; detailed definition of every step of every job (deskilling; increased management control); more worker responsibility without more real authority; worker performance of duties previously performed by supervisors; workers participate in increasing their own workload (speed-up); plenty of perks to spread around (to buy off opposition); workers given the strong sense that their input will really make a difference; increased productivity through convincing workers to “voluntarily” take on more (management) work without receiving extra pay or promotion. In other words, the “team concept is another name for union busting and speed-up” (Parker & Slaughter, 1988, p. 9). The problems which unions and employees face as a result of the implementation of the team concept are: erosion of the strength of the local union; an increase in the real power of management; management’s hidden agenda (increased management control, increased production, eroded support of the union); “management by stress”—by convincing the employees that they bear 100% of the responsibility for what happens at work, employers using the team concept can simultaneously increase the stress that workers feel while reducing pressure on management from vocal employees (Redlin, 1990, pp. 189-190).

It is eminently clear that the various sources of influence which are systematically being brought to bear in the contemporary neo-conservative era by the state and public-sector managers, greatly increases the likelihood that the actions of public-sector workers and their organizations will, in general, conform with the goals or interests of the former groups. Thus, states and their public-sector managers have the upper-hand in regards to processes, and the attainment, of greater work-place control. Public-sector workers are definitely on the defensive and have been so for nearly a quarter-century. The means by which public-sector workers might reverse the concessionary tide is beyond the scope of this essay; however, public-sector workers might do well to look to Canadian labour’s past for the answers. Workers of the pre-war era had virtually no legal rights; nearly everything they did was “illegal”. And yet, they wrestled accommodations from the ruling elites through *illegal* class-based struggle. Further: the Canadian Postal Worker strike of 1965, which led the way to legality for all Canadian public-sector unions, was an *illegal* “wild-cat” strike. Real working-class gains have rarely been made by following the rules laid down by those who would promulgate the hegemonic status quo.

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Face Washing: Is There a Trick To Getting It Right?

By Laura Seymour

Do you think I'm desperate to write about washing your face? Geez, I dunno, but I have found some things out over the years that have changed my mind on the simple act of face washing.

I've had problem skin from the age of eleven. Most of us got it...acne. And most of us got it under some basic control with a couple of famous products that have been around for

ages. Clearasil has sulphur in it. It dries a pimple up in a hurry but it can also be a problem. If the pore is blocked and there is trapped skin oil, then just drying the pimple up won't do much good.

How long was it before I found out that a mask does wonders?! Try the famous old product MUDD if you want a name. I took a professional mini-modeling course in Toronto when I was 15. I learned more advanced, and realistic, make-up than I had in the stage make-up course I took in Edmonton years before.

Suddenly I had to look dramatic, instead of be seen by people in the theatre's back row. I had to underline like a pro instead of stick an unbelievably large red dot in the corner of my eye! It helped for appearance but all that make-up made a mess of my skin. "Wash" was the command from my modeling teachers... which was no help at all.

For serious skin problems they recommended going to a dermatologist. For those of you new to the terminology – this is a skin specialist. I didn't frequent them. Too expensive for prescription potions and the standard lecture on "don't touch your face." Especially since I wasn't a working model. Sheesh!

I began to do what most of my friends did-- I spent a fortune on over the counter (OTC) products that did little to nothing to make any real difference to my skin. Some products sounded irresistible. "All natural" "organic" "with aloe"...and none of them seemed to do much more than smell good or be seriously deplete the pocketbook.

I'm older now and I've narrowed the field. I found a number of products I would like to recommend and a few tricks that help...both skin and hair. Stand by; these "recipes" work better, for us at least, than you can believe.

My hubby has had pimply breakouts, and like me, blackheads for all the time I've known him. We found that the Oil of Olay disposable wash cloths (which have no soap) are a dream. While your face is soaping up you'll probably notice nothing much, then when your skin dries you should notice a clean shine. Over a week or less look at the pores on your face, especially the nose! Our skin is no longer a mess. Clean and clear. The secret is AHA (Alphahydroxyacid). Yes, I know what a mouthful. It is a skin ingredient that many of us relish. I have a bottle sitting under my sink that has been used less than a dozen times. I find it leaves my skin...well ...slippery and I don't like wearing it to bed. So it sits. And I tell myself – someday I'll get back to it. But after discovering these cloths I think I'll just pitch it. For those of you who are sensitive to AHA and get red...try to see if the cloths are better since this doesn't sit on your skin for hours. Make sure you rinse well and if you still get red cut down on your usage.

The second little trick I have is for those of you with unruly dandruff. Ask my husband about this and you'll get a long story from us about his giant flakes and the many hundreds of dollars we've spent trying to get it under control. What a waste of money and time. Go to the grocery store and do the following. Buy a bag of Epsom salts and a bottle of Apple cider vinegar. Get the right stuff now—it's easy to get the names wrong. Soak in the tub with the Epsom salts and really let yourself relax. Take 20 minutes. Soak your hair in it too. It gives the hair great shine! Then wash and condition naturally. Get about a cup and a half of cool water and throw in enough apple cider vinegar to colour the water...just a quick two-second splash.

Then dump it on your head...for heaven's sake close your eyes though! And now get out...clean your messy tub and wash your brush and comb before using them. Make rinsing them free of any crud a daily habit. The Epsom salts are a fantastic assistant to the apple cider vinegar. And your hair will start to get much cleaner and less dandruffy. I also recommend that for those of you with a tough case wash your hair and then scrub up with Benzol peroxide 5% (Benzac Wash –ask your pharmacist) --yes it is an acne wash. And for some unknown reason it stopped the husband's dandruff completely! You'll probably need extra conditioner with this though –it's very drying.

And listen, when you get really smart looking show us a picture of your gorgeous new self. We like success stories here at ***The Voice***! At least I do!

Laura Seymour first published herself, at age 8. She has since gone on to publish a cookbook for the medical condition of Candida. She is working toward her B.A. (Psync).



Worth A Second Look: Cooking Up A Storm

By Teresa Neuman

I just realized that I have quite a large collection of cookbooks, which dominates the pantry shelves. It's like owning my own private library or having a staff of chefs at my beck and call. Cookbooks are special. The recipes are a puzzle waiting to be solved and the photos promise that the dish can be created and served at my own dinner table.

Cooking is very trendy right now. Bookstores have expanded cooking sections with offerings by celebrity chefs of every style of cuisine. It's not easy to find a great cookbook, one that will be useful and inspire creativity. Sometimes, finding the right book is more challenging than cooking the meal!

A great cookbook is a matter of personal preference. Some cooks prefer step-by-step instructions for food preparation; others prefer classic recipes. I look for other elements about a cookbook. Does the food look appetizing? Can the dish be prepared with ingredients that could

normally be stocked in the pantry? Will there be enough for leftovers the next day? Can any part of the recipes be prepared ahead? If the book contains answers to some or all of these questions, it will become part of my collection.

Here, in no particular order, are my favourite cookbooks. I hope you will enjoy them.

- *Betty Crocker's New Cookbook – Everything you need to know to cook.* This book contains easy to follow recipes that can be made with ingredients found in any kitchen or at the market. The authors include informative tips. My copy is well worn and splattered. Many of the pages are stuck together and it may need to be replaced soon. The book is coil bound so it lays flat on the kitchen counter. Published by MacMillan USA, \$19.95 CDN.
- *Weight Watchers New Complete Cookbook.* This book is based on the Weight Watchers Winning Points Weight Loss Plan. The recipes taste great, and contain less fat and sugar than other versions of the same recipe. Some of the substitutions incorporated in the recipes are ingredients that I would never have thought to use to reduce fat or sugar. A Central American stew called Sancocho (page 136) made with chicken and pumpkin is excellent. Published by Hungry Minds Inc. \$29.99 CDN.
- *The Complete Canadian Living Cookbook: 350 inspired recipes from Elizabeth Baird and the Kitchen Canadians Trust Most.* This is a good cookbook and lives up to its claim that the recipes are tested until perfect. Variations for many recipes are suggested. Most recipes are made from ingredients that would generally be kept on hand or can be easily found at the market. Published by Random House Canada, \$49.95 CDN.
- *The Joy of Cooking.* This is a staple book for all cooks of all levels. The book is coil bound so it can be opened flat on the counter. This was the first cookbook I bought and I appreciated the good, solid advice. Published by New American Library. \$26.00 CDN.
- *Canada's Best Bread Machine Recipes.* The authors have jazzed up machine breads, with an excellent section on sourdough style breads including the starter. Cottage Cheese Dill Bread (page 33) is a favourite in my house. Published by Robert Rose. \$19.95 CDN.
- *Primo Family Favorites.* This book contains many excellent recipes for basic Italian cooking. The book is an advertising vehicle for Primo brand products, but the recipes taste good and the directions are easy to follow. Pasta and Bean soup (page 50) is a staple soup in our house. Published by Brimar.
- *The New Basics Cookbook.* This book takes classic meals and jazzes them up with modern ingredients. The authors provide excellent how-to sections. Workman Publishing. \$32.95 CDN
- *Jamie Oliver – The Naked Chef Takes Off.* “As seen on the Food Network” proclaims the book. Jamie Oliver loves to cook and his recipes show it. The food is hip, yet simple. Oliver encourages cooking with fresh ingredients. I haven't actually cooked anything from the book yet, but I bought it because of the fish pie recipe on page 159. It looks as

