

THE VOICE MAGAZINE

November 4, 2005
Volume 13 Issue 43



September 11th

From the overseas perspective

Pilates

Loosen up!

Epistemology and Metaphysics

Can we ever know anything?

Plus:

Lost & Found

From Where I Sit

International Newsdesk

Dear Barb

Women You Should Know

AUSU This Month

Chronicles of Cruiscin Lan

Canadian Fedwatch!

and much more...

The Third Annual Voice Writing Contest - Details Inside

Welcome To the Voice PDF

The Voice interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom-right corner of any page returns you here. Some ads and graphics are also links.



features

LIFE IN GERMANY - AN AU STUDENT ABROAD - part 3

John Buhler



articles

LOOSEN UP — THE POWER IN PILATES
IF VOICE MAIL WERE HONEST
EPISTEMOLOGY AND METAPHYSICS

Rebecca Brewer
Busby LeClair
Pam Pelmous



columns

CANADIAN FEDWATCH!
THE GOOD LIFE - The need for community
DEAR BARB - Forgiving an alcoholic father
LOST AND FOUND - Black Umbrellas
CHRONICLES OF CRUISCIN LAN - All sound, no fury
FROM WHERE I SIT - Wishing you loving kindness

Karl Low
Janice Behrens
Bill Pollett
Wanda Waterman St. Louis
Hazel Anaka



news and events

INTERNATIONAL NEWSDESK - Internet Rumour - Will Canada Post inflict email surcharge?
SEARCHING FOR INTERNSHIPS
SCHOLARSHIPS AND AWARDS
CONFERENCE CONNECTIONS



from the readers

LETTERS TO THE EDITOR
CLASSIFIEDS



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

RE: MSCHE: Accreditation Sure Paid Off (v13 i43)

I really enjoyed reading this article written by Brian Pinto. Congratulations on a very well written piece and good luck on all your future endeavours. You have hopefully enlightened and encouraged other young people to pursue their dreams. Sounds like you will be a good role model to your students!

Loretta D'Sylva

THE VOICE

1200 10011 109th Street,
Edmonton, AB T5J 3S8
800.788.9041 ext. 2905

Publisher AU Students' Union
Editor In Chief Tamra Ross Low
Copy editor Jo-An Christiansen
News Contributor Lonita Fraser

Regular Contributors:

Debbie Jabbour, Karl Low, Katie Patrick, Hazel Anaka, Bill Pollett, Janice Behrens, Barbara Godin, Wanda Waterman
St. Louis, Zil-E-Huma Lodhi

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A chamber inside the bunker

The third instalment of John's series about his experiences studying abroad in Germany with his wife. Watch The Voice for more instalments of this series over the coming months. For part one, see v13 i40 of The Voice, and for part two, see v13 i43.

Since the events of September 11th, 2001, North Americans have become accustomed to commemorative events recalling the terrorist actions that led to thousands of deaths in the USA. In Hamburg, I experienced a very different kind of September 11th, a "Day of Open Memorials" that dwelt upon the themes of war and peace, and emphasized memorials associated with the Second World War.

A visit to one such memorial, a Bunker Museum in fact, forced me to think about the effects of war upon civilian populations. This exhibit examined not only Hamburg's destruction in the last World War, but also the effects of Germany's air war on British cities.

The bomb shelter is located in Hamm, a residential district that suffered massive damage during the Second World War. Although most of the original buildings were destroyed by aerial bombardment, the area has since been rebuilt. It is chilling to realize that air raid shelters here, like shelters throughout Hamburg and the rest of

Germany, were built in insufficient numbers to shelter the population.

Visitors enter the Bunker Museum through a door above ground and descend five metres into the cool damp air under the earth. Within the bunker are cave-like chambers that are 17 metres long, two metres wide, and 2.25 metres high. The low, narrow, dimly lit space is reminiscent of a tomb. Incredibly, each cramped chamber was intended to hold 50 people, and when used during an air raid, was sealed by a heavy iron door. The complete shelter was designed to hold about 200 people. Although gas was never used against German civilians, the bunker chambers included an air lock to protect the occupants from poisonous gas.

