

THE VOICE MAGAZINE

October 21, 2005
Volume 13 Issue 41



Yes, I Do Know...

The slow decay of the English language

*You Can't Hurry Love
But you can rush the flowers*

*Record University Enrolment
Taking Notes*

*Plus:
Lost & Found
From Where I Sit
Fedwatch!
Dear Barb
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AUSU This Month
Chronicles of Cruiscin Lan
Taking Notes*

and much more...

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We love to hear from you! Send your questions and comments to voice@ausu.org, and please indicate if we may publish your letter.

THE VOICE

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There's a new game in town. The rules are simple, it doesn't cost a cent, and you can play it anywhere. The only equipment you need is a good sense of curiosity and a certain tolerance for compulsive behaviour. Because believe me, once you start playing, you won't be able to stop.

To begin, turn on your television or radio. We're not looking for scripted shows here. Ideally, you'll want to find a conversation that's fairly spontaneous. (Interviews are great for this.)

All tuned in? Got the popcorn? Good, now let me give you an example of what you're listening for. This isn't a direct quote but imagine, if you will, a local radio host stopping people outside the theatre and asking if they enjoyed the latest big-budget movie release. The average response might go something like this: "Yes, Bill, I really did enjoy the latest, you know, action film. It had, you know, lots of action. And the chase scenes were, you know, pretty good too. I usually watch things like, you know, horror films, but this one was really, you know, interesting. You know?"

And there it is, the Golden Ticket that's the prize in this game. It is (in case you missed it) the dreaded 'you know,' that conversational combination of rhetorical question and qualifier that seems to be everywhere these days.

I first noticed this ubiquitous verbal tic about a year ago on my nightly drive home from work. I always listen to the CBC and thoroughly enjoy the eclectic mix of subjects they cover. I forget the topic at hand, but suddenly I couldn't help noticing that after every few words, the speaker threw in this verbal equivalent of a jellybean perched on top of a gingerbread house -- interesting, somewhat decorative, but essentially useless as far as holding the structure together.

The experience was rather like finding a worm on the sidewalk after a heavy rain. Once you spot the first one, they seem to be everywhere.

At first, I thought this habit was confined to individuals who, for good or bad, really didn't care about a reasonably coherent use of language. Sports figures seem to be especially fond of this little oral embellishment, and glamorous young television and movie stars throw it around with wild abandon.

And then it happened. The day when I realized this verbiage had invaded our culture more deeply than I thought. The speaker was a woman, middle-aged, and (hold on, here it comes) -- a writer. Not just any writer, no. A writer who was being interviewed because she had just won a prize for her exceptional grace with language, her facility to weave words into beautiful tapestries for the mind and soul.

Yet there she was, refined, intelligent - and sprinkling her conversation with more 'you knows' than there are cat hairs on my sofa.

A prime example is an interview I heard the other day, in which a singer extolled the virtues of her latest work. In a period of just under two minutes, this charming young lady managed to squeeze a total of 33 'you knows' into her conversation. Maybe not a world record, but impressive by any measure.

Big deal, you might say. What difference does it make? New Orleans is still sinking and the U.N. is pulling out of Darfur. We have bigger fish to fry.

True, but I think this phenomenon reveals an interesting facet of the communication age, namely the fact that, the more information that surrounds us, the less capable we seem to be of communicating with each

other. Essentially, 'you know' has fallen into two categories of popular usage. The first is as a qualifier, a sort of alternate 'for example.' Let's suppose that I want to give you some ideas on where to shop for a gift. A recently overheard conversation is a case in point: "You could try a, you know, department store or maybe a, you know, specialty shop."

The second (and more telling) use is as a rhetorical question. Try this common phrasing: "We went to this restaurant, you know? And we had, like, the pasta, you know?"

I hear more and more people expressing themselves this way every day. But why, exactly, do we need to ask the question? Why do we feel the urge to confirm that our listener does, indeed, 'know' and that they understand the message we're trying to get across?

Are we so uncertain of our ability to communicate that it's become necessary to receive an affirmation of every idea we convey? Are we afraid that the person isn't listening? Or worse, that there's such a gap between expression and comprehension that our thoughts are being lost before they can cover the small amount of distance between our audience and us? Perhaps not.

Perhaps it's just a passing phase, a modern catch phrase that will have its day then move along just like "groovy" and "cat's pyjamas." In the meantime, I listen to everyone from football players to famous authors peppering their conversation with earnest pleas for their listener to assure them that, yes, they do know. And I wonder just how much our ability to hear each other is being lost among the roar of the information superhighway.

This column focuses on issues affecting post-secondary students. Readers are encouraged to submit suggestions for topics they are concerned about, or personal experiences with courses or university situations other students should know about. Contact voice@ausu.org, attn: Debbie Jabbour



UNIVERSITY ENROLMENT AT A NEW HIGH

Debbie Jabbour

University enrolment reached a record high in 2003, with 990,400 students entering university across Canada. This was an increase of 6.1 percent over the previous year, and 20.4 percent higher than 1997 enrolment. Female students comprised the greater number, accounting for six out of every ten undergraduate students (Statistics Canada, 2005).

Statistics Canada attributes the increase to the elimination of Grade 13 in Ontario, a record gain in foreign students (the numbers almost doubled), and the new economic realities that make a university degree essential in the workplace. Increases were seen in almost every field except math and computer science, with business, management and public administration leading the way.

There are expectations, however, that these high numbers will begin to decline over the next few years as the children of baby boomers complete their degrees or enter graduate studies (CanWest, 2005).

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CanWest News Service (2005, October 12). University enrolment hits record. *Edmonton Journal*, A14. Retrieved from <http://www.canada.com/edmonton/edmontonjournal/news/story.html?id=616a3cdb-0a4b-469b-bb56-43364de5baf7>.



