



"You can't wait for inspiration. You have to go after it with a club."

--Jack London



A Bug In Your Ear...

Contributed by Athabasca University

CHANGES TO THE UNDERGRAD GRADING POLICY AT AU!

This is to advise you of an important change in the undergraduate Grading Policy at Athabasca University.

Athabasca University has approved a new Alpha/4.0 grading scale for undergraduate studies effective January 1, 2003. The grades that students achieve will be stated, on transcripts and in student records, as alpha grades on a scale from A to F. Grade averages will be expressed as Grade Point Averages using the 4.0 grading scale.

These changes in grading scale are part of a province-wide initiative in Alberta.

Undergraduate courses that began before January 2003 will be graded using the percentage grading scale.

For a complete statement of this Athabasca University policy please go to:

<http://www.athabascau.ca/policy/registry/gradingpolicy2002.htm>

If you have questions please contact me.

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Not All Technological Discoveries Are Advances.

Why High-Tech Often Means Low Functionality **By Tamra Ross Low**

I'm in love with technology – let's get that strait right off the bat.

I shop on the internet: for gifts, clothes, entertainment, food, and everything else

you can think of. Our house is fully networked so that the computers in our two home offices can transfer files in a blink over a high-speed cable connection, and we have just installed digital cable television which is also networked to feed two televisions. I am a music fanatic, but I have not listened to a CD in over a year. Everything I listen to now is in MP3 format, or even better, OGG or WAV. When I buy a CD, I quickly rip it onto my computer so that I can listen to it when I choose. I buy music online when I can, and I'm pleased at the extra benefit of not wasting resources on CDs and plastic cases. My once-loved stereo is collecting dust. I even watch DVD and internet movies on my computer, and I use spreadsheets to keep track of everything in my life: course marks, degree program requirements, mortgage payments, budgets, bills that I have paid, and the cost of my weekly milk order.

So, I don't want to give anyone the impression that I'm some sort of modern disciple of Ludd, fearful of technology and the changes it brings to our lives. I embrace those changes, and often I'm one of the first to incorporate them into my life. I embrace new technology when it is useful, that is, but not for the sake of technology itself.

Novelty has lead to a plethora of new uses for technology that are of dubious merit. Devices are being created to take care of chores that can be accomplished more easily, and certainly more cheaply, by human power.

It started when everyone had to have contraptions like gas and electric-powered lawn mowers, which for the average family lawn, perform little better than the old push type with the rotating blades. The sound of the engine makes it SEEM like it's working better, though. Soon, electrical and battery operated devices popped up to take care of all manner of mundane tasks. Some of the most ludicrous include battery operated pepper grinders and salad spinners. If you can't turn the handle on a salad spinner five or six times on your own, you have issues.

My objections to these devices are not just that the people who use them are lazy, but that they are a needless waste of energy, they created unwelcome noise, and often they lead to increased pollution while providing no real benefit. Yard tools are still the worst offenders. My neighbors have every modern weed-whacking, leaf-sucking, mulch-grinding, power-washing, hedge-snipping, cacophony making tool on the market. None of them do anything that you could not accomplish with a sturdy broom and some snippers, although they do put out a truly impressive racket. I bet the noise makes them feel like they are really working.

At least these tools have some ostensible claim to making life easier for the user. But what of all the innovations in home technology?

Novelty is the driving force behind these innovations – certainly not practicality. Once a new technology is developed, it seems that it must be applied to every known device, in every manner possible. Once new technologies are available, the older ones are automatically downgraded in value, despite the fact that many of the older methods work better! No one ever asks if the new methods really work – all that matters is that they look neat.

One of the biggest trends of the 2000's is home theatre. No longer are people satisfied with 21-inch TV sets and built in TV speakers. Today's movie-lovers want more: 50-inch screens, multi-speaker surround systems with subwoofers, digital comb filters, picture-in-picture, and full digital display capability. The goal is to make the movie experience as realistic as possible, and to transport the viewer into the realm of the film.

Perhaps someone can explain, then, why all of the new, high-tech television sets come equipped with on-screen programming, on-screen volume and channel indicators, and on-screen-picture adjustment controls? If the goal is to provide the best picture possible, then why are we cluttering up the spectacular view with all of this information?

What videophiles need is a TV that has some sort of digital display to indicate the volume level and channel below the picture, perhaps with an LED type display. As for adjusting the picture, this should be able to be performed on the fly with a minimum of viewing interruption. Maybe if the new TV sets could be fitted with some sort of dedicated tuning mechanism that could be adjusted in any direction quickly and easily. Perhaps a set of knobs on the side or bottom of the set... hmmm.

I think I have a 20-year-old set in the basement that does all of that. So why the obsession with onscreen controls? Because they are modern. They may not work any better, but to go back to the old style would just be so... analog.

Analog. A 21st-century epithet. Ozzy and his family can spew the F word freely on television, but I bet they couldn't get away with "analog."

Years ago, when I was driving my car and had to quickly turn down the radio volume because I heard a siren, or some other important noise, I would grasp the little volume knob and twist it to the left – just a fraction of a second and the volume was down. I had total control. Today I push the minus button and wait, and wait, while the volume scales down at a pre-set rate.

I used to listen to the stereo late at night while my husband slept, at a very low volume. My new stereo [and it's really not that new – going on 20 years-old now] has digital controls, and the volume is raised and lowered by steps. The lowest level is just a little too high for nighttime quiet listening. My speakers can play music at any volume, and surely my amplifier can as well, but there is no way to set the volume any lower, as the next step down is to have no sound at all. Modern technology - pretty buttons, and only the illusion of control. I was excited to see a new amplifier with a volume knob at a store recently, but dismayed when I learned that the knob is simply another form of digital button, subject to the same preset volume levels.

I miss the brightness knob on my computer monitor. Every game seems to require a different light level, and I used to make little adjustments by turning – you guessed it – a little knob below the display. Now I have to press the menu button, press the down arrow to select contrast/brightness, press the select button, press button "1" or "2" to toggle between brightness and contrast, use the up/down arrows to adjust the brightness level, and then press exit.

Convenient.

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 Three)

By Debbie Jabbour

This is the third article in my series on post-secondary tuition. In previous articles I've discussed some of the issues faced by Alberta students and universities; including high tuition rates, student loan problems, and flawed government funding policies. These are issues that affect all of us, regardless of whether we live in Alberta or not. Athabasca University students need to be aware of what is occurring and be ready to speak up - to protect our rights of access to post-secondary education for ourselves and our children.

The University of Alberta and the University of Calgary are pushing for three main initiatives that will determine the direction of post secondary education: differential tuition, limited entrance for undergrads, and degree-granting status for community colleges. In this article I will discuss what differential tuition and entrance caps will mean for Alberta students.

Differential tuition rates are already common in the U.S. and in many Canadian universities as well. What does a differential tuition rate mean? It means that programs that are considered to have a higher employment rate and a higher wage upon graduation will be able to charge a significantly higher tuition. Programs that are generally targeted for higher differential tuition are law, medicine and dentistry. Most of us would agree that these professions do have the potential of a significantly higher income after graduation, and that students graduating from these faculties will be far more likely to recoup the amount spent on their education. But what happens when tuition is doubled or tripled for faculties training lawyers, doctors, and dentists?

It means that a rural family in Southern Alberta who dreams of sending their daughter or son off to become a doctor, must somehow come up with an amount equivalent to the mortgage on a small farm. It means that the average student entering university from a middle-class family is not going to be able to choose to become a doctor or a lawyer and will have to settle for some other career that is within their budget and perceived ability to repay. Rich families, the elite - will have no trouble educating their children in professions that will maintain the status quo. Middle class families and the poor who are struggling to better themselves will find themselves forever shut out of high-paying and prestigious professions.