German cities nevertheless were subjected to carpet-bombing. In the night of July 22/23, 1943 an Allied carpet-bombing of Hamburg, called "Operation Gomorrah" included 1,800 bomber planes. It was, as the name suggests, retribution on a



Descending into the air raid shelter

Biblical scale. The mission coincided with a summer heat wave and produced a massive firestorm that wrought unprecedented destruction. Thousands of people who survived the actual bombing were subsequently burned to death or asphyxiated.

I had to contemplate the experiences of those who had actually used shelters similar to the one that I was standing in. What was it like to run for the safety of the bunker when the air-raid siren started to wail? How did one confront claustrophobia and the fear of poisonous gas? What was it like to feel the dull thuds from the thousands of bombs that fell on the city in a single bombing mission? And what would one find after emerging from the relative safety of the bunker? Would you discover that a bomb had destroyed your home, your street, or your entire neighbourhood? Would you find the bodies of people who did not or could not seek shelter? This district of Hamburg suffered massive damage, so the people who used this particular shelter must have had these kinds of experiences.

Nevertheless, the exhibit was very balanced as it also looked beyond the experiences of Germans, acknowledging the terror that Germans had unleashed upon British civilians. Pictures and first-hand reports on the walls of the bunker portrayed the experiences of people in London who had lived through "the Blitz." There too, air raid shelters were inadequate and people were forced to seek protection in London's subway system. There too, homes and lives were destroyed as bombs rained down upon the city. In the Bunker Museum, I witnessed many Germans who stopped to view this particular display, and appeared to be quite moved by what they saw and read.

My September 11th here in Hamburg was very different from those that I witnessed in North America in the past few years. The Bunker Museum made me think about the kind of terrorism that is practiced on a massive scale, in this case the kind of terrorism that governments use against civilians during wartime.





“Reach your head for the ceiling. Feel as though you could scrape the ceiling with the top of your head.”

I’m on my stomach bending up surrounded by very flexible people, most of whom are years older than me and should stereotypically be creaking and groaning, but are instead limber and stretching like swans. The swan is in fact what we are doing here in my Pilates mat class. The idea is to bend and strengthen the parts of your spine that tend to get forgotten.

I have been doing Pilates on and off for three years. I started doing Pilates out of pure frustration. One day, I decided to train for a half-marathon and by race day I was nursing a painful knee and a bruised ego. No race for me. I’d lifted weights and tried numerous other types of exercise before I went to my first Pilates class.

Pilates seems like a trend, rather than a proven effective exercise. We have officially moved away from the no-pain, no-gain mantra. Exercise trends of today seem just as focused on mental well-being and relaxation, as they do on burning calories. Yoga, Tai chi and Pilates are to today, what the aerobics class was to the 1980s. As such, Pilates may

eventually find its place with the Jane Fonda videotapes. Nevertheless, I figured, I’d already tried a yoga class and Pilates couldn’t be much different.

Yoga hadn’t held my interest. The low-lit room and slow breathing was very relaxing, but asking me to stand and hold certain positions gave me too much time to think. Half way through a downward dog, I was making lists of chores in my head and wondering if the class would ever end.

However, while Pilates and yoga are similar at first glance, they are in practice quite different. The first thing I noticed was that in Pilates there wasn’t as much time for your mind to wander. You aim to coincide your breathing with fluid movements. Pilates is by definition “a system of movement” that works “by toning muscles as well as balancing muscular force at the joint level. It stimulates circulation through facilitating muscular flexibility, joint range of motion and proper musculoskeletal alignment” (Royer, 2002). In other words, it’s movements that help you feel strong and limber.

Although Pilates has been around since the early 1900s (when it was first invented by Joseph Pilates in Germany) (The Pilates Center, 2005) there seems to be relatively little research on its benefits. Those who practice Pilates have cited that the exercises gave them long, lean bodies to the point that they felt taller. Other praises, like the ones stated here by The Pilates Center in Boulder Colorado claim Pilates “promotes new neuromuscular patterns, heightened body awareness, and more precise coordination” (The Pilates Center, 2005).