I'll admit it. When I read the article about an online service that claims to make "romantic gestures" (Harris, 2005) on other's behalf, my first thought may have been a bit judgmental. I thought, "Pay someone to send your wife flowers? (*scoff*) Thanks for the sincerity, sweetie."

Yet, intrigued, I decided to read on. SaveMyAss.com caters to people (so far mostly men, making up 99 percent of the clientele) who would like to send "thoughtful" gestures to their loved ones on a more regular basis. For a starting price of \$59 (US), the company can send flowers every four to six weeks, as well as ensure flowers are sent on anniversaries, birthdays and other special occasions. You sign up and then SaveMyAss.com will email you a few days prior to delivery to "keep you in the loop" (Savemyass.com, 2005). You can also press a panic button that allows you to send a bigger arrangement, in case you've found yourself in hot water that week.

The website is oriented toward men, which is fitting considering the demographic of their clientele. However, the company claims their service can be used by anyone for anyone in the US or Canada. In the

meantime, however, a banner at the top of the home page says "Gentlemen, Welcome to SaveMyAss.com" and there is a list of questions, one being, "Will she be upset if she knows I'm using this service?"

The answer to this burning question reads that the feedback has been "counter-intuitive", that most women are pleased that their men are making an effort at all. They know their husbands "well enough to recognize [they] are busy" (Savemyass.com, 2005), and are happy that, at least, they're getting flowers.

Such an answer may be accurate, but it seems a little misleading. It implies that flowers can smooth things over. The website's name and the added feature of the panic button also imply this assumption. Flowers are generally not enough to solve problems. It may work the first few times, but after the fifth bouquet of roses, it's likely the flowers have lost their appeal. With the four to six week schedule, perhaps the flowers are meant to be more a preventative medicine than a cure. Most people like flowers. But, do they like them because they want flowers, or do they like them because it means someone thought of them and took time out of their day to do something thoughtful like that? The whole notion behind the service seems to emphasize that getting things means caring, and suddenly, it's not the thought that counts anymore.

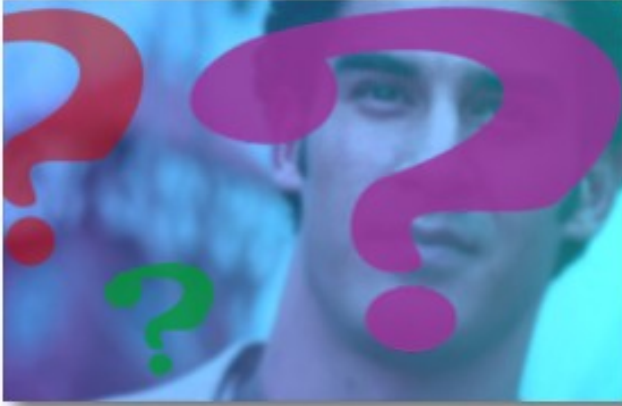
The tone of the website is casual and aloof, as is inferred by the name. The co-founders joke that they are "(self-proclaimed) cool and trustworthy guys." The tone gives the impression that we are not to overanalyze this service. It's guys simply sending flowers. "It's more guys who want the convenience but actually do care," says Al Lieb, one of the co-founders (Harris, 2005). Clinging to my (self-proclaimed) idealistic beliefs, I read on. *Business Week* has a short article on the service. James Hong claims, "Guys--even well intentioned guys--need a nudge" (Savemyass.com, 2005). The idea is that you are supposed to be pleased he thought of you at all. In the signing-up, you'll find the sincerity.

The co-founders seem pretty realistic about their intentions. They are aware that their service can offend people, or at least, may be better left private. That's why they have "SMA flowers" appear on your credit card statement instead of "SaveMyAss.com."

The website launched in September 2005. The success of this is yet to be seen. I know if I suddenly get flowers every four to six weeks, I'm going to be asking some questions. But, for those of you in need of a reminder, there's plenty of time to sign up before Valentine's Day. And you thought romance was dead.

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Last week I caught that woman in Accounts, the one with the alcoholic husband and the kid who's always wiping his nose on his sleeve, I caught her stealing a bag of coffee from the staff room. I reported her to human resources, of course, and they gave her the sack. Things aren't so great right at the moment, because the company has to remain competitive in the global marketplace, so there have been a lot of staff cuts. Everybody has to tighten their belts a little, do their bit. That's why it makes me so sick to see those foreigners out on the picket lines in front of the schools and the hospitals.

There's talk that next year I might be up for a promotion. If that happens I can afford to buy gas again for the Corolla, and I won't have to take the bus. My supervisor says that there might even be a place for me in the marketing department one day, which means a company car and expense account. When that happens, the first thing I'll do is get one of those Future Shop credit cards, and treat myself to some things.

Last night it was after midnight before I left the factory, and I thought I'd missed the last number 17. The only other person at the bus stop was some old woman with blood-soaked bandages wrapped around her head. She stunk like something from the grave. I don't like being around sick people. They make me nervous. This whole city's full of people talking to themselves, people with open weeping sores, and people with needles stuck into their arms. Everywhere I walk, there's broken glass beneath my feet.

The building I live in is not very secure. It's full of immigrants and welfare types. The caretaker is a drunk, and he fences stolen stuff from his apartment. I think he's from Iran, Pakistan, Russia or Mexico. I've thought of reporting him to the police, but I'm afraid he'll find out and cut my throat while I'm sleeping. Sometimes I wake up in the middle of the night, and I can hear him or somebody like him walking up and down outside my door, listening at my keyhole.