Differential tuition is not going to stop at medicine and law. Universities are already eyeing certain business and engineering programs...virtually any program that has a higher than average expectation of earnings will soon be subject to paying correspondingly higher tuition. Some may

think this is fair - but remember the rule of supply and demand. As these professions become more expensive, fewer students will be able to access them. As numbers of qualified professionals diminish, the wages they demand will escalate even higher, and the gap between rich and poor will become even more pronounced.

I recently met with the admissions officer of the MD program at U of A to find out just how the admissions procedure works. She advised me that acceptance into the program is all based on marks, but that they encourage applicants from every walk of life and every family situation. I asked how differential tuition would affect lower-income students. She replied that Med school students have no problem qualifying for student loans, since the government considers them a good risk, and again reinforced that top marks were the indicator that mattered. In the last year, the average GPA (grade point average) for students entering the University of Alberta MD program was 8.48 on the 9-point scale! (3) She insisted that any student willing to work hard enough could achieve such a goal. I disagree.

This is not just unique to the MD program. The University of Alberta has recently announced that it will be limiting entrance by raising academic entrance requirements across the board, and the University of Calgary is doing the same. While they insist that such a cap is necessary due to the inability of the universities to accommodate the increasing number of undergraduate students, many are of the opinion that raising entrance requirements is simply a way to achieve the goal of becoming high-quality institutions that draw only the top applicants. Harvey Weingarten, president of U of C, states that the days of students entering university with 65 or 70 percent averages are over. U of A president Rod Fraser denies that this will create an elite school (9).

I'm a huge proponent of academic excellence, and I believe that university should be a place that rewards high academic achievement. But I do not believe that high marks are necessarily an indicator of the best applicants to university, and I believe that raising the entrance GPA is another way of limiting post-secondary education to the wealthy. Why?

As noted in the last two articles on the tuition topic, students are working more hours to survive and pay the ever-increasing costs of tuition. This means less study time, and a corresponding drop in grades. It may be very easy for an intelligent student to get a top mark in a course when they have the luxury of focusing full time on that course. Who has this luxury? Only a student with well-to-do parents, tuition completely paid for, no worries about money. But for a student who is holding down a job, a student who is paying their own tuition through this job, a student who is on student loan receiving minimal funding, who is undernourished due to the artificially low student loan meal allowances, a student who may have family responsibilities - that 8.48 average is much harder to come by. Both students may be intelligent and willing to work hard, and both deserve admission into Med school. But likely only the former student will manage to "make the grade" - not because he/she is better qualified, but because he/she has greater economic advantages to begin with.

This elitist policy begins with high school. These universities are placing a greater emphasis on marks starting as far back as grade ten. Is this a true indicator of potential? How many high school students are high achievers? A few. How many not-so-high achieving high school students have gone on to become important contributors to our society? Quite a few. How many high school students don't do well for a variety of reasons, yet blossom at university? Many. High school is not the same as post-secondary education, and many students who find

themselves not doing well in high school suddenly find their focus when they enter university and go on to achieve academic excellence.

Even at high school level, a student's financial situation plays an important role. My youngest daughter has worked since age 14, as a necessary contributor to the survival of our family. For the past two years she has gone straight from school to her job, often getting up at 6 AM on weekends as well. Homework is often squeezed in after 11 PM at night after arriving home from work, assignments finished well past midnight. She is already planning her university educational choices around what job she can hold while attending school, and calculating the maximum earnings she can obtain while still doing as well as possible in university. She is not working for fun. She is working because it is the reality of existence for a teenager in a single-parent family. Is she on a level playing field with her friend - whose parents are both lawyers, who has no need to work outside the home and who excels at high school because she has no work-related study distractions? I don't think so. My daughter wants to become a doctor. She has the necessary qualifications of intelligence and drive - but financial realities will be the more important determinant of her choices.

We all should be speaking out against differential tuition - unless we want our doctors, lawyers, and engineers to continue to be only populated by the rich and elite among us.

Next week, I will conclude my discussion on the topic of post-secondary tuition.

(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>

(9) Edmonton Journal:

"U of A will slow growth to maintain high quality." October 5, 2002.

"U of A Vision needs debate" October 8, 2002.

"No apologies for seeking best students, faculty" October 9, 2002

"U of A's vision is to work hard to be the best" October 11, 2002

"Tread with care on universities" October 22, 2002

"Research push cannibalizes other budgets" October 23, 2002

"Just the cream for the university" October 27, 2002

Debbie is a native Edmontonian, and 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... Library Week, Missing Connections, 124 Researchers, \$22 Million, Music For the Masses

THE VOICE October 30, 2002

By Karl Low

Against the Grain

Our closest neighbour and supposedly best friend internationally is at it again. The United States' department of Commerce is once again [beginning investigation](#) into Canada's trade practices. This time it is with how we trade wheat from Canada into the U.S.

Never mind that this will be the tenth such investigation into wheat since 1990, or that of those, not one has shown that Canada is violating the Free Trade Agreements. Never mind that this investigation is coming from the country that pays its farmers to grow nothing at all so that their grain price stays stable. Never mind that the most recent report about Canadian wheat pricing comes from the United States' own international trade commission as recently as February 2002 and "found that Canadian wheat was being sold at prices comparable to U.S. wheat prices in the

U.S. market." Further, it reported, "Canadian durum wheat was found to be priced generally higher than U.S. durum wheat."

Unfortunately, with all the talk about war against Iraq, such minor things as the bullying of a neighbour country and the complete waste of American taxpayer dollars on a repeat investigation is probably going to fly under the radar.

These repeated suits not only cost the American taxpayers, they also cost Canadian taxpayers, as we have to spend resources defending our trade practices and providing various types of information to the United States government.

Of course, this won't stop happening until there is some penalty established on trade duties when they are found to be improperly applied. My own preference is for the wronged country to receive all duties paid plus any interest, plus a penalty amount of 10% to 50% depending on how much damage those duties did to the wronged country. Such a penalty might make the American government at least check out all the facts before they start trying to kill our businesses.

The Costs of Health Care

The Senate Standing Committee on Social Affairs, Science, and Technology recently released a [report](#) that took them over two years to produce. The report says that Canadians must contribute an additional five billion dollars per year in order to make our health care system sustainable. This means that we as Canadians must pay more. Those of us in the lowest tax bracket will have to pay about \$180 more per year, while those in the highest tax bracket (making over \$103,000 per year) would have to pay an additional \$1460 per year.

The Committee goes farther to suggest that if this money is not found, the health care system will soon not be able to deliver health care in a timely fashion, and that the justice system might force the government to allow a private health care system to form in Canada. Unfortunately, when we examine the private health care systems that exist in the world, we find that they are really no better for servicing people in a timely fashion -- unless those people are wealthier than the norm.

When you further consider that it is those people who are economically and educationally behind the average Canadian that most often require the health system, it becomes easy to see that a private system is really no cure either.

The worst part is that this is not a problem that will get any cheaper as time goes on unless we start to take dramatic steps in how we approach health care. Steps that the Senate Committee, for the most part, does not seem to consider.

The Senate Committee present the story of a man whose family is having to spend \$55,000 per year on a drug called Folan and the peripherals and other drugs required to properly administer it. The Committee recommends that family expenses for medications be capped at 3% of a family's yearly income, with the remainder paid for by the government. While this certainly sounds like a great reassurance for those of us on lower incomes, it fails to look at another side of the problem which is the high cost of patent protected drugs, and the phenomenal profits made by private pharmaceutical companies.

Similarly, the report does not look at approaching health care from the point of preventative treatments, which tend to cost many times less than curative. To simply say "Raise taxes and continue business as usual" is no plan for the long term.

You would think that in a report taking over two years to create, someone involved would have had the thought of "what can we do to keep these costs down", rather than simply "what are the costs we have to pay for."