This summer, a study stated that Pilates was not necessarily worthy of all the praises being sung about it. Researchers argued that Pilates couldn’t make you longer or taller. Michele Olsen, the leading researcher of the study states, “Muscles cannot grow longer, but you can improve your flexibility from the exercises...You can increase your lean tissue, but what you’re doing is actually putting on muscle. So you are actually increasing muscle, which is a good thing, but not narrowing the muscles” (American College of Sports Medicine ACSM, 2005). The study summarized that Pilates is effective at increasing flexibility and muscular endurance when practiced at the intermediate and advanced levels. Researchers weren’t convinced Pilates could help reduce body mass nor increase cardiovascular fitness (Ibid.).

Joseph Pilates reasoned that, “physical fitness can neither be achieved by wishful thinking nor outright purchase” (Appleby, 2005). Agreeing with his words, I find myself in a Pilates class, stretching and moving carefully, training myself to pay attention and my muscles and joints to be strong. I’m not necessarily monogamous. When it doesn’t work for me anymore, or I become convinced that there is something better,

I'll move on. For now, I look to my left and see a lady in her 60s "rolling like a ball" onto her back, and then moving fluidly into a leg stretch working her abdominals. I feel challenged and hopeful that when I'm her age, I'll be able to do things like that too. The only research I need for now is a quick study of my left knee as I run up the stairs in my house. No pain, no gain? I don't think so.

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If Voice Mail Were Honest

Busby LeClair



Thank you for calling the offices of MegaLog Corporation Canadian Division, located in West Virginia. Both of our part-time telephone operators for the entire Western hemisphere are currently frustrating and bewildering other customers with our incomprehensible corporate policies. As we are an enormous global financial entity -- more powerful than either church or state -- your call is, let's face it, more or less inconsequential to us. Unless, of course, you are a corrupt government official (in which case, please press "one").

If this is not the case, you can expect to be kept on hold for a mind boggling length of time before actually speaking to a living human being. Throughout this excruciating wait, you will be forced to listen to muzak versions of songs by Garth Brooks and Maroon 5, interspersed with innumerable repetitions of an advertisement extolling the superior service standards, etc., that you can expect to receive from MegaLog Corp (One of our customers has compared the sheer overall

unpleasantness of this experience to what it must feel like to have a cheese grater applied to one's scrotal area.).

When you do finally manage to reach one of our surly, underpaid and completely untrained "customer service technicians," you will be immediately transferred. You will, all told, be required to explain your question/concern/comment/complaint to a minimum of six obviously bored and uninterested employees in a variety of departments unrelated to your predicament, including corporate catering, janitorial services, and our Australian Outback office. Finally, we will "accidentally" disconnect you whilst transferring you one more time, ostensibly to a supervisor who would supposedly have been able to make all of your dreams come true. Please feel free to call us back again after this happens, during our regular office hours, which are from 11:00 am to 12:30 pm Greenwich Mean Time.

As an alternative, you may take a shot at accessing our website at www.megalogconfound.com. In the unlikely event that the site is not down for maintenance, you will find yourself becoming increasingly frustrated and disoriented whilst futilely attempting to navigate our labyrinthine and byzantine corporate double speak. We think it would be quite amusing at this time if you accessed our FAQ menu. Following this exercise in frustration, during which we will have automatically registered your e-mail address, you may expect to be bombarded by a ceaseless barrage of spam for approximately the next 72 months.

Thank you, and please call again.



Humans are naturally curious. This is most obvious one interacts with children. "Why is the sky blue?" they often ask. Some may dismiss the question with "because it is," while some may be mischievously creative in hiding their ignorance by making up the story that birds dip their wings in blue paint and fly across the sky, thereby making it blue. The parts they miss, of course, are the clouds. Others may respond more accurately, explaining that the particular gas molecules in the atmosphere refract light in such a way that the colour blue is caused by Rayleigh scattering. However, even after such a scientific explanation, children sometimes ask, "but *why*!?" The point is, children ask plenty of questions, all of the time, so that they may better understand the world around them.