easy to make as it does on television. The photos are fantastic. Published by Hyperion. \$49.95 CDN.

- *Two Fat Ladies Ride Again* and *Two Fat Ladies: Obsessions*. The authors of these cookbooks are not hip and the recipes are not low fat as they are prepared with whole crème, real butter and other delightful ingredients. *Obsessions* is full of recipes that showcase the authors' favourite ingredients like chocolate and raspberries. These books even demonstrate how to cook artichokes and cardoons. The photos of the food are beautiful. Both books are published by Press Elan.
- *Company's Coming: Low-fat pasta*. I was intrigued by the promise that each recipe has less than 10 grams of fat per serving and was pleased that the pasta recipes aren't just in tomato sauce. Step-by-step instructions show how to make stuffed pastas like wontons, tortellini's etc. I just buy wontons at the Chinese grocery and add them to the Wonton soup recipe on page 127; it is incredibly simple to make and feeds a crowd. Published by The Recipe Factory. \$14.99 CDN.

Ultimately, a great cookbook should offer suggestions and a place to start a new culinary adventure. However it is prepared, a meal shared with family and friends with good company and conversation is an experience to be treasured. Bon Appetite!

Teresa Neuman is a member of the Board of Directors of Briarpatch Magazine. She lives in Regina with her family and is a member of CUPE.



THE VOICE – October 16, 2002

Dear Sandra,

I'm just about ready to go crazy. I'm working my butt off to hold down a job, I have a small school-aged son that needs time, love, and attention, and a husband who thinks a major contribution to the household duties is to use a coaster for his glass. He has no understanding of what I am trying to do for myself by going to school, and my son shouldn't have to suffer because I'm too busy to be a proper mom and spend evenings playing, studying, reading with him. My house is a disaster, and I feel like I'm making things worse instead of improving my lot. I don't what to do, and I'm about to throw in the towel educationally.

Tired and Overextended

Dear Tired and Overextended:

Your problem is one that most women with the responsibility of a family face. Throughout time women have traditionally been assigned to housework and childrearing chores. In today's society this tradition still stands as rigidly as ever, regardless if a woman works or stays at home. I remember before I was married and had children I used to wonder what my mother, a housewife, did all day alone in the house. I assumed she must have just sat around all day lifelessly watching soaps and eating bon-bons. I never realized how much time and effort went into maintaining a house and raising children until I was required to do it myself.

Most men seem to have a knack for being able to block mess out of their line of vision, whereas most women can spot a millimeter size spaghetti sauce stain on red wall from a mile away. We see what needs to be done; they need to be told what needs to be done. It frustrates us because if we can see our house is messy, why can't they? In the book *Somebody Has To Do It* by Penney Kome, a study by Ed Bader of Toronto area couples showed that housework emerged as the number-one problem in relationships, causing more squabbles than sexual differences, in-laws or money problems. After a long day of outside employment, school work or housework and child care women are emotionally and physically drained and it's easy to see why these same women

get angry when their husbands ask why they have no clean socks in their drawer or why they have to eat macaroni and cheese for supper.

On top of trying to keep track of our own lives, women are also expected to keep a detailed database in their minds of their families lives. At a moments notice we are expected bring up information about our families clothing sizes, birthdays, doctor's appointments, phone numbers and where their shoes and clothes that they misplaced are located. No wonder that we forget to take our birth control pills or bathe ourselves some days.

Even if you are lucky enough to have a man who is willing to help with the housework he is very unlikely to admit doing it to his male counterparts. This is because society has labelled men who "help out around the house" as whipped or feminine. They also see housework as something that they detest so they feel justified in not doing it. Well, I can't really vouch for all women, but I can probably vouch for 99.9% of woman by saying we don't like to do it either. I can think of a million other ways I would like to spend my evenings instead of making the kids lunches, picking up carelessly discarded clothing, doing laundry, and scrubbing toilets. These are not my hobbies, yet I spend a considerable amount of my free time doing them.

I have found that talking to your husband and asking for help does not work. What does seem to work is making a list; then they know exactly what to do and can not say that you never asked them to do that. I keep mine on the fridge and then all our friends and family can see what he has or hasn't accomplished, if you date the list it seems to motivate them more to step away from the T.V. and start striking off chores from the list. If that doesn't work, go on strike. Don't wash his clothes, don't make his meals, let the bathroom get dirty, don't pay the cable bill, and don't buy groceries. This not only seems to work for husbands, but older children as well. Nothing is more embarrassing for them than having to go to school in dirty clothes and taking a mustard sandwich for lunch. Once they start to realize exactly how much you do and how much work it is to do this all by themselves, they may be a little more willing to help knowing that you could again refuse to do everything for them. It might also help to express how important your education is to your husband and children by doing it in terms of money. Most of the time when you go to school, you end up being able to find a better paying job. As in my case when I am completely done school, I will probably make more than my husband. This thought keeps him in a fantasy world, where he believes that once I finish school I will be able to support him and he can golf all day.

As for your children, as I have said before, children do not need our full undivided attention. Quality is more important than quantity when you spend time with your children. So much pressure is put on mothers to raise perfectly well adjusted children, yet fathers do not face as much pressure. They don't spend their days worrying if they have spent enough time with their children and if they are showing enough (and the right kind of) love to them. Ask your husband to take your child to hockey or ball games, arcades or to the park for a while, this will give you time to concentrate on your school work and it will give them a chance to bond doing something they both like.

I would not recommend giving up your schoolwork. You deserve to be able to accomplish something important for yourself. You will only be a full-time mother for part of your life, what will you do with yourself when your children leave home? What if you become widowed or divorced? Your priorities do not have to be your family all the time. Right now, let your

education come first. Forget about having the perfect house, marriage, children and life; no one has ever achieved this and no one ever will.

**I WANT TO HEAR FROM YOU!
TELL ME YOUR TROUBLES.
YOUR CONFIDENTIALITY IS ASSURED.**

This column is for entertainment only. Sandra is not a professional counsellor, but is an AU student who would like to give personal advice about school and life to her peers. Please forward your questions to Sandra care of voice@ausu.org



Are Today's Conveniences Really Good For Us?

Part I – The Miracle of Indoor- Plumbing and Better Health

By Diane L.M. Cook

Earth has been around for about a few billion years now. Life progressed pretty slowly in that time and change was minimal over the centuries. That is, until, the 20th century! It's been said there hasn't been as much change on Earth in the last few billion years as there has been

in the last 100 years. Hard to believe, but true! If we go back and take a peak in the history books, we can see several wheels in motion that were the catalyst for this explosion of change. All that change created amazing conveniences but are today's conveniences really good for us?

About 100 years ago, probably around the time of your fifth set of great-grandparents, people hauled water for everything – water to clean themselves, water to wash clothes and dishes, and

water to prepare and cook food. There were probably a thousand other reasons for water to be hauled, but keeping in mind how labour-intensive it was to haul water, people probably used it very sparingly. Can you imagine someone's horror of their good water-hauling bucket springing a leak? Today, we nonchalantly turn on the taps in our kitchens and bathrooms and we instantly have clean, treated water. We probably have less tummy troubles and better teeth than our fore-people did by drinking chlorinated, fluoridated water, but how much do we really appreciate the water we have, and how much physical exercise can we possibly get by turning on a tap? Hauling water keeps consumption low and is a great over-all body workout.