Chronic Wasting Disease on the Move

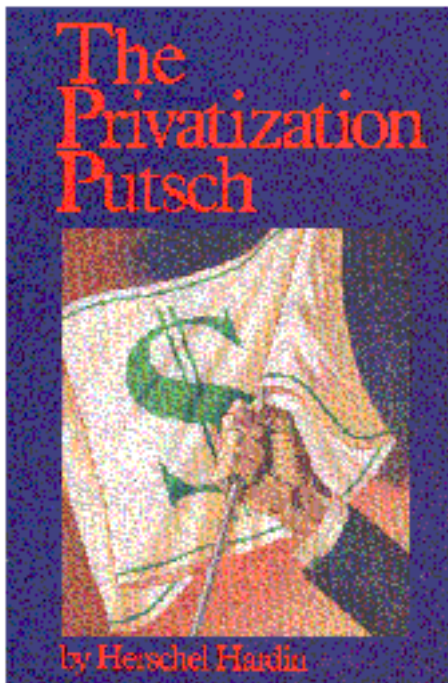
And finally, a scary story for Halloween.

The Saskatchewan government has [confirmed](#) a case of Chronic Wasting Disease in a deer near the Saskatchewan Landing Provincial Park. Previous cases were all found near Lloydminster. These two locations are about 400km apart, which is about a third of the height of the entire province.

Chronic Wasting Disease, or CWD, is the variant of Mad Cow disease that affects wild deer. The Saskatchewan Provincial Government maintains that CWD poses no known risk to humans or domestic livestock according to current science. Unfortunately, the science of the day also predicted that the variant found in sheep, known as "scrapie", would not be able to transfer over to cattle, and later, that it would not be able to transfer from cattle to humans. We have sadly learned that this is not the case for either cattle or humans.

We can only hope that this time, the science is right.

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 Privatization Putsch by Author Herschel Hardin

Review by Wayne E. Benedict

The late 1970s and 1980s saw privatization-frenzy among some western industrialized nations, most notably Britain and the United States. Canada—never immune to ideological influences imported from our parent overseas and big brother to the south—quickly jumped on the privatization bandwagon. Chanting the mantra “private enterprise is good, public enterprise is bad”, proponents of governmental divestiture of public holdings set out to convince Canadian governments and the Canadian public to transfer ownership of millions (now billions) of dollars worth of assets collectively owned by all Canadians to private individuals and corporations. Unfortunately, in many cases they have

succeeded and the push for privatization continues to the present day.

In the midst of the nascent privatization din in Canada, Herschel Hardin produced a work that cut through the misinformation and deliberate manipulation of public opinion to disclose the truth about the history of Canadian public enterprise, its value to Canadians, and the depth of loss to all of us (except those few private individuals who profit from the demise of public enterprise) when publicly owned enterprise is transferred to the private sector. Hardin’s work is entitled *The Privatization Putsch* and it was published in 1989 by the Institute for Research on Public Policy. Unfortunately, the book has been out of print for some time and is not easily acquired. The Athabasca University library has a copy that can be borrowed (HD 3850.H262 1989) by students and some other university and college libraries possess copies for loan as well. I managed to acquire a used copy for myself, after about a week of searching the Internet, through <http://www.abebooks.com>. I am disappointed that the *Privatization Putsch* has gone out of print, as the issues that Hardin explores are as poignant today as they were in 1989. This is particularly true in regions under neo-conservative/neo-liberal rule, which are experiencing a renewed privatization putsch, such as in British Columbia. Anyone who desires an insight into the topic of private versus public enterprise should undertake to procure and read Hardin’s book.

Hardin begins his work by examining the privatization debate, which is really no meaningful debate at all. The vast majority of the proponents of privatization begin with the assumption that private enterprise is superior in all ways to public enterprise and that transfer of publicly owned assets to the private sector is the right thing to do as a matter of common sense. Thus, many pushers of the doctrine deliver “how to” commentaries, rather than participating in meaningful examinations of the benefits of shared public ownership. This is not surprising for two reasons: first, those pushing privatization generally belong to the same relatively small group that will profit from its adoption at the expense of the majority of society; and, second, a close examination of public enterprise discloses that privatization makes no economic, political, or

social sense. Since Britain (under Thatcher) is generally seen as the first western industrial nation to lead the privatization charge (although the genesis of the privatization doctrine had its actual locus in the United States), Hardin examines the history of British public/private enterprise in some detail. Underscored, is the surprising frequency of private enterprise failures that were bought by the British government as “hospitalization” cases and under public ownership, turned around to become profitable. These same profitable public enterprises were subsequently turned back over to the private sector at a fraction of their market values during Thatcher’s privatization frenzy.

Hardin goes on to compare public enterprise in Europe with that of the rest of the western world; the difference between real and counterfeit “shareholder’s democracy” (the latter touted as democratic private-sector ownership by espousers of the privatization doctrine); the ways that propaganda is utilized in the right-wing controlled mass media to deceive the public into support of privatization; the huge parasitic bureaucracy that has bloated due to the privatization of public enterprises including merchant bankers, stock brokers, and investment dealers, among many others. With his examination of the wider international/domestic political and social context within which privatization occurs complete, Hardin gives the reader a look through an intra-national and provincial Canadian lens. He examines numerous well-known Canadian privatization failures, both social and economic and provides real illustrations of how so-called “aggressive accounting” can make a struggling public enterprise appear to become instantly profitable after privatization (although the privatization of CN Rail took place after the publication of the Privatization Putsch, it is a case in point wherein the federal government forgave a crushing debt just prior to turning the carrier over to the private sector). He examines the history of public enterprise in Canadian economic history and points out the many instances of public enterprise success in areas where the private sector either failed economically or refused to invest in the first place; and he looks at the political functions that governments can undertake using public enterprises as tools to initiate public policy, which are impossible to affect through privately owned firms.

I wish that Herschel Hardin would update and republish the Privatization Putsch, as the truisms regarding public enterprise that he uncovers are as valid today as when the book was first published—and equally important for the public to comprehend. In any case, the Privatization Putsch is vital reading for anyone desirous of the truth behind an issue that is still a frequent topic of social, economic and political pundits from all points on the political spectrum.

Wayne E. Benedict is a Locomotive Engineer at BC Rail and President of the Canadian Union of Transportation Employees Local 1. He is working toward his Bachelor of Administration in Industrial Relations and Human Resources at Athabasca University.



Candida Isn't Just a Song

By Laura Seymour

Candida Albicans is, politely put, an epidemic of an intestinally based yeast infection. Before you men skip to the next article, first be aware that it affects 30% of the male population and is often sexually transmitted. Unfortunately, the numbers are a staggering 70% for females.

I got educated about Candida the hard way...I had it for 18 years before I found out how to identify it. In that time medical doctors called me a drama queen, and accused me of being a liar. My symptoms didn't seem to add up. As a published author I've had other women contact me and tell me horror stories of emotional grief and failure that disappeared after using my cookbook. Good grief! This is one powerful naturally occurring body yeast.

After going through a cure with a homeopathic physician I wrote my cookbook, ***Candida-Free Cuisine: 'Cause I Can't Find Anything To Eat.*** Frankly I had to write it because the few books I could find in health food stores were filled with ingredients I had no idea where to find and were frightfully expensive at the time! My recipes were natural kitchen ingredients.

By the way, you should know that medical doctors have candida in their textbooks, but rarely diagnose it of their patients because there is no test to put this overgrowth of intestinal yeast under a microscope. Let's see if you're a "seventy percenter."

How does Candida manifest in the body?

Well that's always individual but there are many common denominators.