This friend of mine offered me a job across town that pays a bit more. But it would mean taking the Skytrain home and the youth gangs are at every station now. They would rather kill you than look you. Dump your body right on the tracks. I won't even go shopping anymore unless it's broad daylight. It's worth your life to be caught outside after dark these days. No, I think I'd better stay right where I am.



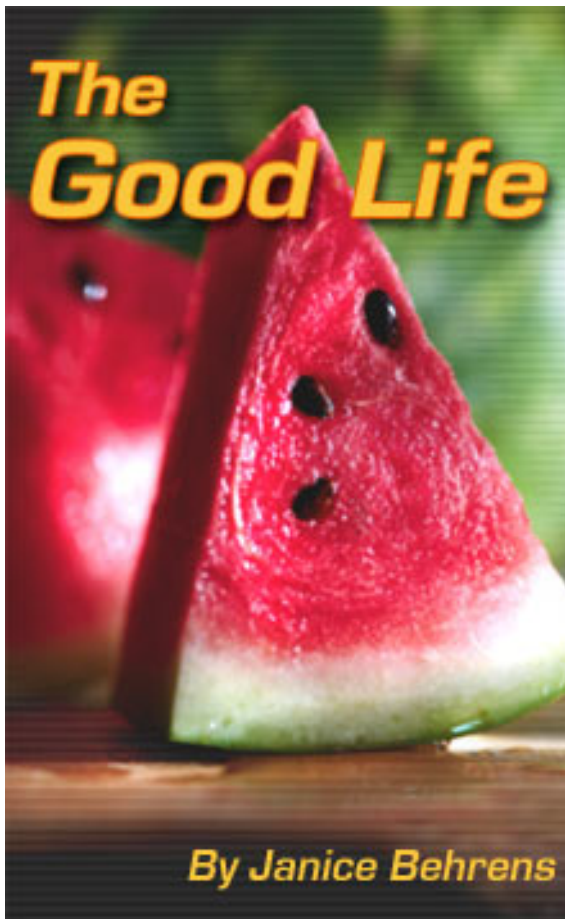
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Technology vs. Being Present in the Moment

Nearly twenty years ago, when I started my first office job, the person assigned to train me confidently assured me that, "in a year or two, this office will be completely paperless." The corporation I worked for was just in the process of installing its first computer system with a terminal at every employee's desk. Besides being my entry into the business world, that week was my first experience with e-mail, with the steep learning curves that are generated by exposure to unfamiliar technologies, and with the sense of frustration and helplessness that comes about when these technologies, that we come so rapidly to rely on, just don't work.

In addition to her belief that the microcomputer would eliminate paper from our working lives, my trainer also went on to paint a Jetsons-like picture of a sort of techno-utopia where we would all, one day very soon, have far more leisure time to spend with family and friends. The computer, she believed, would take the drudgery out of our lives, allowing us to complete a full day's work in only a couple of hours. Every time I come back to the office after a week-long business trip, or a vacation, and find that I have two-hundred or so unread e-mails waiting for me, and a towering stack of faxes, I think back on this experience.

In contrast to this person's glowing vision of the near future, a more cynical long-term employee who was closing in on retirement was equally confident that this new-fangled contraption was just a passing fad, and that pretty soon computers would be relegated back to the universities and government research centres where they rightfully belong. It has been said that at the time the Wright brothers were taxiing the Kitty Hawk along the ground preflight, there were surely some amongst the crowd those who swore the thing would never leave the ground, and an equal number who claimed that within six months, everyone would be flying one.

Throughout my life, I have waged an ongoing battle with disorganization. Believing that I am capable to efficiently multi-tasking, I have tended to have numerous different projects on the go at any one time. When I was a girl, these projects involved papier-mâché, popsicle sticks, balls of yarn, and other craft materials covering every flat surface of my room. Now, evidence of my high-energy but unfocussed ways can be found, on any given day, in the form of scrapbooks, university essays, expense report forms, knitting projects, etc. all in various stages of incompleteness. Because of this, I have always been a bit of a sucker for time-saving devices. I have owned countless agendas, daytimers, file folders, and electronic organizers. None of them, though, have really done me any good. All they have really done is add to the clutter and confusion.

What I have come to realize over the years is, that there is no magic pill we can take, no miraculous labour-saving device that can transform our lives and make us inhumanly efficient. Computers, faxes, cell phones, Blackberries and the like may make communication quick and easy, giving us the illusion that we are more informed (and important) than we really are. What we forget, though, is that having access to reams and reams of information does not necessarily mean that we are assimilating it or using it in any meaningful way. And with respect to communication, being in touch is not the same thing as being connected.

Instead of constantly searching for ways to speed things up, perhaps we should be looking at ways to slow things down. To spend more time carefully looking at what we are seeing, and letting things gradually reveal themselves to us as we mull them over. Instead of having to perpetually touch base with people in a shallow and distracted way, perhaps we need to actually devote some serious time to them, and actually be present with them, with nothing else on our minds.

On a personal level, I am coming to a sense of peace with who I am and the way I do things. I think being a multi-tasker is probably hard-wired into me. What I have slowly come to realize is, though, is that pretty well everything I begin does eventually come to some sort of completion. The Christmas sweater I knitted for my daughter may have been a bit too warm for midsummer, but at least she still loved it. And always the pattern of completion is the same: things come together when I finally sit down and lose myself in concentration on them, allowing them my undivided attention, rather than devoting only a tiny fraction of my awareness to them because I am distractedly thinking about all of the other things I need to accomplish. I am beginning to see that what it takes to be accomplished in any area of life, from being a good employee to being a good parent, is the same basic skill -- being present in the moment.