Hauling water meant there was no indoor plumbing for toilets and bathtubs. Try to imagine visiting an outhouse at 3:00am in Canadian winter temperatures of -38 degrees and in three feet of snow. Chilly buns, I say! If visiting an outhouse in those conditions doesn't appeal to you, rest assured, if anything, it will build character. And bathing in a pan of water isn't quite the same as taking a nice, long, hot bubble bath in a soaker tub, with candles, and a good book. Hygiene wasn't the order of the day 100 years ago, getting the fire started and grub on the table was. Today we enjoy the comforts of indoor toilets and bathtubs but we have also gone to the opposite end of the continuum and now some of us are too clean. It's a medical fact that we have bugs in our hair and oils in our skin and we need to have these bugs and oils present for certain reasons. By scrubbing ourselves squeaky clean every day, we are stripping away these essential bugs and oils and in doing so, we weaken our immune system and can become sick more easily. It's very convenient to jump in the shower every morning but this convenience is probably making us catch more colds and flues than we'll ever know. There are even those who go to the extremes with their cleanliness and develop medical conditions, such as obsessive-compulsive disorder. Surely this can't be good for us.

If there is one chore that everyone hates, whether they lived 100 years ago or today, it's doing laundry. Today we have washers and dryers that practically do our laundry for us. All we have to do is switch the clothes from one machine to the other and fold the clothes once they are dry. Imagine hauling water and hand-washing your entire week's worth of laundry, every week, for your entire life! Using lye soap in boiling water without rubber gloves on must have been a real treat too. Of course people of a century ago didn't have as many clothes as we do now, but it was typically the "lady of the house" that had to do laundry for everyone; husbands and children, and the more children you had, the more laundry you did. This was probably the most backbreaking work of 100 years ago. Washers and dryers are one convenience we just can't do without today, unless of course you are looking for some backbreaking work to do.

Even though people of 100 years ago weren't as clean as we are today, common illnesses were definitely considered more serious than they are today, and the medical community hadn't made great advances in eradicating diseases yet. Don't you find it odd that people today are actually developing more western diseases at an alarming rate than people did a century ago? Our 20th century conveniences created a lifestyle in which our health, over time, has started to deteriorate. Yes, we now enjoy the longest lifespan in the history of time, but it's mainly due to our great advances in medical technology, not our new convenient lifestyle. Try to keep in mind how terribly ill most people are when they do finally die in their 70s or 80s. They've usually suffered from a terrible disease for years. It was medical technology that kept them alive that long, not living a good life. The trade off for a longer life doesn't seem worth the convenience, if we're that sick for that long before we finally go.

These are just some of the modern day conveniences we take for granted. Tune in next week, when we'll continue our comparison of the bare necessities of life.

Diane is a full-time, freelance writer. She specializes in writing technical articles for the oil and gas industry, but also writes feature length magazine articles of all genres, including Calgary-based magazines. She is working towards a Bachelor of General Studies degree.



A Follow up on Meditation

By b.e. hydomako

The Voice welcomes your comments on its contents. Use your voice to voice your opinions to The Voice. We love the sound of it, and you should to (the sound of your voice, that is)! Personally, I have to thank one of our readers for writing in—I am happy to hear you enjoyed the article on meditation. The questions you asked are good questions, which, I felt, deserved this follow up.

We can begin by noting that the two-part article, “Meditation For a Healthier Us,” focuses on what we could name “passive meditation” in contrast to what we could call “active meditation.” The defining difference between these two general classes of meditation would be in the focus of the meditative process. In active meditation, the practitioner focuses on some thought, mantra, symbol, or such, and does his or her best to clear the mind of all thoughts except those which reflect the object of meditation. On the other hand, passive meditation seeks to clear the mind of all thoughts whatsoever: it is a conscious and wilful effort of relaxing both the mind and the body. The focus is directed on stillness and absence, whereas active meditation might be seen as focusing on an “object” of some sort. I would be the first to admit that this is a tentative and perhaps merely heuristic distinction. However, the type of meditation described in the previous articles certainly does not call for a focus on anything beyond the rhythm of our breath.

Our reader asks, “Why 40 minutes?” No specifications on that. I’ve been told to start small and work up.” The suggestion of forty minutes of meditation each day was simply that—a suggestion. The sources that were used (mostly Transcendental Meditation sources) seemed to recommend forty minutes as their ideal; thus, I thought I would include it in the paper: it reflects the position that I found in my research. But really, I feel this is likely a somewhat arbitrary number. I don’t think that the benefits of meditation occur *only* when forty minutes of meditation are engaged in each day. In the article, it is asserted that small changes can greatly alter a system

over time; in other words, like our reader states, it is best to start with what we can—some time spent in meditation each day is better than no time spent in meditation. Or even, some time spent meditating, even if not every day, is better than never meditating at all. Indeed, we cannot expect anything from something that we do not do—it would be like wanting to win the lottery without ever buying a ticket! It seems to me that part of the goal of passive meditation is to allow more flexibility in our thinking (and this might feed into the alleged increase in creativity in meditators), and so, it is hard to imagine that forty minutes is a fixed and rigid number that must be adhered to without fail.

The second question our reader asks is, “What methods are there and do they truly matter? Most meditators advocate some particular method and argue against others (which I'm tired of).” I don't know if I am in a position to answer this question; put differently, I know there are many different approaches to meditation, and since I do not claim to be an expert on any of them, I don't know if it really and truly matters or not. In the paper, I present a method of meditation that is stripped down in its practice and removed from any particular faith. The presentation is geared to place meditation in an unbiased light; that is, I wanted to show more the mechanics of passive meditation: conscious relaxation and wilfully clearing the mind. I think these two components are universal to many forms of passive meditation. Meditative practice ought to suit the person who is practicing it and not require of the person any particular previous beliefs or the necessary adaptation of new beliefs. In fact, I think that this sort of meditative practice leads the practitioner to see how his or her beliefs are nothing more than thoughts or ideas. By stilling the mind and attempting to stop the trains of thoughts that run through our heads, we might come to recognize that our most tightly held assumptions are no more “real” or fixed than any other thoughts that we have. It seems as if this sort of practice has potential to free us from our own personal dogmas and rigid ways of thinking.

Different methods might have different effects on the individual practitioner, but certainly, arguing that there is a single correct way to meditate illustrates dogmatic belief, and also, serves to show that the person doing the arguing has some sort of agenda. What the agenda might be likely varies from person to person. It could be as simple as an individual who really feels the benefits of a certain type of meditation and desires to share this with others, or it might be as sinister as to reflect a hoped for indoctrination into a certain way of thinking. Regardless of an individual's motives or reasons for arguing for one type of meditation above all others, I do not think that such a position illustrates some of the insights of passive meditative practice, at least not in the sense I suggest above.

In short, I think that a person who desires to practice meditation is best to find a method that suits him or her. While regular practice of meditation might change our ways of thinking and being in the world, the engagement in meditation need not require any preconceived beliefs or alterations in our initial beliefs.

b.e. hydomako is not sure whether his parents were human, and sometimes feels that the sun and the moon are his father and mother respectively (or vice-versa). He doesn't have a belly button, and the operation to remove the alien implants is forthcoming. Sometimes he thinks that the world is a projection of some malfunctioning machine.



Ignorance Vs. Kindness

By Amanda Lyn Baldwin

When you think about the world we live in what comes to mind? Lately, especially here in Alberta, people have been reaching out to help those in need. However there are still those people out there who make life harder for the rest of us.

Who are these people? These are the people that cut you off in traffic or who tailgate the person in front of them. These are the people who make hundreds of thousands of dollars each year and leave it in the bank. I always want to

remind these people that they can't take their money to their grave. Why not donate some, or give it to less fortunate family members?

Ignorant people eat more than their share of the pizza and then only pay for one slice. Ignorant people don't have the time of day to phone you back and let you know that they're alive and kickin'. Ignorant people lie directly to your face, because they don't really care about you (or they have a serious problem). Ignorant people rub it in, even if it is only something small, like when they take the last cupcake.