1. Have you used birth control pills, been pregnant or used multiple doses of antibiotics over time
2. Yes, I know many of us fit into this category, but these are the most common triggers to start the problem. Each of these aggravates the intestinal track and makes balance harder to achieve. Remember how you've been told to have yoghurt when on antibiotics? It works on the intestine.
3. Do you suffer cravings? Usually breads, sweets, alcohol or illegal drugs.
4. I know a lot of us want to say, "Who doesn't ...but I remember my childhood self VERY uninterested in chocolate, ice cream or candy. Now, a green pepper THAT got my attention! Kids! Go figure!
5. Do you ever feel you are "not part of the world around you?"

6. I don't mean, "I'm not included in this party"... rather I'm not connected to what's going on...spaced out so to speak.
7. Do you suffer from aching joints or muscles? This is usually without injuries.
8. Inexplicable pains and aches that aren't associated with age, working out too much or short term bursts of excess muscle. Just wake up and hurt.
9. Do you have earaches without medical disease or injury found?
10. This is often an annoying ache or even **tinnitus** (ringing in the ears.)
11. Have you been emotionally down or even clinically depressed?
12. We aren't discussing loss of a loved one or loss of a job. We're discussing life is fine in general but you're still feeling bummed. It is also not associated with a gloomy winter.
13. Have you been on any cortisone-based drugs?
14. This can be one shot but it's often longer use.
15. Do chemicals make your symptoms worse?
16. When I walk down the aisle in the grocery store to get my laundry soap I get watery eyes and it makes me want to do a dash and grab.
17. Have you had recurring vaginal infections? (Obviously ladies here)
18. Let's put it this way, itching, feeling uncomfortable, a discharge.
19. Does tobacco smoke bother you?
20. I am asthmatic so this is often a toss up on reasons, but I do find I get more cravings after being around smokers.

The cookbook was my own way to deal with candida. It helped me to go to the refrigerator without saying, "Oh NO!!! What CAN I eat?" (When you see the list of "don't eats" you'll understand why I got upset.)

The No-No Foods in brief:

Bleached flour products, alcohol, caffeine, MSG, Artificial colours and preservatives, sugars, yeasts, fruits and fungus based foods (cheeses, peanuts and mushrooms) inclusive.

Okay...now find something you can eat in the fridge!

First, if you do have Candida symptoms, I recommend you try the diet for a week (If you want to purchase my cookbook –contact me via *The Voice* (voice@ausu.org) and I'll be in touch). Take careful note about your body during that week and how you feel. Whatever you do, don't try to think back over a week and remember how you've felt...that doesn't give you a clear picture.

Second, I recommend a good homeopathic remedy. I also recommend that if you want to get cured quickly and spend as little time as you have to on this diet find a good homeopathic doctor who can adjust your candida drops strength if you are not responding. OTC (over the counter) products are available in health food stores but usually come in limited doses and I don't know how "fresh" they are.

Stick to the diet and drops for a month. If you find you're improving then VERY carefully re-introduce ONE allergen at a time. Example: have one mild fruit with a meal. If you get any symptoms, get thy butt to the homeopath and get extra assistance. Sometimes you need some extra help with some natural pills or a prescription of **Nystatin** from a helpful MD. This is a prescription that can assist you in fighting off the dreaded Candida.

Oh by the way, if you have SERIOUS troubles with keeping weight ON that's also a side effect! Now don't you go off and be a New York model with this diet, dearie!!

I don't like to hear about readers choosing to continue to suffer so I hope if you have this you'll act to get rid of it. I did.

For more information on Nystatin try this website:

www.invent.org/book/book-text/54.html

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. (Psyc).



THE VOICE – October 30, 2002

Dear Sandra,

Help! I am so stressed out. My moods lately have been like time bombs, nobody knows how I will react to something, myself included. Reading my textbooks is next to impossible, I read a paragraph four or five times over until it finally sinks in. It's like having my period every day of the month. What can I do to alleviate my stress?
Stressed in Saskatchewan

Dear Stressed;

There are three things for certain in life: death, taxes and stress! We need some amount of stress to keep our bodies functioning. Adrenaline is a hormone that our bodies need to run away from freaky looking people lurking in dark alleys or lift cars that have fallen on our helpless children.

It was especially important to our ancestors, the cavemen, who needed to run through blinding snow storms from woolly mammoths and fight sabre-tooth tigers barehanded. Modern man leads a more sedentary life in comparison. Therefore secretion of this hormone accrues in the body and causes toxic conditions.

Stress affects us in many different ways such as irritability, sleep problems, appetite imbalances, fatigue, weakening of the immune system making you susceptible to viral infections, heart attacks or strokes, and it can aggravate existing health problems like stomach or intestinal problems. Stress is caused by both positive and negative events in your life, starting a new job can be just as stressful as getting fired from one. Keep in mind it could be more than just stress and you should talk to doctor.

How do you cope with stress? The easiest way is to simplify your life, which I know is easier said than done. If your hectic schedule is affecting your emotional and physical well-being is it worth it? As much as we all want to lead productive and fulfilling lives there comes a time when you just need to concentrate on what is really important and let unimportant things, like housework, just fall to the side.

It is possible to teach your body to deal with stress by learning to relax. Society today is obsessed with stress reducing products. Just try walking into a major department store and not being able to find numerous relaxation tapes or aromatherapy candles. You can relax in the comforts of your own home to the sounds of dolphins frolicking in the ocean while you deeply inhale the relaxing scent wafting towards you from a lavender scented candle. Just thinking about that last sentence has me relaxed already.

Finally, what I find works really good is journaling. Releasing all of your frustrations and anger, no matter how trivial or extreme they may be, into a journal saves you the embarrassment of turning into a raving lunatic later when you finally reach your breaking point. Stress seems to build up inside a lot of us not just because we take on too much, but also because we don't express ourselves enough. If you are angry with your spouse for staying out all night or if your boss uses your pens and never returns them, just writing down how much anger or frustration you are feeling can change your whole perspective on the matter.

Most of us are so concerned with keeping up appearances that we neglect our physical and emotional well being in the process. This is not a practice life; we only get one shot at it. Life could always be worse and being thankful for what you have is more important than stressing over what you do not have.

**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 III –Mass Transportation, Gizmos and Gadgets, and Learning How to Learn

By Diane L.M. Cook

Personal travel and the transportation of goods are two huge areas of development in the 20th century. Just a few short 100 years ago, people routinely got around by foot, horse or horse-drawn wagons or

carriages, and trains. Only the very, very rich could travel abroad and that was by ship. A first-class ticket to sail the Titanic cost about \$3,000 in 1912. Can you imagine what that translates to in today's dollars? But as we all know, Henry T. Ford and the Wright Brothers changed all that. Cars and airplanes have probably done more to open up the world in the last century than the World Wide Web has in the last decade. The conveniences realized by these two new modes of transportation are incomprehensible. The logistics of moving mass hordes of people or tons of products around the world are mind-boggling and we couldn't do it without airplanes, semi-trucks, or cars. But of course to every upside, there is a downside. Now that we have the ability to jump in our car and drive two blocks to the convenience store to pick up a quart of milk, we have lost the ability to put on our running shoes and go outside and enjoy the fresh air and a nice, brisk walk to the store. And do we really need 80 different types of rice imported from China? Or 40 varieties of tea biscuits from England? It's nice to have choice and import different products from around the world, but at what cost? What we gained in convenience, we lost in laziness.

I will never knock the advent of radios, record/tape players, TVs, VCRs, microwaves, computers, CD or DVD players, but the more advanced our electronic gadgets become, the further away we get from the simple pleasures of playing hand-made instruments or singing with our loved ones. When today's gadgets didn't exist, that's all people had to entertain themselves, hand-made instruments and their own voices. They didn't have MuchMusic. It's very convenient to put Kylie Minogue's CD into your CD player and listen to her sing, but maybe it would be nice to get together with your family and friends and play the guitar and sing some favourite songs around the piano or fireplace. This is what good times and memories are made of, not mass-produced electronic gadgets.