Although our questioning may become more selective as we age, evidence of our curiosity and its results are seen in scientific progress. From a psychological perspective, there are the well-known nature-nurture debates in which psychologists attempt to explain why people develop the way they do. In biology, extensive research into myelin sheath fabrication is a step

forward in understanding our minds, as well as understanding how to potentially cure such debilitating diseases as multiple sclerosis. All such methodic inquiry may be traced back to Francis Bacon in the late 16th century when he developed the scientific method.

The scientific method, as most know, is a meticulous procedure by which we may come closer to knowing by disproving all contrary factors. The key word is *closer*. Inherent to the scientific method is that we may never absolutely say we *know* anything, thus rendering science much closer to philosophy than many would find comfortable. Our society is reliant on science for the buildings we live and work in, the cars we drive, the clothes we wear, and even the food we eat. How can we say that we don't *know* that these things will work, and prove that they will be what they are? In the end, for the most part, it's a matter of mathematic probability following extensive trial-and-error testing.

This brings me to the point -- what can we be comfortable knowing? 18th century philosopher David Hume defined the problem that past occurrences do not have any definite relation to future ones, and thus we cannot depend on experience for determining what will occur in the future. He argued that we cannot ever know anything for certain -- not even that the sun will come up tomorrow morning. His argument was so logical that it took a great deal of time before anyone came up with a solid counter-argument to straighten out the intellectual confusion he caused.

All the same, even today we are still left with a lack of definites. We often gloss over the gaps in our understanding and forget about them. One of my favourite such examples is societal influence on "intelligence". According to my handy third edition of the Oxford Dictionary of Current English (2002), intelligence is "the ability to gain and apply knowledge and skills." What does that mean? If it truly is about an "ability to gain and apply" then it is referring to potential intelligence, not current intelligence. How can we claim to measure or identify intelligence if it is only potential—and not yet in existence? It is certainly not like potential energy that can be applied to mathematical and physical formulas. Yet our society insists on measuring intelligence by means of "IQ tests" and other forms of testing, including university exams. It's interesting that our society places such an emphasis on something that is essentially indefinable, and subsequently immeasurable. Somehow, however, it is measured all the time, and people are often categorized as "intelligent" or "not intelligent." The child in me asks, but *why*??

This is only part one of what, to philosophy students and introspective thinkers, should be natural. To all others, it's a challenge to revive that natural curiosity, and make the world a more interesting world to live in. Don't take what people say for granted -- remember to ask why. You'll be surprised at how much people don't *know*.

INTERNATIONAL NEWS DESK

What's new here and around the world

Mandy Gardner



Internet rumours - canada post to inflict email surcharge?

Mandy Gardner

This week, I, like many other Canadians, received a forwarded email message from a concerned family member. Entitled, 'Email surcharge for Canada Post for a service they don't provide?!', this email warned me that the Post Office was pushing through legislation to place a surcharge of \$.05 on every email sent to make up for lost profits in paper mail.

'No way!' thought I. A company cannot charge for a product or service they do not themselves provide, and anyhow, who's to say whether email users would even use paper mail for all their messages if the internet was not available - it's likely that the telephone company is the one losing out. Canada Post would have a tough time passing such an illogical and erroneous piece of legislation such as the alleged 'Bill 602P' through the House of Commons. Especially when Bill 602P does not actually exist.

Not only is this email entirely fictitious, but it has been circulating for several years now in more countries than our own. The lawyer and politician mentioned in the email do not seem to exist except in various versions of the same email warning, and what's more, Canada Post has issued a statement in regard to the allegations: *Canada Post wants to inform Canadians that an Internet rumour about plans for a five-cent charge to be applied by Canada Post to every email message is entirely fictitious and has no basis in fact.* (Internet Rumour: Canada Post Sets the Record Straight)

So the question remains, who is responsible for this sham "warning"? While the original concept may be untraceable, our Canadian version of the story seems to have come from someone called AJ Mac, care of <http://www.IdeaMarketers.com>. This website is a virtual database of all kinds of writing content that can be bought and used on anyone's personal or business website. Essentially, "AJ Mac", described as "an Internet Marketer and writer living in Canada," is selling news to gullible folk who don't have the time or patience to do a little background research.