What goes on in the minds of these people? Why cause pain or stress to others when it's so much easier (on all of us) to just be kind? When you are lying on your deathbed waiting to be led away, will you have peace of mind knowing that you didn't do everything you could to better the world?

Is it so hard to give a quarter to the homeless child downtown? Is it so hard to put a few pennies in the Children's Miracle Foundation box when you're in the store? Really, are having nice things for yourself and having a large bank account more important to you than allowing a child in the 3rd world to eat? Are you an ignorant person?

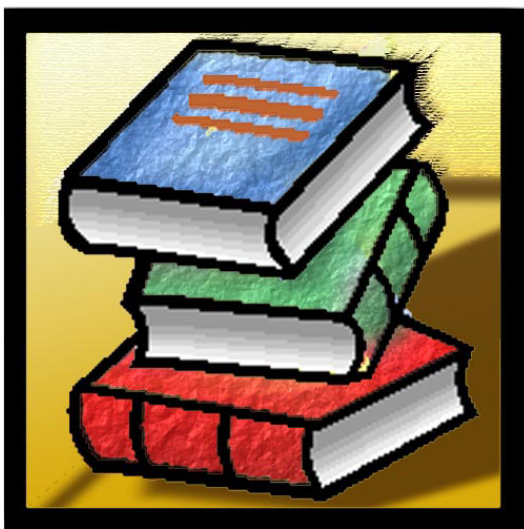
September 11th sent the world into so much turmoil that the children of freedom were forced to join together and fight it. We all fought this battle in our own ways, by donating money, blood, and time. Time heals all wounds. We can all give time.

Ignorant people drive planes into skyscrapers and then laugh at the trauma that it causes to the world. Why? Because they're ignorant. They're ignorant about how freedom feels and they're jealous that their souls aren't free.

On Monday, October 14, 2002 (Thanksgiving) the cities of Calgary and Edmonton put on fundraising concerts for the drought-stricken farmers of our province. Famous artists have donated their time for these purposes. Eastern Canada has joined forces and sent help as well.

What if the world were ONLY people like this?

You could go to bed at night without the fear of death. You could look people in the eye and trust them. You could go for a walk and leave your door open. You could walk down the street without being looked at and judged. Men, women, minorities and majorities could have equal rights and everyone could be happy. Equal. Rights. Happiness. What a world that would be.



Library 101

Contributed By The Insider

Librarian Elaine Magusin continues the series "Things You Should Know About the Library."

Q: I've just been contacted by a student who is wondering how to cite web sources in APA format but doesn't have time to wait for a copy of the publication manual to be sent out. Is there somewhere online that will provide this

information?

A: Yes. On our website we have a [Help Centre](#) that provides links to all the major styles and help sheets for each. The [APA website](#) actually provides samples of citations for electronic resources. In our help centre you will also find links to research and writing guides among other things.

Q: I live in Edmonton and would like to borrow material from the University of Alberta Libraries. Is there a way I can do this?

A: Yes. There are actually two ways staff and students can borrow materials from other libraries. Residents of Alberta can request an Alberta Library card (TAL) from us. This not only gives students access to the University of Alberta, but to university, college and public libraries in Alberta. If you would like more information, and a complete list of the participating libraries, go to: <http://library.athabascau.ca/otherlib/index.html>

AU Library is also a member of the Council of Prairie and Pacific University Libraries consortia. With a COPPUL card (obtainable by contacting AU Library) staff and students can borrow

materials from select universities in Alberta and across Canada. For more information contact AU Library or go to: <http://library.usask.ca/coppul/rb/rbindex.html>



Suzuki slams Alberta government's anti-Kyoto tactics

Scientist criticizes Alberta opposition during promo tour

**By Jhenifer Pabillano,
Alberta Bureau**

(Climate change David Suzuki calls for a new look at world interdependence - Photo: Jon Yu)

Suzuki criticized the Alberta government's opposition to ratifying the Kyoto agreement.

"We've had that argument for 200 years: the economy comes before the right thing to do," said Suzuki. "When Rachel Carson published *Silent Spring* [a seminal book on the effects of DDT], the immediate response from the chemical industry was bullshit, there's no proof at all."

"[Alberta's opposition has] absolutely no credibility because it's predictable and it's always the same bloody thing," said Suzuki. "And I'm shocked that someone as eminent as Peter Lougheed will get sucked into this whole thing."

Suzuki, a noted CBC broadcaster and environmentalist, visited campus last Thursday to promote his CBC series *Sacred Balance*. The series details Suzuki's environmental philosophy, describing the global environment as crucially interdependent and very vulnerable to human actions.

While the economy has increasingly become the bottom line in world decisions, said Suzuki, global emphasis should truly be on the needs of the planet: clean air, water, energy, and biodiversity.

"We're trying to protect the economy at all costs, instead of the planet that supports us," said Suzuki.

But Suzuki also stressed an unusual aspect in his view of the world: the human need for love in the world.

Only through love can humans truly realize themselves, and find the empathy to take care of the planet they are given, said Suzuki.

“When I say [love], I find that scientists’ eyeballs just turn up and they go, ‘My God, he’s finally flipped out and gone over to the New Age side,’” laughed Suzuki. “But I mean that in the most scientifically profound way.”

The solutions to the commodification of the planet, said Suzuki, can only rest with the careful but determined action of people. Suzuki highlighted cities as opportunities for efficiency, urging the reduction of car use and efficient transit, and championing diversity in city neighbourhoods rather than homogenization.

“If you own a sports utility vehicle, you don’t give a shit about the environment, so let’s just say it the way it is,” said Suzuki.

Suzuki also outlined a goal of reaching one million individuals with his message, and asking them to change small things about their lifestyles in order to recognize the precarious situation the planet faces.

“Each of us is insignificant—we’re just a tiny part of a big problem. But if millions of us take small steps to change our lives, then we have something,” said Suzuki. “If Rick Mercer can get 1.5 million people to ask Stockwell Day to change his name to Doris, then we can get a million people to do something about our home, the biosphere.”

Suzuki’s visit wasn’t a new event: he taught genetics at the University of Alberta from 1962 to 1963, his first teaching job after graduating from college. He will return on Jan. 9 as part of the student union’s Revolutionary Speaker Series, which featured Ralph Nader last month.



Women now the majority on Nova Scotia campuses

Girls just wanna ... study!

**By Jennifer Henderson,
Atlantic Bureau**

HALIFAX (CUP) -- That's the finding of a recent report from the Nova Scotia Advisory Council on the Status of Women. The report indicates that women now outnumber men at province's universities, making up 58 per cent of undergraduate students in Nova Scotia.

According to *Learners and Teachers: Women's Education and Training* women's enrolment in law and medicine has doubled since 1976 and women now equal or exceed the number of men in undergraduate programs in science, medicine, law, and business administration. Sandra McFadyen, the report's author, believes a number of factors are leading more women into the classroom.

"It's really striking how women have improved their educational attainment and advancement," said McFadyen. "I think women from all backgrounds now realize the importance of education to their future. There are also some traditionally female positions such as nursing and teaching that now require university training."

The news isn't entirely positive, however. McFadyen says that all groups of women are not created equal when it comes to having easy access to post-secondary education. She found that disabled women were three times less likely to hold university degrees than those without disabilities and that over 40 per cent of the province's single mothers had not received high school diplomas.

"There are certain groups of women that seem to be educationally disadvantaged – aboriginals, lone parents, African-Nova Scotian women and disabled women. That may well be related to equality in the greater scheme of things," she said.

According Shirley Tillotson, coordinator of the women's studies program at Dalhousie University, the presence of greater number of young, predominantly white females on campus is unlikely to be the key to removing educational barriers for disadvantaged groups.