These are the People

I know people dedicated to lost causes and forgotten arts. People who spend hours in butcher shops, fish sellers, and fruit and vegetable markets on the way home from a long day at work. People who cut, slice, knead, peel and scrape when it's much easier and cheaper to just buy something from the supermarket freezer, or order something at the drive-through. I know people who take pride in everything that they do, who understand the importance of every nail that is hammered, every word that is written, every pamphlet that is handed out, every vote that is cast, and every note that is sung.

I know people who write sonnets and elaborate handwritten correspondence in the middle of the night. There are some I know who paint pictures of shipwrecks and Sycamore trees, who grow antique roses and heritage apples. A woman I know keeps honeybees in her backyard. She spends hours almost every night translating Persian poetry and copying the words into beautiful fat notebooks with cream-coloured paper.

I know people who are not passionately devoted to money, and whose every waking thought does not revolve around how they appear to others. People who are curious about the stars and the history of medicine, who build mandolins and canoes, and repair

car engines with loving attention.

I know people who are filled with delight by madrigals and roller coasters, and who swim at midnight on their eightieth birthday. I know people who still remember how to laugh, and to trust, and to accept whatever life has to offer them.

I know people who walk up to perfect strangers on the street and offer directions, who don't turn their heads when someone's in trouble, and who take the time to comfort a child. Some among them have seen the bloody tides of history wash up around their feet, have heard bomb-laden planes flying overhead, and looked through the fences of concentration camps. Yet, they still believe in the goodness of the human race, still volunteer at the hospital or the women's shelter, and still rejoice at the birth of a new human life.

I know people who believe, against all expert advice, that the brutal and the greedy, the violent and the evil and the seemingly invincible, will one day fall to their knees, and the world will finally come to its senses. These are the people who will show us the way.

AUSU THIS MONTH



"A Learning Alberta"

Recently, the Alberta Government announced a comprehensive review of the Alberta post-secondary education system. Many discussion documents were placed online, and all stakeholders were invited to respond and make suggestions on how the post-secondary system can be improved. The students of the four universities of Alberta have responded through a document drafted by CAUS -- the Council of Alberta University Students --, which represents the students' unions of all four institutions.

Additionally, AUSU has drafted its own response, specifically addressing the needs of the diverse AU student body. You can read our response by downloading the PDF file from the link on the front page of the AUSU web site

AUSU Course Evaluations

Would you like to know what your fellow students have thought of an AU course? If so, you are not alone. Many students find the input of their peers invaluable when selecting courses or a program of study. AU students may not have cafeterias and hallways in which to share this knowledge, but AUSU has provided an alternative: AUSU Course and Program Evaluation surveys. Accessible through the "Course Evaluations" link on the right side of the top bar of AUSU.org, these surveys ask a series of questions about AUSU courses and programs. Each student may rate each course or program only once, to ensure the validity of the results, so you must be logged in to access a survey form. Anyone, however, may view the results. If you haven't already, please rate some courses you have taken so that others may benefit from your experience. Note: these surveys are not the same as the ones that AU distributes with their course manuals. No AU staff or faculty member has access to the AUSU website, nor can they determine who has filled out a survey. Your anonymity is assured.

AUSU Discussion Forums and Chat

Looking for a way to interact with fellow students? Check out the AUSU discussion forums and chatroom, accessible through the top menu bar of AUSU.org. The forums contain many sections to address a wide variety of student interests. You'll find the most students in the General Student Chat section, but you may also wish to use one of the province or city-specific forums to speak with AU students in your local area.

AUSU Needs Volunteer Mentors

AUSU needs volunteer mentors to help new students adjust to AU and distance education. If you're an experienced AU student interested in being matched to a new student, please email ausu@ausu.org for an application form. The mentor program is designed to help new students succeed with distance learning. If you're a new student and would like to be matched to one of our mentors please fill out the application form at this address: <http://www.ausu.org/services/mentorsforms.php>

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CANADIAN FED WATCH!

NEWS ACROSS THE NATION...

By Karl Low



Going Too Far?

I'm not a smoking advocate. The costs of it, both to individuals and the public, are simply too great to ignore. It's a bad habit and I have absolutely no sympathy if the tobacco producing companies are driven out of business.

That said, with British Columbia recently having ruled that it's legal for governments to create legislation that allows them to sue the tobacco companies for the costs their products cause to the health system, other provinces were sure to follow suit. Nova Scotia is one such province, and has published a release indicating that it will be following B.C.'s lead. (<http://www.gov.ns.ca/news/details.asp?id=20051013005>)

This does not strike me as a good thing, and I hope that if the provinces receive any victory at all, it is only for damages caused while the cigarette companies were lying about the addictive nature of their products. The reason for this is that if a product manufacturer can be sued for health costs simply because of their product causing harm, this opens the door to any number of companies being sued, including car manufacturers for the time period when they were not including air bags in their vehicles, liquor distilleries and bars, fast food restaurants, chocolate manufacturers, and indeed any company that creates products which might not be very healthy.

In addition, one interesting item this has brought to light is that the taxes paid by cigarette purchasers more than cover the health care costs associated with health problems caused by smoking. If cigarette purchases are already paying for the damage they do, suing them for it again does seem to be unfair.

Post-Secondary Education Becoming Basic

Statistics Canada has released a report showing that the number of 18-24 year olds enrolling in post-secondary education has shown "its strongest increase in 28 years" (<http://www.statcan.ca/Daily/English/051011/d051011b.htm>). Statistics Canada notes that a likely cause for this increase is that "more entry-level jobs in today's economy require higher post-secondary qualifications than in the past."

This is a trend that shows no signs of slowing down. As we increasingly figure out how to automate the "easy" stuff, all that will be left is the "hard" stuff, the things that require original thought or creativity. While it's possible for a person to be creative without any type of post-secondary education, the more you know, the easier it is to join various facts to come up with something truly original.