Mac's email urges us, "Don't sit by and watch your freedoms erode away! Send this email to all Canadians on your list and tell your friends and relatives to write to their MP and say "No!" to Bill 602P." Instead, I implore you to write to Mac himself at his given address of alsunnyside@sympatico.ca. Maybe you could thank him for his fair and well documented news writing. Or maybe you'd just like to send him some spam.

REFERENCES:

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- Internet Rumour: Canada Post Sets the Record Straight (September 26, 2005) <http://www.canadapost.ca/business/corporate/about/newsroom/pr/default-e.asp?prid=1110>
- Proposed Email Surcharges - <http://www.ideamarketers.com/library/article.cfm?articleid=57131>



Obesity in Sight

Statistics Canada released a report recently detailing some of the changes in the average Canadian diet (Statistics Canada, 2005). The results are not encouraging. Among the trends that have been noted is that we're using fewer fresh vegetables and more fats. It might not be all bad however, because even though vegetables have dropped from an average amount consumed yearly of 75.7 kg to 74.8 kg, the bulk of this decrease was in potatoes. This vegetable is predominantly served as chips or French-fries.

Our intake of fresh fruit has gone up slightly. For instance, the amount of pineapple we eat has doubled to 800 grams per person per year. However, there's a reasonable chance that my wife and I have skewed this result (we eat a ridiculous amount of pineapple).

Most concerning of the reported changes, is that while amounts of juices, fresh vegetables and processed vegetables consumed are all decreasing, our consumption of fats and oils has increased over half a kilogram per person per year. With my recent experience of a family member being required to go to the hospital for what was may have been a diet and exercise issue, these are statistics we all need to be concerned about. The changes in diet cost all of us in various ways, including through our taxes.

Reference

Statistics Canada (2005, October 18). Food consumption, 2004. *The Daily*. Retrieved November 1, 2005, from <http://www.statcan.ca/Daily/English/051018/d051018e.htm>.

Get an Education? Why not go to the Stampede Instead?

At least, I think that's the message that the Alberta Provincial Government is trying to send with their latest decision on how to spend the Alberta budget surplus. Both the Edmonton Northlands Society and the Calgary Exhibition and Stampede Society will be receiving 35 million dollars to upgrade their facilities (Alberta Gaming, 2005). The total of 70 million dollars would actually cover the entire amount that Athabasca University takes in from tuition fees over the course of a year, with a small bit even left over.

Does anybody really think that whatever new facilities these societies build will bring about a significant increase in the tourism dollars the facilities bring in? After all, if you're out in Ontario and you heard that the Calgary Stampede had renovated the Grandstand to look more modern, would that really be the deciding factor in you choosing to come out to Calgary?

On the other hand, AU's tuition being cut in half would be a huge incentive for more people, both in and outside of Alberta, to take courses and send their money to Alberta. Okay, so no tuition cut is going to be named after a politician, but it still seems like a better deal to me.

Reference

Alberta Gaming (2005, October 19). News release: Province provides \$70 million to Edmonton Northlands and Calgary Exhibition and Stampede for planned facility upgrades. Retrieved November 1, 2005, from <http://www.gov.ab.ca/acn/200510/1893225FB17FA-E803-40A6-961E2D5131727E39.html>.

Ontario - A Province Out of Time

The Ontario government has recently announced a plan to extend daylight savings time to match the recent changes taking place in the United States (Ontario Ministry of the Attorney General (2005). The plan would make it so that daylight savings time extends from the second Sunday in March to the first Sunday in November, or nearly 8 months.