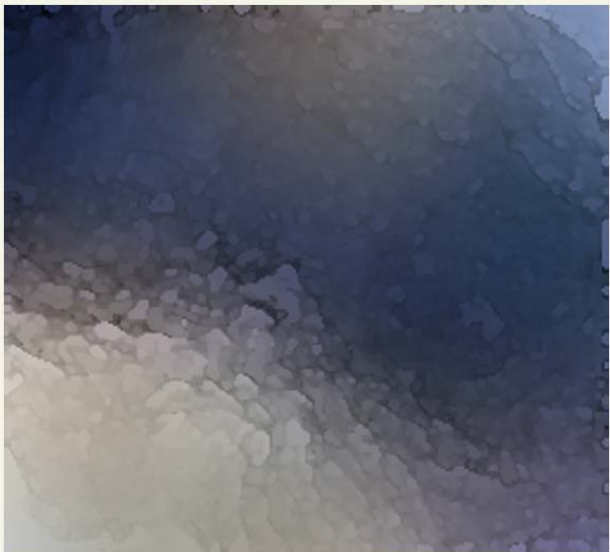
"Universities are notorious class sensitive places," said Tillotson. "They're also notoriously unwelcoming to visible minorities. Having more women in the classroom is unlikely to have an effect on these multi-causal issues."

Marika Morris, research coordinator with the Canadian Research Institute for the Advancement of Women says even those women who do pursue post-secondary education still face economic hurdles after they've claimed their degrees.

"According to Statistics Canada, university-educated women earn 74 per cent of what university-educated men do," said Morris. "Women on average pay more for their university education. Because women earn, on average, lower wages it may take them longer to pay off their student loans, and that usually means more interest to pay."

Morris believes that these recent advancements towards equality at the undergraduate level should be a catalyst, driving women to seek fundamental changes to Canada's post-secondary education system.

"The inroads women have made at the undergraduate level must be followed up by action on pay equity, support for childbearing and raising, student loan reform, reforming graduate programs, and encouraging non-traditional occupations and studies for both women and men."



Mental illness a reality for students

Drugs over-prescribed say doctors

By Adam Grachnik, Ottawa Bureau

OTTAWA (CUP) -- Young people, especially women, are being hospitalized with mental illness at alarming rates, a new report shows.

The study 'A Report on Mental Illness in Canada' is the first on the state of mental health in Canada.

It concludes, "young people, especially younger women, are being hospitalized at peak rates for mental illnesses such as depression, anxiety and personality disorder."

The report also explains "adolescent women in this group [aged 15 to 19] have a high rates of hospitalization for eating disorders, attempted suicide, anxiety disorders and depression."

In general, the report states, "young people aged 25 to 44 represent almost 50 per cent of all hospitalization for mental illness."

For Alexa McDonough, leader of the New Democratic Party (NDP), these findings present a major problem.

“It’s a very great concern,” she said outside the House of Commons. “There is a specific focus on youth and specific focus on the high degree of mental illness among youth. There is a horrendously high suicide rate.”

In 1998, the report states, 3,699 Canadians died as a result of suicide, which accounts for 24 per cent of all deaths among 15 to 24 year olds.

Doctors across the country aren’t surprised with the reports findings either.

“A full 25 per cent of what I see is depression, 10 per cent is anxiety,” said Dr. Tyson Mack, senior physician University of Saskatchewan student health centre.

Dr. David Mensynk a psychologist at Dalhousie University’s counselling and psychology centre, believes the reasons for the inflated numbers are quite evident.

“Seeing a psychiatrist for depression or anxiety is far more acceptable, than it used to be,” he said. “More people are coming forward. There used to be a negative stigma [about seeing a psychologist]. It is much less so now. [However] now there are more stresses for women and man on university campuses.”

“[It’s] hard on students to juggle a full-time academic program and having to work. [It] creates increasing demand,” he added.

Dr. Mack agreed that students are dealing with more stress.

“Academic stress is top stress for sure. Tuition is clearly out passing inflation, causing students a lot of stress,” he said, adding that a high rate of mental illness also had to do with students adapting to a new environment and often leaving home for the first time.

Dr. Mensynk further believed that some doctors have also been too quick to prescribe anti-depression drugs, which also works to inflate the numbers.

“Depression is on the raise, but anti-depressants are being over prescribed,” he said. “Increase is higher than the need.”

For McDonough, the major problem lies with the funding provided for health care by the current liberal government.

“There are a number of things that are contributing to this in many ways,” said McDonough. “[It] underscores the fact that mental health is the greatest victims of this government’s health cutback. I don’t think there is any question about that.”

“In some senses mental health generally is the orphan of the health care system. The Government has simply not been prepared to ensure the resources are being directed to the mental health system, to deal with either preventive or treatment measures,” she added.

The report states that the onset of most mental illnesses first occurs during adolescences and young adulthood. Dr. Mack said that students must “seek help if feeling unwell. Talk to friends, family [and] if not working go to [your] student health clinic.”

The study was lead by Health Canada and facilitated by the Mood Disorders Society of Canada in collaboration with nine other organizations.



Free Health Benefits for Children in Low-income Families

From information provided by Alberta Human Resources and Employment

THE VOICE October 16, 2002

The Alberta Child Health Benefit (ACHB) provides children in low-income families with free:

- Dental care
- Prescription drugs
- Eyewear
- Emergency ambulance services
- Essential diabetic supplies

More families are now eligible for coverage through the ACHB because of increased income eligibility levels, which took effect July 1, 2002. These income levels are associated with the number of children in the family:

- 1 child for family net income of \$ 22,397
- 2 children, \$ 24,397
- 3 children, \$ 26,397
- 4 children, \$ 28,397
- more than 4 children, add \$ 2,000 for each additional child

Enrolment in the ACHB is free. Eligibility for the program is based on the family's net income from their previous year's Income Tax Notice of Assessment (line 236). Once their applications are approved, qualifying families receive ACHB benefit cards that allow them to access approved services and products directly from service providers at no cost.

To get an application form:

1-877-4MY-KIDS

1-877-469-5437

www.gov.ab.ca/hre/achb



Notice to AU graduate students and those considering entering graduate studies at AU:

PUBLISHED IN THE VOICE September 4, 2002

Athabasca University Students' Union is in the process of establishing an AU Graduate Students' Association.

Here's a sampling of benefits of belonging to a Graduate Students' Association:

- **Graduate student representation on University Committees**
- **University and government advocacy and lobbying**
- **Affiliation with provincial and national graduate students' organizations**
- **Assistance with university/student dispute resolution**
- **Information source**
- **Networking**

For more information contact:

Shirley Barg, Vice-President

Athabasca University Students' Union

Email: sbarg@ausu.org or call 1-800-9041 ext. 3413

Edmonton local number: 497-7000

Calgary local number: 298-2905



AUSU SPEAKS: Fall Session Provided by AUSU Council

AUSU met on the evening of September 16th for the last regular council meeting of the 2001/2002 fiscal year. Finances and our preliminary budget for the upcoming fiscal year were the main topics of discussion, and we laid the groundwork for some exciting new scholarships and student awards. Also under discussion was the possibility of selling AUSU promotional items in the future.

The most important topic of the evening was our upcoming AGM. For those who do not already know, the 2002 AGM will take place on September 28, 2002 at 1:00 PM MST, and all students are welcome. You may attend in person at the Edmonton AUSU offices, located at #306, 10030-107th Street, Edmonton, AB, or you may attend via teleconference from any location, worldwide. Call our office at 1-800-788-9041, extension 3413, or email ausu@ausu.org for more information. Please reserve your spot as soon as possible, so that we know how many attendees to plan for. We'd love to see you there.

Also on the table this week was a proposal for new scholarships and student awards, which was approved by all councillors. Information about these awards will be available on our website as soon as we hammer out the last of the fine details. The details will be posted on the AUSU Services page.

The fate of the AUSU Handbook/Planner is still up in the air. We want to be able to give students items that will be useful to them in their studies, but we need to be certain that the handbook is the best choice before we commit to having more printed. Student input so far has indicated that a smaller planner might be more useful, while other suggestions have included wall calendars, desk calendars, and other items. So far, however, we have had only a few responses to our survey, and we require more.

Please check out the [AUSU discussion forums](#) on our website and select the Handbook/Planner Survey topic to download the survey file or to comment in the open forum. Alternatively, you may mail your comments to dkereluk@ausu.org. We'd like to know what might be useful to you, what items you have received from other students' unions that you have used and enjoyed, and if you have any opinions on the old format of the AUSU Handbook.

Speaking of student input, we are pleased to say that since the first issue of the AUSU newsletter started arriving in students' mailboxes, we have had many entries for the contest, and a significant increase in Voice readers and users of the AUSU forums. For all of you who just checked out AUSU for the first time this month - welcome!