Yet despite this, and despite the federal government claiming that it wants Canada to be a leader in innovation and in the information society, it still has no ministry, nor even a general strategy, for advanced education across the nation. Only when the Liberal government became a minority government were we able to force them to follow their words about post-secondary education with action, and then only because the government was relying on support from the NDP to stay in power.

Perhaps it's finally time for the federal government to put our money where its mouth is, rather than where its pockets are. The only way to do that, however, is for each of us to write the current Minister of Human Resources Development, Brenda Stronach, and let her know we understand that Canada's future relies on the education of Canada's citizens.

Thinking Small in Alberta

Honourable Deputy Prime Minister Ann McLellan recently announced almost 4 million dollars will be going to the University of Alberta for the National Institute of Nano-Technology's Innovation Centre (<http://news.gc.ca/cfmx/view/en/index.jsp?articleid=17448>). The money will go toward "finishing

construction and designing of the fourth floor" of the centre, "as well as outfitting and furnishing for-lease offices and labs."

You'd think that a place devoted to studying small things wouldn't need all the space of four floors, but what I really wonder about is why is the money going toward building "for-lease" spaces? I understand that it may be an attractive option for the institute to try to fund itself, but managing for-lease spaces means having administration dollars devoted specifically to leasing, and not to the stated purpose of the institute. Either that or the building is owned by some private developer, and this is really just another corporate subsidy program. Still, every little bit helps.



THE THIRD ANNUAL VOICE MAGAZINE WRITING CONTEST!

**\$1000 in scholarships to be awarded
\$500 each in the fiction and non-fiction
categories**

**Write for *The Voice* and win money for
your education.**

The Voice is launching its third annual writing contest, with categories for both **fiction** and **non-fiction**.

Non-Fiction: In 1500 words or less, write about any issue affecting the environment. You may write about issues in your local area, or global ones. You may focus on the human aspects of environmental change, or the impact on the earth. Feel free to use research or statistics in your article [with proper citations], or write a creative opinion piece.

Fiction: Free form - write a 1500 word or less fiction submission in any genre or any format. Short stories, poetry, a scene from a play, even a comic. Be creative!

Please read the contest rules and regulations and submission guidelines very carefully to ensure you are not disqualified. It's free to enter. **The length limits are firm and all entries that go beyond these limits will be disqualified.** Good luck!

Rules and Regulations:

- Entrants must be AU students. Student status will be confirmed with the AU registrar. Please ensure that the registrar has your current address and contact information.
- Winning entries will be published in The Voice. The Voice reserves the right to print non-winning entries at a rate of remuneration in accordance with current Voice freelance submission rates. The Voice may use portions of non winning non-fiction entries in a composite about students perspectives on the environment. No remuneration will be provided for such use.
- All decisions regarding this contest and the selection of winners remain with the judging panel and are final.
- AU, AUSU, and Voice staff and AUSU Council members are not eligible for the contest.
- Entries will be judged by a panel to be selected by the Voice Editor, and this panel may include: AU students, AU tutors, and/or AUSU council members. The panel will include at least 3 members.
- The Voice Editor will collect articles and oversee the judging, but will not be a judge.
- Entries must be original works which have not been printed or published elsewhere, and must not be course assignment papers or derivatives of.

- Entries must not contain any information that would make the identity of the author evident to judges. To ensure fairness, all entries will be forwarded to the judging panel with a reference number attached, but no personally identifying information will be forwarded. The Voice Editor will keep the identity of the authors private until the contest closes. The Voice editor will keep a record of the authors of submissions, and will be the sole owner of this list.
- Entries will not be edited for grammar, spelling, or content, although The Voice Editor may black out any personally identifying information contained within the submission. Otherwise, entries will be forwarded to the judging panel, as is, with the exception that all entries will be converted to use the same file format, margins, font size and font style to ensure that all entries are equally readable.
- **The deadline for submissions in both categories will be December 20, 2005. The winner will be announced by February 15, 2006. The Voice reserves the right to extend either deadline if necessary.**
- One grand prize winner will be selected in both the fiction and non-fiction categories. If no entries are received in one of the categories, the prize money will be returned to the Voice scholarship budget. Prizes will be awarded in the form of a cheque, payable in Canadian funds.
- The Voice reserves the right to add additional, secondary prizes.
- The Voice is not responsible for lost emails. The Voice editor will confirm receipt of all entries by email. Please follow up if you do not receive a reply in two business days.
- All entrants agree to allow their name and city of residence to be printed, along with their submission, should it be selected as a winning entry. No further remuneration - beyond the contest prize - will be paid to the contest winner when their entry is printed.
- Entrants will be asked to sign a standard Release and Indemnity form; each prize winner agrees to release the Sponsor and its agents from any liability in connection with the prizes awarded in this contest.
- Any entrant found to be tampering with the contest results, or attempting to influence any of the judging members, or using any forums or other public communications media to advise others of which entry is theirs will be disqualified; or if The Voice editor determines, at her sole discretion, that any other form of tampering has been attempted, that entrant will be disqualified.
- No preference will be given to regular Voice writers. Entries will not identify the writer as a regular Voice contributor when sent to the judging panel.
- Where applicable, this contest is subject to all federal, provincial and municipal laws. Contest void where prohibited.