Learning today was not as it was like yester-year. Sweeping changes have been made to accommodate an ever increasing world population but in doing so, our education systems have become a way of convenience to educate the mass hordes.

Our ability to learn effectively has been greatly diminished by education programs that pigeonhole students into learning only one way. If you don't learn that particular way, you probably won't learn very well. This, on top of student-teacher ratios in classrooms at an all-time high, does not teach a child to learn, it only pushes the child through the system.

Computers are wonderful machines but they shouldn't be used to teach children how to learn. Printing, spelling and reading are the fundamental basics of learning how to learn. There is much to learn on a computer but when children are presented with a computer before they are taught how to print, spell or read, there is the possibility that the child will never fully learn these skills and that can hinder their ability to learn. Make sure your children learn these skills properly before letting them play on the computer.

Society has made it more convenient for us to read material on the Internet by providing bite-size pieces of information. This only gives you surface knowledge and it's not the same as reading real paper books. There is something inherently lost by reading on a computer screen never to be regained. This convenience takes away our chances to learn more than what meets the eye.

Another drawback to snippets of bite-size pieces of information, especially as it is presented to us by the media, is we don't learn the history behind the subject. The convenience of receiving information in bullet form will not make you an expert on any subject; it merely helps us memorize points of factual data.

Calculators allow us to get mathematical answers quickly without having to work out the problem longhand. If we always use a calculator to work out our math problems, we probably won't remember all the formulae. One day, we might become lost at sea or in the forest, and the convenience of always using a calculator may pose a problem for us.

Do you really need eight different colours of highlighters to learn?

We can't reverse the process of advancing technologies and we can't reverse the hands of time. Some conveniences created in the 20th century are good for us but we must be aware of the conveniences that are not. The biggest drawback of today's conveniences is that everything is instant and because of this, we have become mentally and physically lazy. Our ability to think, reason, and make sound decisions as it relates to everything in life, has slacked off immensely. There are a record number of obese people and western diseases are skyrocketing, especially in North America. We now spend our time like little rodents running on the exercise wheel of life, although a lot of people are actually trying to get off that wheel now and live a more simple, normal life. A technologically advanced society can provide many conveniences but the trade-off is a society that will become so lax that its survival instinct may falter. People who lived 100 years ago really knew how to reduce, reuse, and recycle – because they didn't have a choice. Take a look back to what life was like 100 years ago and see what conveniences of today you can do without.

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.



Doing It Right

By b.e. hydromako

All Hallows Eve happens but once a year and some of us take the time to prepare for this magical evening. Others, however, find themselves rushing to create a costume on the afternoon of Halloween, or even worse, they give up entirely and miss out on one of the best nights of the year. That is what happened to me one year: I was wishy-washy about what I was going to dress up as, and where I was going to parade around my fabulous alter ego for the evening. Because

of this procrastination and indecision I ended up staying at home and watching some movies; it turned out to be rather disappointing. This year will be different. Not only do I know where I am going to spend my eerie evening, but also, unlike the people who will be scrambling to find themselves a costume, I've made an effort to assemble my ensemble in advance.

The problem with merely throwing together a costume at the last moment is that we will often end up with a lame and forgettable outfit; it is not what we would have gone as if we had taken more time to prepare. Yes, it will usually be presentable, and good enough to wear out in public, but the costume could have been magnificent. We always tell ourselves that next year will be different; next time around we will make the effort to put together an amazing ensemble, which people will be talking about for years to come. My friend Brad wore an astounding Samurai costume one Halloween. He had procured himself a suit of armour from the set of a movie, which was being filmed at the local college. He already possessed a set of Samurai swords, and he had some of the clothing. The best part had to be the standards. He had two poles attached to his back, and rising to a height of about four feet over his head and shoulders. Each of these poles were flying a banner, proudly informing everyone which clan he represented. It was spectacular, and when we talk about that Halloween we still mention his costume to this very day.

Some of us would argue that it is not worth hours of our time to prepare for one night of display, but is it not worth it to create such a masterpiece that it is remembered for years to come? It is certainly better than simply throwing on our work clothes—nobody remembers the time we dressed up as an employee of McDonalds or as the sales person at the Sony Store.

A few years ago I attended a house party to celebrate Halloween. It was great! People were dressed up, the lighting was spooky in an All Hallows Eve spirit, and two live bands played for the occasion. The first band was not so impressive; their set was as rough as sandpaper, and several times they had to stop in the middle of a song and start again because one of them had messed up. Although this sometimes appeals to those of us with a punk rock attitude, we could tell from their sloppiness that they were sorely in need of practice. In fact, they probably did not even care if they were playing at this party or not. This led us, the audience, to feel insulted and disappointed: this unworthy band was bringing down the spirit of the celebration.

Thank God for the second band. They played an amazing set, which was tighter than a pair of women's jeans in the 80's. They put on a stupendous show, and those of us who managed to squeeze into the crowded living room were jostled to and fro by the frenzied dancing that was going on. Everyone had perked right up, and the energy swiftly changed from the "who cares," which the first band had instigated, to the "let's rock!" of the second band. In the end, when we talk about that evening, we always reminisce about how good that second band was, and the other band has more or less faded into our unconscious—akin to a traumatic experience best forgotten.

There is a saying, common in our culture and probably found in others, "anything worth doing, is worth doing well." This phrase applies equally to any endeavour we have ever undertaken. We will often find that the end result from time and energy expended with care is a wonderful and memorable creation; it puts to shame anything we could have rushed, and haphazardly thrown together. The creative process is one of the most wondrous aspects of human existence, and thus, it deserves our care, respect and attention.

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.



AU Receives Top Funding Contributed By The Insider

Once again AU is demonstrating its leadership in online learning. A project known as *eduSource Canada* has received \$4.25 million in federal funding, with matching dollars supplied by the participating partners. This money will be distributed to a consortium of learning institutions and private sector partners that are advancing the development of e-learning technologies.

Not only is AU the largest recipient of this funding (\$650,000), but it is the only participant in the project operating without secondary partners. While AU is operating independently of outside partners (although all consortium partners are working together on the overall project), inside AU the story is one of collaboration and cooperation. Rory McGreal, AVP Research, and Terry Anderson, Canada Research Chair, are spearheading AU's efforts that involve Educational Media Development, DEPTH, the Library, and various academic centres. The team is pursuing the development and implementation of the CanCore metadata profile.

Rory offers the analogy of the label on a can of soup describing the contents, just as the metadata profile will allow educators and students to search through the contents of learning object repositories.

This is the largest e-learning project in Canada, and one of the largest in the world. "It's the next generation. In 10 or 15 years these developments will change the face of education and open up all kinds of possibilities for learning, both formal and informal," Rory says.

Participants signed the agreement at the beginning of October and they have until March 31, 2004 to complete the project. However, Rory says they hope to finish by December next year so much will be accomplished in just over one year.



Awards of Excellence

Contributed By the Insider

Dominique Abrioux announced that this year's winners of the President's Award for Tutoring/Mentoring Excellence are Dr. Izak Paul and Carol MacKinnon.

Izak has been a Biology tutor for AU since 1986 and Carol has worked as an academic coach in the MBA program since 1995. Both are regularly, and vigorously, acclaimed by their students and peers as exemplifying the academic and student support values that are so critical to the success of AU students.

Izak will receive his award at the Learning Services Conference today (Oct. 25), while Carol will be recognized soon in the presence of her peers. Watch for more coverage contributed by future Insider articles.

"Please join me in congratulating Carol and Izak, two outstanding colleagues," Dominique says.



Sixth Annual Online Learning Symposium Attracts Education Leaders from Across Canada

Contributed by Sylvia Schubert, Communications, Alberta Learning

Edmonton... More than 650 educators from across Alberta and Canada will explore the latest advances and possibilities in virtual education at the sixth annual Online

Learning Symposium, October 29 to 31 in Edmonton. This year's theme, Utilizing Learning Objects in Educational Environments, reflects emerging online trends and technologies that support lifelong learning.