Finally, back to business matters, AUSU council has approved the proposed preliminary budget for the upcoming fiscal year, and we are very pleased to announce that our expenditures for the 2001/2002 fiscal year will remain within budget for that period.

Many new projects have been initiated since the new council took over in March, and we're very excited about the coming year. Expect a summary of our work so far to appear in the Voice or on the AUSU website very soon.



NEWS FROM THE AGM

Provided By AUSU Council

The 9th Annual General Meeting of AUSU was held this past Saturday, September 28 at 1:00 P.M. Eleven students were in attendance, nine in person and two via teleconference. Quorum was satisfied and the meeting could proceed. In the President's welcome, Debbie Jabbour commented that the low attendance should not be taken as an indicator of apathy, but rather one that speaks to the reality of the lives of Athabasca University Students. Many may be interested in participating in student affairs, but few can manage to find the time to do so. Debbie also spoke of the uniqueness of AU students, and the importance of having a good relationship with the

university administration.

Judith Hughes, Athabasca University Vice President External and Student Affairs, brought a welcome from AU and seconded Debbie's words about the importance of collaboration and cooperation between the university and the students' union. Many changes are occurring within

our university, and development of strong alumni is a first step towards strengthening the image of AU and finding alternate forms of fundraising to benefit the university. By working collaboratively, AU and AUSU can also have a more effective voice in lobbying the government for policy changes that recognize that AU is different and should not be considered under the same funding policies as other universities. Current policies do not recognize our technological infrastructure and open entrance policy, and the result is that AU must rely for the main part on tuition fees rather than government funding to maintain operations.

Activity reports were presented. It was recognized that most of the current group of Council members were not part of the 2000/2001 fiscal year, and did not have input into the financial statements presented. However, Council wanted members to know a bit more about us, and let everyone know what we've been up to recently and what is being planned for the future, so each Councillor submitted an activity report.

The financial statements were presented. Treasurer Gurpreet Dulai explained that an operational deficit had been incurred due to the reprint of the student diaries. Steps have been taken to ensure this type of problem won't re-occur, and during the 2001-2002 fiscal year, the deficit will be recovered. He also explained that increased convocation costs were a deliberate move intended to raise AUSU profile and provide greater graduation support during the most important event of the year. Overall AUSU began the 2001/2002 fiscal year in a financially healthy position.

Once those in attendance approved the financial statements, and an auditor appointed for the upcoming fiscal year, the floor was opened to general discussion and questions. Several Council members spoke about their experience of being on Council during this past year, and how positive and educational it has been. Darren Kereluk, who along with Gurpreet Dulai, are the only Council members who had any significant presence during 2000/2001; Derek spoke of how different the experience has been this past year from the one he had when on Council previously. Even though disagreements occasionally occur, this group has been able to resolve things without entering into the type of conflict that tore the previous Council apart. Others on Council agreed that the atmosphere among this group has been always positive. Even when there is disagreement on how to proceed, the attitude is to discuss it and move on - move forward whether or not there is 100% consensus on issues.

Debbie Jabbour brought the meeting to a conclusion by thanking everyone on Council, volunteers and staff for their participation in making this last year such an enjoyable venture. She noted that in future years, other Council groups may look back at what we do and wonder "what were they thinking?", and that although we may make mistakes, we are all working with good intentions to improve the student experience for all AU students. The upcoming spring AGM will be a celebration of the 10th anniversary of AUSU, and plans are already underway to make it a very special meeting.

The 2001 Annual Report is available to any AU student who wishes to obtain a copy, and we encourage you to do so. You can request one by calling 1-800-788-9041, extension 3413 (local to Edmonton 497-7000); or by email to ausu@ausu.org. Please include your full name and AU student ID, as well as a mailing address. Indicate whether you prefer a hard copy mailout or a pdf copy by email (include your email address).

Thank you to everyone who showed an interest in the 2000/2001 AGM. We look forward to seeing you next spring for our tenth anniversary AGM!



Conference Connections

PUBLISHED IN THE VOICE October 9, 2002

Contributed By AU's *The Insider*

- **National Policy Research** - October 23-25, 2002 - Ottawa - "Future Trends: Risk." Details: http://policyresearch.gc.ca/page.asp?pagenm=conf_wel
- **AU Learning Services** - Oct. 25-26, 2002 - Annual conference to be held at Crowne Plaza Chateau Lacombe in Edmonton. More information to follow.
- **Society of Research in African Cultures** - Nov. 7-9, 2002 - Montclair State University, New Jersey - "Internalist vs. Externalist Interpretations of African History and Culture." If you propose to give a paper, abstracts must be received by August 30, 2002. Send to [Dr. Daniel Mengara](#), Executive Director, SORAC.
- **CASE District VIII** - March 8-11, 2003 - Coeur d'Alene, Idaho - "Connect in Coeur d'Alene." Details: <http://www.connectincda.com>
- **ICDE World Conference** - 21st annual - June 1-5, 2003 - Hong Kong. Deadline for abstract submission is Aug. 1, 2002. Details: <http://www.ouhk.edu.hk/HK2003>
- **CADE** - June 7-11, 2003 - St. John's NF
- **International Studies Association and the Central and East European International Studies Association (ISA/CEEISA)** - June 26-28, 2003 - "The Global Tensions and Their Challenges to Governance of the International Community" conference at Central European University in Budapest, Hungary.

SCHOLARSHIP NEWS

ESSAY CONTEST 2003

The Elie Wiesel PRIZE IN ETHICS



SUGGESTED TOPICS:

Reflect on the most profound, moral dilemma you have ever encountered and analyze what it taught you about ethics.

How can human beings move beyond hate toward reconciliation?

Explore ethical responses to fanaticism, hate and violence.

What ethical issue concerns you most and what concrete proposals would you make to deal with it?

DEADLINE: DECEMBER 2, 2002

- **ELIGIBILITY:** Full-time undergraduate juniors and seniors during the fall 2002 semester.

Students must complete an Entry Form along with their Faculty Sponsor. Any interested professor may act as a Faculty Sponsor and endorse the quality and authenticity of the student's essay. In addition, students are asked to include a letter from their registrar verifying eligibility.

FIRST PRIZE: \$5000.00

SECOND PRIZE: \$2500.00
THIRD PRIZE: \$ 1500.00
HONOURABLE MENTIONS: \$ 500.00 EACH

Entry forms, detailed guidelines and further information are available online at www.eliewieselfoundation.org, or by sending a self-addressed stamped envelope to:

The Elie Wiesel Prize in Ethics
The Elie Wiesel Foundation for Humanity
529 Fifth Avenue, Suite 1802
New York, NY 10017

Telephone: 212.490.7777

Kinsmen and Kinettes Bursary - Hal Rogers Endowment Fund

Value: \$1000

Application Deadline: February 1

Description:

- Canadian citizens or permanent residents
- Must be full-time students in the upcoming school year at a recognized post-secondary institution
- Selection is based on demonstrated high ideals and qualities of citizenship
- Recipients must not have previously received a bursary from the Hal Rogers Endowment Fund
- Applicants WILL NOT be eligible for consideration if the application form is mailed directly to the Kinsmen & Kinette Clubs of Canada without receiving prior endorsement from a Kinsmen, Kinette or Kin club

Instructions:

- Application forms must be submitted to a Kinsmen, Kinette, or Kin Club closest to the applicant's permanent residence
- For further information about application procedures, please contact the administrator listed below or visit www.kinclubs.ca

Contact Information:

Kinsmen and Kinettes Bursary Program
Kinsmen and Kinette Clubs of Canada
1920 Hal Rogers Drive, P.O. Box KIN
Cambridge, Ontario
Canada
N3H 5C6

Phone: 519-653-1920

Phone 2: 1-800-742-5546 ext.215

Fax: 1-800-742-5546

Web Site: www.carville.com/kinclubstest/href1.htm

Email Address: bzak@kinclubs.ca

Michael Luchkovich Scholarships for Career Development

Value: Not specified

Application Deadline: December 1, April 1 and August 1

Description:

- Residents of Alberta
- Present full-time employee pursuing further training
- Minimum full-time work history of 3 years
- Program of study may be up to six months of full-time study or up to one year of part-time study

A semester of study towards an undergraduate degree or diploma program will normally not be considered

Instructions:

- Application deadlines are December 1, April 1 and August 1
- For further information please visit

Contact Information:

Alberta Heritage Scholarship Fund
9940-106 Street, 9th Floor, Box 28000, Stn. Main,
Edmonton, Alberta
Canada

T5J 4R4

Web Site: www.alberta-learning.ab.ca/scholarships/info.asp



COMMENTARY AND FEEDBACK!