Submission Guidelines:

- Your submission must be an electronic file attached to an email. Submissions sent as the body of an email will not be accepted. Contact voice@ausu.org if you require instructions on how to attach a file to an email.
- Submissions should be in Microsoft Word format [.doc], rich text format [.rtf] or plain text format [.txt]. If you use a Word Processor other than Word or work on a Mac computer, you can save a file in one of these alternate formats using the 'save as' function and selecting the desired format on the save menu. Contact The Voice editor if you require assistance in formatting your submission. Users of older Macs may have to send entries in HTML format.
- All entries must be under 1500 words due to judging time constraints. Length will be determined by the Word Count feature in Microsoft Word. Your References and Citations section will not be included in the word count. References should be formatted consistently according to a standardized publishing style guide, such as the American Psychological Association (APA) or the MLA press style.
- Entries should not include unnecessary formatting such as drop caps, graphics [unless the graphic is integral to the work], or unusual fonts. Entries must be text - scans of hand written or typed documents will not be accepted.
- The email should include the following information: Your full name, AU student ID number, email address, telephone number, mailing address, the title of your entry, and whether you are submitting to the fiction or non-fiction category. Make sure non-fiction entries are based on the topic question detailed above. Fiction entries can be on any topic you like. Do not include your contact information within your article - but be sure to include a title.
- Entries will be judged on the following criteria:
- **Non Fiction entries:** will be judged on originality, creativity, accuracy, and how well your support your assertions with data or argument. You will also be judged on the presentation of your article, including professionalism, proper spelling, grammar and syntax, and readability. You may write in journalistic style or essay format.
- **Fiction entries:** will be judged on creativity, entertainment value, and the originality or your writing style. Regardless of the genre you choose, you will be judged on the effectiveness of your piece and your technical writing skills.

Contact voice@ausu.org if you have any questions.



Dear Readers, I wrote a column last month about shopping addiction. As a result, I received the following email from April Lane Benson, Ph.D. She offers some excellent advice and treatment options for this condition. If you or someone you know is struggling with this addiction, April's Website is well worth checking out.

Here is the original question from Elisa.

Dear Barb: I think I might have a problem. I've always enjoyed shopping, but recently I've been spending more than I can afford. My shopping seems to be getting out of hand. I used to be able to pay off my credit card balances every month. Now I am leaving big balances on my credit cards and sometimes I have to transfer balances from one credit card to another. I am a single woman who lives on my own, but I have a feeling my parents are becoming aware of my problem, as I've had to borrow money from them. I'm scared of where I will end up if I keep going like this. I know I need help, but I'm not sure where to turn. Can you help point me in the right direction?

Elisa in Chatham

Here is the email I received from April Lane Benson.

Dear Barb,

I came across your column and the very good advice that you gave to the over-shopper that wrote to you. I wanted to let you know about my website <http://www.stoppingovershopping.com> as a place for people with this problem to go. I am a New York based psychologist and editor of the book, *I shop, Therefore I am: Compulsive Buying and the Search for Self* (2000). I specialize in working with people with this problem and I've developed a group treatment program. I am in the process of developing a self-help program for people to use on their own.

Please don't hesitate to contact me if I can be of any help. I hope you'll let your readers know about the website and about the type of services that I offer.

Warm regards,

April Lane Benson, Ph.D.

Benson notes that signs of shopping addiction include shopping to cure the blues, spending more than you can afford, hiding purchases, and feeling guilty about shopping. Treatment options include drugs, counseling (group or individual), or programs, such as Debtors Anonymous, which specifically address the problem of shopping addiction. For more information, visit Benson's site.

Are you codependent? Watch next week's column for more info on this topic!

References

Benson, A.L. (Ed.) (2000). *I shop, therefore I am: Compulsive buying and the search for self*. Jason Aronson Publisher. Stopping Overshopping - <http://www.stoppingovershopping.com/>

Women You Should Know

Compiled by Barbara Godin

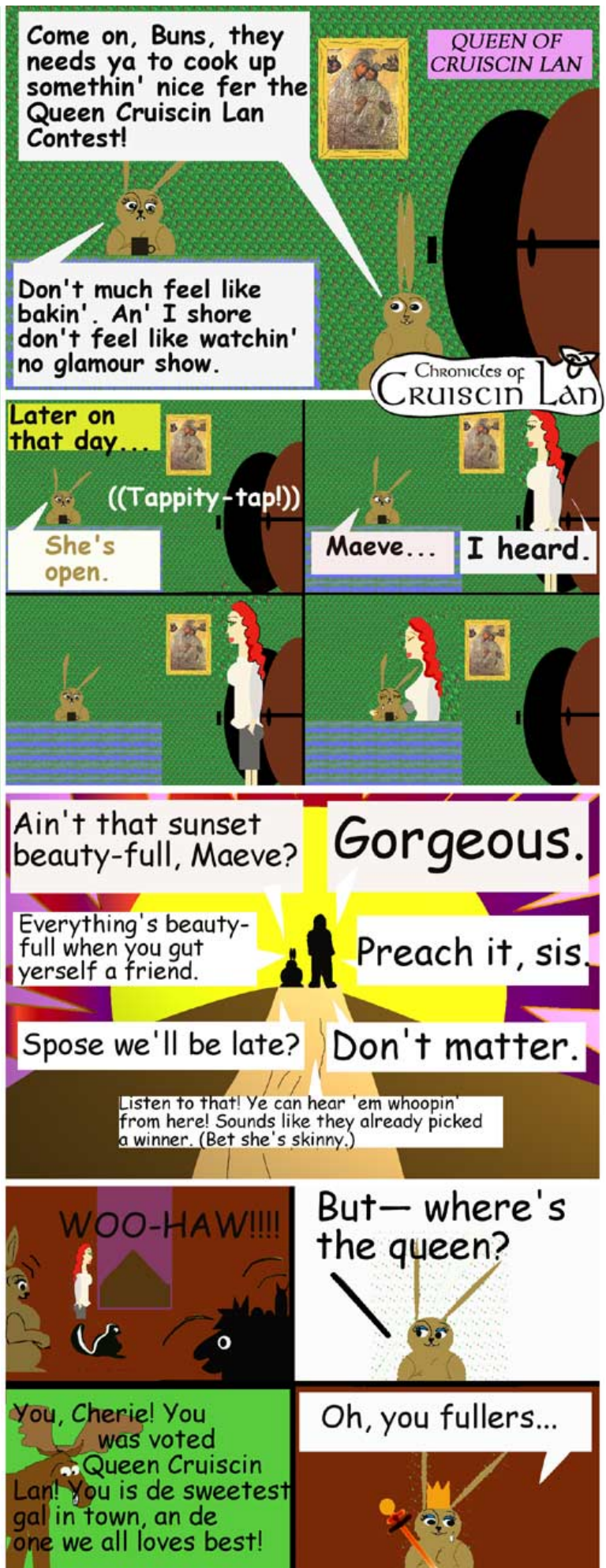
Marie Madeleine Jarret de Vercheres, (1678-1747) "heroine," was born on her father's estate near the St. Lawrence River, just outside of Montreal, Quebec on April 17, 1678. Madeleine's bravery was unwavering when she and her two younger brothers defended the family fort for eight days against an attack by a band of Iroquois, while her parents were away. Madeleine was only 16 at the time. Madeleine married in 1706 and she and her husband had five children.