"More and more new opportunities are becoming available as online learning continues to expand the boundaries of the home, classroom and lecture theatre," said Dr. Lyle Oberg, Alberta's Minister of Learning. "The anytime, anywhere power of online technology serves to enhance the traditional learning experience to the benefit of students and educators."

In Alberta, interest in online kindergarten to Grade 12 education has grown rapidly since its introduction about six years ago. With 4,700 full-time and 4,000 part-time students in 21 programs, Alberta has more online students and schools than any other Canadian province, and is recognized as a national and international leader in this form of education.

At the post-secondary level, Alberta institutions have shown tremendous leadership in delivering online education. Online initiatives from colleges, technical institutes and universities are creating a seamless learning environment for Albertans.

Online learning programs include students participating in home education or blended programs, Alberta students temporarily living abroad, foreign students receiving their education from Alberta, and virtual classrooms uniting students and teachers at different locations.

Alberta's online education initiatives will be further enhanced by the innovative collaboration at the symposium. The Online Learning Symposium, one of Canada's largest e-learning conferences, is hosted by Alberta Learning and the Alberta Online Consortium. It features 102 sessions that cover recent research in online education, to panel discussions involving students, parents and superintendents.

The Alberta Online Consortium is a collaborative effort among Alberta school jurisdictions and post-secondary institutions to enhance online education opportunities. The Consortium joins a rich history of cooperative programs in Alberta, which address issues of access and provide quality-learning opportunities for students.

The Symposium will be held at the Mayfield Inn and Suites beginning October 29 with greetings and the keynote address at 7 p.m. More information about the Alberta Online Consortium and the Online Learning Symposium is available at www.albertaonline.ab.ca.

Background:

Event Details

Location: Mayfield Inn and Suites (16615, 109 Avenue), Edmonton, Alberta

Date and Times: October 29, 7 p.m. - 9:30 p.m.
October 30, 8 a.m. - 4:30 p.m.
October 31, 8 a.m. - 4:30 p.m.

Online Learning Symposium Key Note Speaker

The keynote speaker is David Porter. Mr. Porter has over 25 years of experience in education and in particular, vast experience related to online education. Porter was involved in developing and operating distance-learning programs for the British Columbia government through the Open Learning Agency. He is currently working with NewMedia Innovation Centre in Vancouver to develop its e-learning research activities. Porter has also managed and provided leadership in a

number of international projects and initiatives with Mexico, India, and in the Caribbean that focused on developing and expanding technology-mediated teacher training and the distance and distributed learning capacity of academic programs in those regions.

Quick Facts on Online Learning in Alberta

- Alberta has more online students and schools than any other Canadian province.
- Alberta leads the country in all aspects of Information and Communication Technology implementation in schools, according to a 2002 Microsoft Canada study.
- Alberta's Computers For Schools program has delivered more than 35,000 new or recycled computers to schools across the province.
- Alberta is piloting an 'e-textbook' for Grade 9 Science students which offers an electronic format as an alternate means of accessing the print version of the textbook and will include multi-media components.
- SuperNet will bring high-speed Internet access to more than 4,700 sites in Alberta including all schools, post-secondary institutions and libraries.
- Over 16,000 visitors use the LearnAlberta.ca web site each month and access interactive, multi-media learning and teaching resources that directly relate to Alberta's curriculum and benefit students, teachers and parents across the province.
- Alberta Learning supports many partnerships that provide professional development for teachers related to online learning including TELUS Learning Connection, Galileo Educational Network, the Alberta Regional Consortia Teaching and Learning Program, and Media Awareness Network workshops.
- Each year Alberta Learning distributes approximately \$20 million in Technology Integration Funding to enhance online learning in Alberta's publicly funded schools.

Web sites that support and enhance teaching and learning

- LearnAlberta.ca [www.learnalberta.ca]
- Alberta Online Consortium [www.albertaonline.ab.ca]
- The TELUS Learning Connection [www.2learn.ca]
- Physical Education Online [www.learning.gov.ab.ca/physicaleducationonline]
- Bio-DiTRL [<http://database.sunsite.ualberta.ca/pls/biod1/ditrl.home>]
- Galileo Educational Network [www.galileo.org]
- Tools4Teachers [www.tools4teachers.ca]
- Teaching and Learning with Technology [www.tlt.ab.ca]
- ICT Cyberbase [www.ictcyberbase.com]



Free Health Benefits for Children in Low-income Families

From information provided by Alberta Human Resources and Employment

THE VOICE October 30, 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:

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

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.

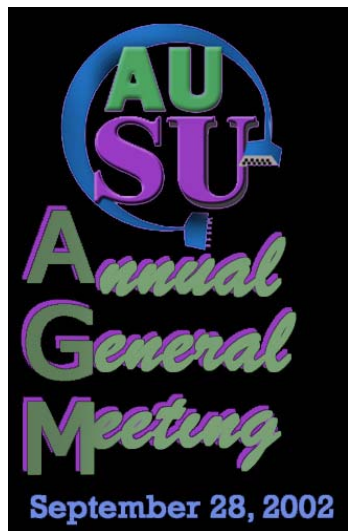
The fate of the AUSU Handbook/Planner is still up in the air. We want to be able to give students items that will be useful to them in their studies, but we need to be certain that the handbook is the best choice before we commit to having more printed. Student input so far has indicated that a smaller 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!



Kyoto Debate Calls for More Government Action

Conservative warns of impending dangers of Kyoto

**By Joscelyn Armstrong,
Gateway**

Photo credit: CLEAN AIR controversy
New Democrat MLA Raj Pannu debates

the Kyoto Accord with Tory MLA Tony Vandermeer. (Photo: Jake Edenloff)

EDMONTON (CUP) -- In the final minutes of a Kyoto debate last Thursday, Tony Vandermeer, Conservative MLA for the Edmonton-Manning riding, cautioned Albertans that the accord could sink our economy to the depths that other provinces have seen in recent years.

"We should be thankful for what we have," said Vandermeer.

"Look at Saskatchewan. They are envious of our population and our economy."

At the moderated debate held by the University of Alberta Students' Union and the Albertans for Ratifying Kyoto, Vandermeer was the only one of six panelists present who did not support the highly debated Kyoto Accord, although he offered his support for the implementation of some sort of environmental improvement plan.

Kyoto is an accord created by the United Nations in order to reduce global greenhouse gas emissions. Many Albertans are worried about the effects this agreement will have on its oil and gas dependent economy, as these industries are some of the worst greenhouse gas producers. Canada's provinces have been strongly debating with the federal government whether or not to ratify this plan.

Speakers supporting the ratification of Kyoto included Mary Griffith, a policy analyst for the Pembina Institute, an environmental policy organization, and Ken Nicol, Leader of the Alberta Liberal Party.

Raj Pannu, another panelist and Leader of the Alberta New Democrat Party, explained his disappointment in the government for not being able to provide the specific answers the crowd was asking for.

"Sadly," said Pannu, "the Alberta government does not aim to give citizens the facts beyond propaganda and misinformation."

The speakers emphasized the importance of less talk and more action from the government in the ratification of the Kyoto pact. Although the debate was fairly one-sided, with the majority of the speakers supporting the accord, heated discussions arose.

“There are expected to be four times as many jobs created as jobs lost [if Kyoto is ratified],” said Dale Marshal, a researcher with the Canadian Centre for Policy Alternatives, a group dealing with ways to reduce greenhouse gases.

These jobs would be created with the development of new forms of electricity, such as wind and water power, according to Griffith.

Marshal emphasized the positive effect ratification would have on both Alberta’s economy and Canada in general.

Nicol promoted the idea that the federal government should encourage Canadian individuals to conserve energy and reduce greenhouse gas emissions through a series of personal incentives.