LETTERS TO THE EDITOR

Letter To The Editor:

Hello,

I was under the impression you may be interested in a new initiative that we are starting here on Parliament Hill. It concerns the website www.ingenuitycanada.com. I'll provide a little information about the website and the initiative, any other questions you have feel free to contact me personally. This initiative allows the common Canadian, who otherwise might continue to feel disconnected from Federal policy making, to get involved.

It allows individuals to post their ingenious or creative ideas to the website, and if these ideas are deemed legitimate they will be brought before the corresponding minister. As well, ministers will be asked for a prompt response and held accountable, as their response will be posted to the site. Finally, two of the best ideas will be rewarded a 10,000 internship on Parliament Hill (If the individual is over a certain age then they can send an intern in their place.) We would greatly appreciate your help in getting the message out, particularly in involving the students at your university. We feel it is of the utmost importance to involve young Canadians, as they are undoubtedly a source for fresh ideas that will shape our future. Any help you could give us would be greatly appreciated.

Yours sincerely,

Michael Mendel
(613) 992-7771
mendel747@hotmail.com

Dear Readers,

I have received a number of email asking for printable editions of the current Voice. The current issue is always included in the list of PDF Archives (link from the cover page) or they can be found on the internal pages under “Download PDF Version of The Voice” at the bottom of the right hand index list.

Thank-you for your readership and support!

Tammy Moore

Thanks to all of you who have been providing us with such great feedback on The Voice. Please continue providing your opinions, comments and support; any submissions can be sent to tmoore@ausu.org

****PLEASE REMEMBER ALL LETTERS TO THE EDITOR INTENDED FOR PUBLICATION MUST BE MARKED “FOR PUBLICATION”.**

Accepted letters to the editor have not been edited, nor do they necessarily reflect the opinions of The Voice staff, AUSU, or Athabasca University.

Tammy Moore



ENLIGHTENING INFORMATION!

WRITE FOR THE VOICE!

Contact Tammy Moore at tmoore@ausu.org for details on writing for The Voice, providing a sample selection of writing and preferred genre.



Just Christmas 2002

Infoline: 474-6058 (or) 995-6819

An early Announcement

Just Christmas (from 'justice at Christmas') is an alternative global marketplace for quality fair trade crafts and other goods. Marketplace participants are not-for-profit organizations whose mandate is to foster global awareness and to support international development projects in Asia, Africa and Latin America.

This year the event takes place on Nov. 29-30 at the Prince of Wales Armouries, 10440 - 108 A Avenue, and will feature a special international fashion show highlighting the work of 10.000 Villages ... Please see details below.

Just Christmas 2002 is a Global Craft Marketplace featuring fair trade crafts and other worldly goods, live entertainment, delicious finger foods and refreshments.

The Prince of Wales Armouries
10440 - 108 A Avenue

Friday November 29
6:00 p.m. - 9:30 p.m.

Saturday November 30
9:30 a.m. - 4:30 p.m.

Wheelchair Accessible. Admission is free but **donations are welcomed.**
e-mail: leocamposa@aol.com

Just Christmas 2002 is: CEBES, Change for Children, Guatemala Support Group, Latin Crafts, Romero House, Sombrilla Refugee Society, 10.000 Villages, UNICEF, 10 Days for Global Justice, Amnesty International, HumanServe International, Awareness Programs, Changing Together, P.E.T. Project, Ghana Friendship Association, Filipino Canadian Women's Association, Peruvian Rett Syndrome Society, WUSC, Habitat for Humanity, CSS - Host Program, Canada-Tibet Committee, Guatemalan Canadian Society, Doctors Without Borders, Lingap Institute, Canadian Crossroads International ...



The Community Networks Group Event Calendar

- **Global Visions Film Festival**
November 6-11th, 2002
Edmonton Arts District
INFOLINE: 414-1052
 - **The Parkland Institute's Annual Conference**
'Trading in Violence / Building for Peace'
Nov. 15-17, 2002
INFOLINE: 492-8558
 - **Nicaragua Night: A Change for Children's Event**
Saturday, November 23
Proceeds support CFC's Nicaraguan projects.
INFOLINE: 448-1505
 - **Just Christmas 2002!**
A Global Crafts & Fair Trade Marketplace
November 29 & 30
INFOLINE: 474-6058
-



COMMUNITY ANNOUNCEMENTS PUBLISHED IN THE VOICE OCTOBER 9, 2002

**Contributed By The Community
Networks Group**

AWARENESS PROGRAMS SOCIETY OF ALBERTA

Volunteers Needed and Invited to Help

Infoline: 924-3432

We are a volunteer, registered non-profit society which has been serving the work of Wanjiku Kironyo in Kenya for seventeen years. Wanjiku works in the slum communities with the women and street kids, handicapped children and youth groups. Our chairperson, Rosalind Shepherd, is leaving for Africa and we need someone to help us to hold the work

together while she is gone. Our Board consists of ten people, who work on various aspects of the work. We need someone who has space for a small office, and the skills to be hub of the wheel for a meaningful and satisfying international project for AIDS orphans. If you are a people-person who enjoys office work, has a little spare time and spare room, phone us at 924-3432, or e-mail us at rozshep@oanet.com.



**ATTENTION: PLEASE INFORM
YOUNG PEOPLE OF THIS
UNIQUE VOLUNTEER
OPPORTUNITY - Be part of the
Global Picture with Canada World
Youth**

**Contributed By The Community
Networks Group**

How BIG is your world? How big would you like it to be? Next year you could be living, working and learning in Bénin, Burkina Faso, Brazil, Canada, China, Costa Rica, Cuba, India, Indonesia, Kaliningrad, Poland, Sri Lanka, Thailand, Ukraine, Uruguay, or Vietnam! (Countries and exact dates are subject to change).

Discover other countries and other regions of Canada. Learn about social justice and development issues. Live and work with people from other cultures. Acquire practical work experience and other skills. Gain academic credit in some post-secondary courses.

The Youth Exchange programs are for 17 to 20 year olds and for up to seven months. You spend half of the program in Canada and half in the exchange country. During the program you live with a host family and take part in a volunteer work placement at a local community organization, farm or small business. These programs focus on social and community development issues.

Programs start summer 2003. Also, ask us about our customized programs (these programs have a special focus, and are up to age 29 in some cases), or our joint initiatives/school programs.

How to reach us:

CANADA WORLD YOUTH, Western Canada Regional Office
#205 10816 A - 82 Avenue, Edmonton, Alberta T6E 2B3
Tel: 432-1877 (or) 1-877-929-6884 -- e-mail: west-ouest@cwj-jcm.org

Want to apply? You can get more information by contacting our regional office or apply on-line at www.cwy-jcm.org **Deadline** for applications is December 6, 2002.

About Canada World Youth

Canada World Youth is a national, non-profit, non-governmental organization that has been coordinating international programs for youth since 1971. Our programs promote intercultural understanding, increased awareness of development issues, and personal and professional skills development. Canada World Youth receives funding support from the Canadian International Development Agency (CIDA), Industry Canada, and thousands of individual, institutional and corporate donors from across the country.



[The Barcelona Forum 2004](#)

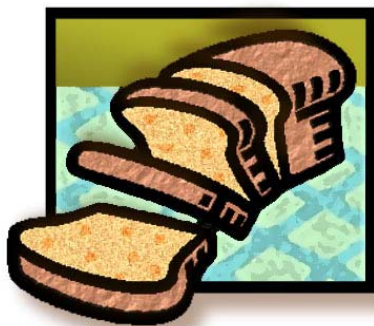
Contributed By The Community Networks Group

The first **Universal Forum of Cultures** is a new international event which will bring thousands of people to **Barcelona** from all over the world in 2004. The Forum's principal aim is to contribute to a renewal of thought and attitudes, providing a new platform for moving towards a new coexistence without conflict and in a world fit for living in.