Over the course of her life, Madeleine's courage against Iroquois attacks would be tested again when she twice saved the life of her husband. These heroic acts led to her story being included in several history books. On August 8, 1747, at the age of 69, Madeleine passed away

Source for additional information

1692 Narrative of the Heroic Deeds of Madeleine de Verchères (1678-1747) aged 14 years, against the Iroquois October 22-30, 1692 (Source: Supplement to the Report of the Public Archives of Canada for 1899) -

http://www.canadahistory.com/sections/documents/bravery_of_madeleine_de_vercheres.htm



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It's a Man's World



*From
Where
I Sit*

Hazel Anaka

Normally, in this space, I take great pains to avoid specifically naming people, businesses or entities. The notable exception is my immediate family. They're fair game. After all, they love me and forgive me if I overstep.

I must make an exception this time by writing about Princess Auto. Every male alive is well acquainted with this "manly" store. With 24 Canadian locations and six of those in Alberta, Princess Auto is making a lot of Canuck men very happy. Most women will recognize the fat, little catalogues that faithfully arrive month after month. Of course there's the big fat 400 page annual catalogue for a year-round PA fix.


I've only been in the west Edmonton store once. Because I was making a beeline for the washroom I didn't linger or check out the inventory. I really don't quite understand the appeal. Usually I'm sitting in the truck in the parking lot while Roy just runs in "for a minute." When I don't have my nose in a book, I notice the parking lot is always full. Roy and I think these guys have a license to print money. There is a constant stream of men alone, fathers and sons, groups of men going into the store. I daresay no one (including Roy) comes out empty-handed either.

I didn't really think too much about this male bastion of retail heaven. Didn't quite know what went on in there. Didn't really care. I don't expect Roy to appreciate the appeal of a fabric or home décor store either.

It wasn't until I was in the bathroom with nothing to read but the PA catalogue that I got a feel for the broad range of products they carry. According to Roy their selection of hydraulic hoses and fittings, pumps, cylinders and select hand tools is exceptional and good quality. For the occasional weekend warrior, there are the cheaper off-shore tools of the more disposable variety.

And apparently even Princess Auto has a surplus section where the more obscure, out-dated, buying mistakes are cleared out. Do you need a hands-free headset for \$1.49? Have you ever wondered how you could test your phone system wiring? Me, neither. But with a special purchase, while quantities last promo price of only \$1.99, perhaps I could try. From 49 cent furniture glides to a 24 horsepower Honda engine for \$2500, Princess Auto seems to answer the male need for gadgetry, horsepower, amps, psi, voltage and technology. I felt a twinge of pride when I came across items I could identify because I've seen Roy use them--like a gear puller, o-ring kit, calipers.

Now if only he'd try to learn the difference between toile, ultra suede and jacquard fabric. Or learn to appreciate thread count, furniture styles, color trends. If he starts reading my decorating books I'll know there's hope for male/female understanding. Until then my glimpse into man world will have to do. Next time I'm going in. Purely research, from where I sit.



Searching for Internships

Lonita Fraser

INTERNSHIP

More Professional Internships in Vancouver and Toronto Canada

Term: Throughout the year

Length of Position: 12-24 weeks

Experience Required: no

Participants Travel to Canada Independently

Typically Participants Work Independently

Typically The Application Process Time Is 6 weeks

Application Process Involves: Letters of Reference, Other, Phone Interview, Resume, Transcript, Written Application. Typically The Application Process Time Is 6 weeks

Post Services Include: Job and Internship Network

Who is this program for:

- University students requiring a practicum for graduation
- Professionals seeking to upgrade their marketable skills
- Executives looking for a North American experience
- High School graduates looking for practical experience

Highlights:

- Placements in all sectors and for all majors
- Most placements accredited with universities and professional associations
- Guaranteed placement in industry sector
- Program includes preparatory orientation program in city of placement of a minimum of 4 weeks
- Package includes accommodation, full-board, tuition, full support and placement guarantee

Qualifications: Requirements:

- **Realistic Expectations:** Be very clear that placements will depend on your relevant experience and education, level of language, and industry sector as well as time of the year and other situational factors. Positions are for language acquisition AND experience.
- **Professionalism and Maturity:** All candidates are required to exhibit an appropriate level of commitment to the internship process, InterNeX, their college and Host Company.
- **Good Communication:** Clear and appropriate communication skills, and an ability to assist INTERNeX in understanding your goals for an internship and your relevant experience.
- **Flexibility:** Positions can involve a great variety of tasks, and can be in a variety of related industry sectors. Candidates may intern in any area related to their primary choice of industry and position.
- **Ability to take Initiative:** Host companies do not want to handhold so be prepared to be extremely proactive and to assist the company in finding appropriate tasks for you to undertake.