The speakers could only make educated guesses on exactly what the accord would mean for both corporations and the individual, as Kyoto has no concrete form as of yet.

The audience present at the debate was generally worried about the impact Kyoto might have on individual Albertans, especially the financial effects.

And one of the few times applause filled the room was after Brian Michelle, Interim Coordinator of the CO2RE Project for the City of Edmonton’s Office of the Environment, answered the question of why Albertans should care about Kyoto if the results won’t be seen for years.

“It is not about us,” said Michelle. “We are talking about our children’s future and their children’s future.”



NDP Candidates Call for Free Tuition

Education, out-migration key issues at leadership debate

By Steve Durant, The Muse

(Photo credit: photo provided with story through CUP)

ST. JOHN'S, NFLD. (CUP) -- Despite agreeing on most issues, including eliminating tuition for post-secondary students, the NDP's federal leadership hopefuls each say they offer a new direction for their beleaguered party.

The candidates were in St. John's last Saturday to participate in a leadership debate. The two-hour event, in preparation for a convention in January, attracted about 100 party supporters. However, it was tamer than most political debates, with the candidates readily agreeing on several key issues.

Toronto city councillor and part-time professor Jack Layton, United Church minister and MP Bill Blaikie, long-time Saskatchewan MP Lorne Nystrom, lawyer and MP Joe Comartin, and former NDP associate-president Pierre Ducasse participated in the debate. British Columbian social activist Bev Meslo is also running for the leadership, but could not afford to make it to Saturday's event.

An e-mail question from a Newfoundlander living in the United Kingdom started the question period asking how each candidate would address student debt and increasing tuition.

"We have to eliminate tuition fees," said Comartin, citing the success Ireland has had not charging tuition. "They had their society ready, they had their students ready."

Blaikie focused on student debt, saying the federal government should administer the loans system. Layton went further, saying the government should forgive all interest accrued on loans since 1995, the year severe cuts were made to the amount of money the federal government transfers to the provinces.

"There is no reason students should be making banks rich," Layton said.

Out-migration was another hot topic at the debate. Some candidates say tuition is partly to blame for Newfoundland's declining population.

"Right now, it's almost like an economic imperative that when you're loaded up with student debt you've got to leave town. And that's terrible," Layton said. With lower and eventually no

tuition fees, he said, "...the young people leaving Newfoundland today to pay off their debts with high-paying jobs elsewhere in the country would be able to stay."

Nystrom says the situation would best be resolved by increasing opportunities in Newfoundland.

"I've been stressing in my campaign, more than the other candidates, that economic issues are the most important issues," he said. "If you educate people and they still leave, that doesn't really help Newfoundland, and that's why you need equality of opportunity in terms of job creation across Canada as well."

All the candidates also expressed misgivings about partnerships between universities and the private sector. In this month's speech from the throne, the federal government said it will encourage partnerships in years to come.

"The problem is some universities, because of the cutbacks, almost need this funding," Ducasse said.

Comartin says corporations on campuses have already caused problems in other provinces because corporations often benefit economically from patents that result from university research.

"In effect, what we're doing is we're subsidizing . . . the corporations in this research, and they get all the economic benefits. And there are times when some patents, some copyrights, have meant tremendous amounts of dollars for the private sector that, in fact, we've contributed to as a society," he said.

Layton worries that funding for research could hinder basic rights.

"It's all part of a worldwide movement to take things that used to be public and make them private," he said. "I think it's fundamental to the concept of freedom of thought, of freedom of speech, that your training and education not be financed by one particular subset that has a very distinct economic interest."

Corporate control and foreign policy received the most attention during the debate.

The candidates broke from their measured, calm manner of speaking when Memorial philosophy professor David Thompson asked about world peace, which turned the debate to Iraq and the United States.

"We'll say to George Bush, read our lips – we're Canadians. Your father got it wrong, and you've got it wrong," Layton told a cheering audience.

"We're all tired of being the puppets of George Bush," Nystrom said. Comartin went further, saying Canada has become "a joke" on the international scene since Brian Mulrooney strengthened ties with the United States in the 1980s, breaking away from the more distanced attitude of Pierre Trudeau.

-With files from Lindsay Harding.



Decriminalize pot, don't legalize it: Justice Minister

Martin Cauchon discusses future of marijuana, same-sex rights

By Denise Brunsdon, The McGill Daily

MONTREAL (CUP) -- Decriminalizing marijuana would be in the best interest of Canadians said Justice Minister Martin Cauchon in a speech at McGill University.

"People are using marijuana so much across the country that the police don't even enforce the laws," said Cauchon, "When we

have a piece of legislation, it has to reflect the interests of society. When police are no longer enforcing the legislation, you have a problem and the legislation needs to be changed."

Cauchon emphasized that he is not in favour of legalisation.

"We would like to proceed with decriminalization, not legalization," he said, citing an upcoming government report that will recommend changes in legislation. "If recommendations are positive, then we would like to move ahead at the beginning of next year."

The minister stressed that despite movements to decriminalize, the government will continue fighting the use and the trafficking of drugs.

"Even the Chief of Police...is for decriminalization. It doesn't mean we're going to legalize. At the end of the day, it means we would be, by far, more efficient."

Cauchon also addressed the controversial issue of same-sex rights, saying that current common-law legislation applies only to heterosexuals and said there currently is "no real legislation including homosexuals."

He said possible options include changing certain definitions in the legislation as well as developing a civil union legislation for homosexuals. "Is it time to change the institution of marriage?" he asked. "I believe the answer doesn't belong in the courts."

Law student Paul Hesse challenged the minister to take a stand for gay rights.

"The other day I was thinking about my boyfriend and thinking about our future together. I take risks by standing up in front of my class and saying 'I'm gay' and by coming out, and I'm asking the government to take a risk," he said. "Be not a minister of justice, but for justice. I would personally be against the idea of two-tier marriage laws or civil unions."

Cauchon argued that his impression of the gay community was not as one-sided as Hesse presented. "You would like to be part of a marriage, but I know friends and parts of your community working in the justice department that don't want to be in a marriage, but feel a civil union is more modern," he said. "Sometimes you need to go in a step-by-step process."

Craig Rosario, the coordinator of Outlaw, the queer law students group, asked Cauchon to justify the proposed system.

"With the upcoming appeal," he asked, "what do you think the government's strongest arguments will be for continuing to support their discrimination?"

"As I have said, if I have decided to continue with the appeal, it's a question of the interpretation of Section 15," the minister replied.

Section 15 of the Canadian Charter of Rights and Freedoms states, "Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination."

Cauchon closed the issue of same-sex rights noting that the government intends to take some action soon.

"Honestly, I hope as a government we will be able to move forward. I would like to deal with the matter before June 2003." That's the date that the standing committee will release a report on same-sex rights legislation. Initiating the changes by that time would also set them before the Liberal Party leadership campaign, which, Cauchon implied, would slow the process.

Mike Arnot, president of Liberal McGill, praised Cauchon on his speech.

"The minister was well prepared for the dialogue," he said. "There were a few inconsistencies, but it's good to see he's taking a leadership role. There were poignant questions, and he did well to answer them."

Arts student Paul Todd agreed.

"He addressed the issues that needed to be addressed," he said. "I think he's a progressive minister, and that's what we need."



Conference Connections

Contributed By AU's *The Insider*

- **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 Kinettes 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:

People's Movement for Human Rights Education (PDHRE)

Human Rights are the greatest gift of contemporary thought to humanity. It is not only a vision for a better world, but also a tool for achieving it. Yet somehow, as we enter the new millennium, it is a term that has come to represent in the public mind not the hope of the future, but rather legal processes, charges and counter charges, and at times even, a certain empty rhetorical self-righteousness.