The first Universal Forum of Cultures will take place in 2004 in **Barcelona**. It opens on the **9th of May**, Europe Day, and closes on the **26th of September**, coinciding with the local festivities of La Mercè, the city's patron saint. The Forum will last 141 days!

The [Barcelona Forum 2004](#) is co-organized by the Barcelona City Council, the Catalan autonomous Government and the Spanish Government, with **UNESCO** as the main partner. The Agenda for this major gathering is based on the Universal Declaration of Human Rights and the working principles of the United Nations.

In agreement with Unesco, the **Barcelona Forum 2004** is structured around three core themes: **cultural diversity, sustainable development and conditions for peace**. Join us at the Barcelona Forum 2004 as move forward towards a world that is sustainable and more humane.



Breaking Bread... For Women In Afghanistan

**Contributed By The Community
Networks Group**

Breaking Bread... For Women in Afghanistan is a volunteer fundraising project to support much needed education projects for Afghan women and girls. You can participate in this unique cross-Canada fundraising initiative by **Hosting a Pot Luck Dinner** with nine of your friends.

As Host you are asked to invite your friends to your home, request that they bring a dish to share for dinner and ask each participant to donate \$75 towards education in Afghanistan. Each Pot Luck Dinner will raise \$750 (tax receipts available) and will pay the salary of a teacher for one year in Afghanistan.

Do some good... Become a host for "Breaking Bread" -- enjoy the company of your friends, some excellent food and share the opportunities to participate in facilitating REAL CHANGE for Afghan women and girls...

For more information on **How to Host the Pot Luck Dinner**, please call: 1-416-366-2516 or e-mail: info@breakingbreadforwomen.com (or) visit: <http://www.breakingbreadforwomen.com>



Murungo Ano Penga Inc.

Edmonton's best African Art Gallery is moving and having a Grand Reopening on ...

Saturday & Sunday October 19th. & 20th. from 10:00 a.m. - 6:00 p.m.

The High Street, 12505-102 Avenue (Below Starbucks / East of the Provincial Museum)

Infoline: **717-9485**

We are opening a new Gallery on Saturday October 19, 2002 and we would like to invite you, your family and friends to our Grand Opening Weekend. Come in and experience true African Culture: an experience that will last a lifetime. Outstanding carvings, jewellery, paintings, fabrics, and more ...



**when
People
need an ally ...**

**Your donation
of reuseable
clothing helps
support the
Association's
efforts**

 **CANADIAN
DIABETES
ASSOCIATION** | **ASSOCIATION
CANADIENNE
DU DIABÈTE**

www.diabetes.ca

What We Do

Canadian Diabetes Association (CDA) is a non-profit, charitable organization with over 150 branches across Canada. CDA volunteers and staff work directly with people with diabetes and their families at the grass roots level. The CDA Collections Program collects clothing and reusable household items as an entrepreneurial fundraising venture. The funds raised from this program assist in promoting diabetes research, education, service and advocacy.

What We Accept

We gladly accept donations of:

- Clothing
- Linens
- Toys
- Small Appliances
- Jewellery
- Shoes
- Luggage
- Sporting Goods

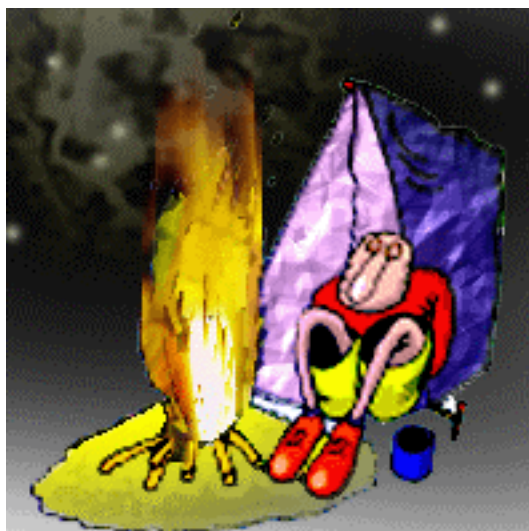
Canadian Diabetes
Association

403.509.0070

403.509-0072 (fax)

1.866.811.0070 (outside of
Calgary)

[Email Us!](#)



Global Village Backpackers Banff

Our hostel opened June 1, 2001 right in downtown Banff. Formerly the Woodland Village Inn, we are a unique hostel as all our rooms have ensuite bathroom facilities. We have a hot tub, sauna, internet access, kitchen facilities, pool table, tour desk, TV room, bike rentals, laundry facilities, lounge and a large outdoor courtyard patio.

A majority of our rooms are spacious 4-8 bed dorms. We also have, what we call, semi-private rooms. Each has a double bed in a loft above a 4 bed dorm. You share the washroom facilities with the dorm.

Room rates

October 1, 2001 - April 14, 2001

Dorm Beds	\$25.00	\$22.00
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Semi-private	\$55.00	\$51.00
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Weekly rate in a dorm room	\$129.50 (non-refundable)
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All prices include taxes and linen. Discounts are available to travelers carrying YHA, ISIC, VIP or GO cards.

2001/2002 Ski packages

3 Nights/2 days - only \$169

3 Nights shared accommodation

2 days ski passes (Lake Louise/Sunshine Village/Mount Norquay)

Transport to/from ski hills

Free pancake breakfast daily.

6 Nights/5 days - only \$369

6 Nights shared accommodation

5 days ski passes (Lake Louise/Sunshine Village/Mount Norquay)

Transport to/from ski hills

Free pancake breakfast daily.

We require credit card details to guarantee reservations.

We welcome group bookings. Please call the hostel directly for details.

Cheers

The Staff at the Global Village Backpackers Banff

449 Banff Avenue BOX 398

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Are you an Artist? AUSU supports the arts!

AUSU is interested in purchasing original works of art from students for use in promotional purposes. These promotions may include: gifts from AUSU to graduates at convocation, tokens of appreciation for volunteers, special presentations, etc.

The works of art must:

- be created by an AU Student
- be within a value range \$0-\$500.
- be accessible or easily transportable to Alberta

If you are an artist of any kind who creates a product you feel we would be able to use for such a purpose, please contact djabbour@ausu.org. Supply a brief description of the art object, a picture if you have it, and its market value.



WRITE FOR THE VOICE!

Contact Tammy Moore at tmoore@ausu.org for details on writing for The Voice, providing a sample selection of writing and preferred genre.



‘Learning is Learning’:

Challenge for Credit Option Exists for AU Students

Many students may not be aware that AU recognizes prior learning and encourages

students to use the challenge for credit process if they feel they have knowledge or expertise in a particular subject area.

The process is not easy, but it is not insurmountable, and it can save the cost and time of taking a course if prior knowledge exists.

“We want to raise students’ awareness about the option and let them know that they don’t need to re-learn material or spend money on a course they don’t really need to take,” said Joan Fraser, director of the Centre for Learning Accreditation.

“Learning is learning and a student shouldn’t be penalized if that learning was not done within the confines of bricks and mortar,” she said, adding that those students with significant life or work force experience are typically those who pursue the challenge option.

Challenge for Credit is handled by the Registrar’s Office. Students are encouraged to check the course description to see if a challenge is permitted for the course they are interested in. If so, then the student must investigate a number of things prior to deciding whether to proceed.

First, and most important, the student should discuss the matter with the course coordinator. The coordinator will be able to give a better idea of the depth of the materials covered in the course, and the student’s chance for success should he/she opt to challenge.

The AU calendar outlines the challenge steps, notably completing the Challenge for Credit Application and accessing the course materials, which further allows the student to review the materials and determine if the challenge is viable. There is a non-refundable challenge for credit fee (check the web site for the current fee), but it should be noted that no withdrawal is allowed once the application has been completed.

“It (the challenge for credit) is something that’s there for you – use it,” Fraser said.

Anyone with questions about the process is encouraged to call Joan Fraser at (780) 675-6481 or check AU’s website at www.athabascau.ca.



CLASSIFIEDS:

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FOR SALE:

1986 Chrysler Le Baron GTS [5 door] - burgundy, good interior with velour bucket seats and digital dash panel. New brakes/pads/shoes, cooling system and hoses, battery and engine coil. 162,000 kms. \$900. Call (403) 273-9434 in Calgary.