Please email INTERNeX: <http://www.internabroad.com/listingsp3.cfm/listing/21964>

SCHOLARSHIPS & AWARDS

Contributed by Zil-E-Huma Lodhi

John Gyles Education Awards

Administrator: John Gyles Education Awards

Award Amount: \$3,000.00

Notes: Available each year to students in both Canada and the United States. A minimum GPA of 2.7 is required. Criteria other than strictly academic ability and financial need are considered in the selection process. Contact for more information.

Contact Information:

Attention: The Secretary

John Gyles Education Awards

P.O. Box 4808, 712 Riverside Drive

Fredericton, New Brunswick E3B 5G4

Phone: (506) 459-7460

Web Site: <http://gorams.wssu.edu/soe/scholarship/gyles.htm>

CBC Literary Awards

<http://www.radio-canada.ca/prixlitteraires/>

Deadline: Nov. 1st, 2005

This award is for those who can write in either official language of Canada, in one of the following three categories: short story, poetry, and creative nonfiction. There is a total of \$60,000 to be awarded, two prizes in each category, for original, unpublished work. Winning entries are published in Air Canada's enRoute magazine and broadcast on CBC radio.

The "creative nonfiction" category replaces the old "travel writing" category, and can include memoir, biography, essay (including personal essay), travel writing, and feature articles. It involves "writing about real events, people or ideas, conveying your message through the use of literary techniques such as characterization, plot, setting, dialogue, narrative, and personal reflection. In works of creative nonfiction, the writer's voice and opinion are evident. The work should be accessible to a general reading audience (i.e., not written for a specialized or academic audience.)"

Poetic entries may take the form of:

- a long narrative poem
- a sequence of connected poems
- a group of unconnected poems

The word counts for each category are as follows:

- Short Story: 2000 - 2500 words
- Creative nonfiction: 2000 - 2500 words
- Poetry: 1500 - 2500 words

Texts above or below the specified word count are automatically disqualified. Eligible are Canadian citizens, whether living in Canada or abroad, and permanent residents of Canada are eligible to enter. Please see the website for all particulars regarding rules, regulations, submission forms, and more specifics regarding content of entries.

Conference Connections

43RD ANNUAL TEACHING THE WHOLE CHILD EARLY CHILDHOOD INSTITUTE

November 1 - 2, 2005

Framingham Massachusetts USA

<http://www.lesley.edu/centers/childrenandfamilies>

1-day fee \$175.00; 2-day early bird fee \$295
2-day fee \$310; 3 or more from the same institution
\$295 - participants over 50 year old \$279

The 43rd annual Early Childhood Institute will focus on:

- Social/Emotional: Inclusion
- The Arts in Early Childhood
- Health Concerns in Early Childhood Settings
- Literacy/Numeracy

This year's conference offers expert speakers in the field of early childhood. Professor Barbara Bowman of the Erikson Institute and Nancy Carlsson-Paige of Lesley University will deliver the opening and closing keynote addresses on Teaching the Whole Child. Innovative research will be shared. Concrete hands-on teaching strategies will be addressed.

16TH ANNUAL LITERACY FOR ALL NORTHEAST K-6 LITERACY

Conference and Reading Recovery Institute

November 6 - 8, 2005

Providence, RI, USA

<http://www.lesley.edu/literacyforall>

During this year's three-day conference, you will hear from leading experts in the field of literacy education. You will learn about best literacy practices and come away with a better understanding of current beliefs and practices in the field of literacy education.

GIRLS 2005! CHANGING THE CULTURE FOR GIRLS

October 27 - 28, 2005 - Tampa, Florida, USA

<http://www.opheliaproject.org/>

This conference is for adults who want to create lasting community change while developing the full potential of all girls; to explore cutting-edge research in girls' issues and best practices in girls' programming for families, organizations, schools, and communities.

WIPCE 2005

Nov 27-Dec 1, 2005 - Hamilton, New Zealand

<http://www.wipce2005.com/>

Te Wananga o Aotearoa is dedicated to promoting inspirational ideas and practices from Indigenous communities that can be applied on an international scale. It is pleased to host this world renowned gathering of indigenous educators, researchers and students. The 2005 conference is an opportunity for honouring all previous hui (gatherings.) It also creates an occasion for bringing interesting and innovative ideas that evoke inspiration and pride as indigenous peoples.

SECOND INTERNATIONAL VERNACULAR COLLOQUIUM

October 26 - 29, 2005 - Puebla, Mexico

<http://www.ipsonet.org/vernacular/2005>

A conference intended to explore the distinction between formalized reasoning and vernacular reasoning. Topics include areas such as Anthropology, sociology, archaeology, gender, tourism and travel, culture wars, photography, psychology, North American Indigenous Populations, ethno-botany, medicinal practices, ecology, Chicano and Chicana issues, Mexican History, art and architecture, the drug problem, linguistics, folklore, poetry and literature readings, music and performance, dance, film and television, food, computers, education, urban issues.

Contributed By AU's *The Insider*

- Sheldon Chumir Foundation for Ethics in Leadership Symposium - Oct. or Nov. 2005, Calgary. The Chumir Foundation promotes an active, involved citizenry and principled leadership. (403) 244-6666. <http://www.chumirethicsfoundation.ca/>.

Know of a conference that is not on this list? Contact voice@ausu.org with the details and we'll list it in Conference Connections.

classifieds

Classifieds are free for AU students! Contact voice@ausu.org for more information.

THE VOICE

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