Since 1989, the People's Movement for Human Rights Education (PDHRE), an international NGO, instrumental in UN launching a Decade for Human Rights Education, 1995-2004, has been developing, enhancing and facilitating worldwide training in human rights education at all levels of society.

Human Rights Cities: A Historic Innovation

PDHRE, drawing on its rich experience and perception of needs and capacities, with the enthusiasm of local communities, is facilitating the development of Human Rights Cities around the world. Inhabitants, local authorities, community agencies and institutions, NGO's, non-profit human development societies, labour, professional associations, and neighbourhoods learn, reflect and act, joining to participate in the development plans of their city - guided by the commitments made and obligations undertaken by their governments having ratified numerous human rights Covenants and conventions **'to assure that all laws, policies, resources and relationships in the community, maintain the dignity and serve the well being of all women, men, youth and children in the city' ...**

Seven self-selected cities are presently implementing a Human Rights Cities Program. These are: Abra Indigenous Municipality (Philippines); Dinajur (Bangladesh); Graz (Austria); Kati (Mali); Nagpur (India); Rosario (Argentina); Thies (Senegal); and several more are in development in Ghana, Spain and Samoa.

In Edmonton, the John Humphrey Centre for Peace & Human Rights (www.johnhumphreycentre.org) has invited Ms Shulamith Koenig, Executive Director of PDHRE for a 3 days visit at the end of November (27,28,29), 2002 and she will be meeting with various community sectors and civic officials to explore the idea of working towards making Edmonton a **Human Rights City!**

Should you have an interest in this innovative initiative, daytime interviews can be arranged -- **kindly let us know in advance.**

Warmest regards,

Leo Campos A.

Media & Community Outreach

The John Humphrey Centre for Peace & Human Rights

Tel/Fax: (780) 474-6058

Cell: (780) 995-6819

PS. To learn more about the John Humphrey Centre for Peace & Human Rights, please visit:

www.johnhumphreycentre.org

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.



Kyoto: QUESTIONS & CONCERNS ABOUT CLIMATE CHANGE?

Townhall Meeting :
MONDAY, NOVEMBER 4,
2002, 7:30 PM

@ ST. ANDREWS UNITED CHURCH,
9915 - 148 Street
www.edmontonriverview.com /
INFOLINE: 414-0719

Join us at our upcoming TOWNHALL MEETING. It's your opportunity to question

an expert Panel on such an important issue! Our distinguished guests are:

Dr. David Schindler
Professor of Ecology at the University of Alberta

Dr. Martin Sharp
Professor of Earth & Atmospheric Sciences, University of Alberta

Rob MacIntosh
Founder of the Pembina Institute & E.D. of Green Planet Communications

Hosted by Kevin Taft MLA, Edmonton Riverview
For further details: www.edmontonriverview.com / INFOLINE: **414-0719**



From: Action on Smoking & Health (ASH)
Re: Support a Smoking Ban in Restaurants, Bars and Lounges

Edmonton City Council is now considering amendments to the smoking bylaw to ban smoking in public places, including restaurants, bars and lounges.

Last year, City Council amended the existing bylaw to protect children from second hand smoke by banning smoking in public places where children are allowed, such as restaurants.

Unfortunately the amendment that passed was not clear, and many restaurants took advantage by trying to have one part of their restaurant a smoking section for adults, and the other for families and non-smokers - without any separation between the two areas! Smoke drift remains a problem. Children are not being protected, and the Councillors are now revising the bylaw to close the loopholes.

There is another group of people living in our community who need protection. These people include the many who work in "smoking" restaurants, as well as bars and lounges. These people often work in smoke filled rooms for as long as eight hours a day - some even longer! These workers deserve protection. No one should have to work in a place that puts their health at risk. Many of these people are our young people - old enough to be working in a place filled with smoke, but too old to be protected by a bylaw focused on protecting the health of children.

The recent landmark decision by WCB to award Heather Crowe, a non-smoking Ottawa waitress diagnosed with terminal lung cancer, compensation for her work-related illness is a wake-up call to take measures to protect hospitality workers from the hazards of second-hand smoke. **Please contact City Hall** and tell them that you support a smoking ban in restaurants, bars and lounges to protect the health of hospitality workers - and all citizens - from the hazards of second hand smoke.

Call: The Citizen's Action Centre at 496-8200
Or: e-mail all City Councillors at council2@edmonton.ca

E-mail your city councillor individually by using their first and last name (e.g. jane.batty@edmonton.ca) or call 496-8110 to speak to your councillor directly)

For further information contact:
Action on Smoking and Health (ASH)
www.ash.ca
Tel: 407-6819



Dr. David Schindler
***The Environmental Cost of
Greenhouse Warming***

**Wednesday, October 30, 2002. 7:30 PM :
Free**

Strathcona Community Centre, 10139- 87
Ave.

Dr. Schindler is a Killam Professor at the University of Alberta Faculty of Science, and a well-known environmental researcher and activist. He will speak on the effects of global warming on water and land resources in Alberta. He will also share his scientific perspective on the implications of the **Kyoto**

Accord for Alberta.

PS. Dr. Raj Pannu, MLA, Edmonton - Strathcona, will be in attendance and will introduce Dr. Schindler.

Annual General Meeting of the Strathcona Constituency Assoc. to follow speaker.

Everyone Welcome. Free and Open to the public.

For more information call Marilyn @ 437 2269 or Katie 430 7721

Sponsored by: Alberta New Democrats, Strathcona Constituency Association.



Indulgence

November 5, 2002

@ the Crowne Plaza Chateau Lacombe

Time: 7:00 p.m. INFOLINE: 433-9739

Don't miss the food and wine party of the season!

Indulgence, a Canadian epic of food and wine (fundraiser for the Junior League) will be held at the Crowne Plaza Chateau Lacombe Tuesday, November 5 starting at 7:00 p.m. Join Edmonton best restaurants, award winning VQA wineries and local food producers for an

evening of profound flavours and spicy personalities. In addition to meeting local producers and chefs and tasting their offerings, there will be a live band, prizes, and a live auction with **Nick Lees**. This event is sponsored and organized by the local chapters of Cuisine Canada and Slow Food*.

A word about the Junior Chefs program: This is a new program being developed by the Edmonton Junior League chapter and will feature local chefs teaching kids at risk basic cooking skills -- helping them break their reliance on poor quality fast foods. We are really pleased with being involved with this event. It's food at its most basic -- providing nutrition and care. We feel this program embodies the philosophy of slow and regional cuisine in an extremely meaningful way. Last years Indulgence event has provided the seed money for this program and this year's program will help provide ongoing funding.

Tickets are \$40. 00 per person from the Junior League of Edmonton

Call **433-9739** and reserve your place now!



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

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>

when
People
need an ally ...

Your donation
of reusable
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

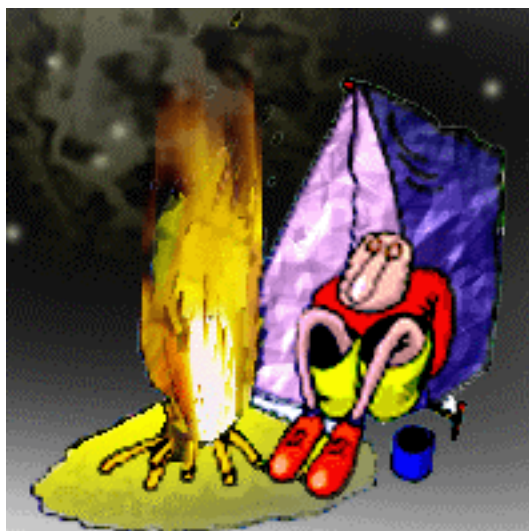
Canadian Diabetes
Association

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

Banff AB Canada T1L 1A5

1-403-762-5521 Toll-free in North America 1-888-844-7875 fax 1-403-762-0385



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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