When the bulk of your year is under daylight savings time, really, shouldn't it be called standard time? With the other period being called evening savings time or something like that?

Personally, I hate daylight savings time. It makes it harder for me to wake up in the mornings. As well, it means I'm up later than I want to be at night simply because it's still light out when it would seem to be a reasonable time to go to bed. Who wants to go to bed when it's light out?

Then of course, there's the way it's done, which seems totally backwards. Can someone please tell me why on earth we're trying to save daylight in the summer? There's already too much daylight in the summer. It's already daylight 16-18 hours a day at its peak here in Calgary. Further north, in Edmonton or Athabasca, I'm sure it's even worse. Yet in the winter, when we're down to six or seven hours of daylight, does anybody think of maybe trying to save daylight then? No, we get up before the sun, sit in our offices while the sun is out, and go home just as its setting.

Now the reason the United States is supposedly changing is because it will "save energy." Here's a wild thought, if we really want to save energy, reverse the standard and daylight savings. After all, it's not like an office will turn the lights off because it's sunny outside. So who cares whether it's daylight while we work or not? If we want to save energy, we need daylight when we come home after work.

Reference

Ontario Ministry of the Attorney General (2005, October 20). News release: Ontario to change daylight saving time in 2007. Retrieved November 1, 2005, from http://ogov.newswire.ca/ontario/GPOE/2005/10/20/c3858.html?lmatch=&lang=_e.html.

Every second counts...

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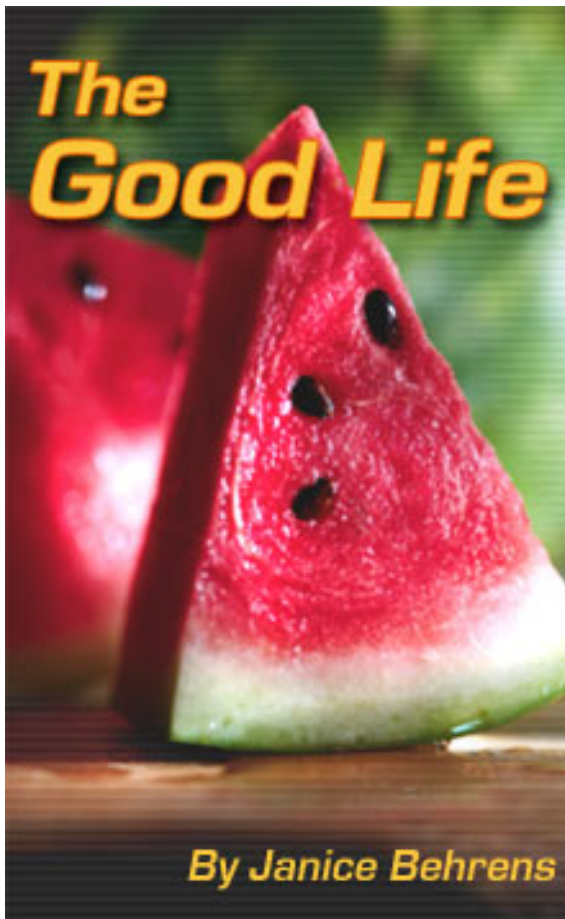
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The Need for Community

Every year my daughter's elementary school is transformed into a place of mysterious mayhem and ghoulish goings on. The halls and walls are bedecked in black plastic sheeting, making everything dim and gloomy looking. One of the classrooms becomes a fortune teller's den akin to Professor Trelawney's room in the Harry Potter series, complete with draped scarves, beads, and the smell of incense. The auditorium stage area morphs into a wickedly delightful haunted house, complete with hands protruding from sinister white fabric screens, grotesque severed appendages, and a prominently placed guillotine. The counsellor's office becomes a creepy graveyard, with rotting leaves covering the floors, creepy music playing, buckets filled with eyeballs (peeled grapes), intestines (spaghetti), a human heart (mango), and a preserved brain (cauliflower soaked in olive oil). The occasion for this transformation is an annual fund raising event known as the Hallowe'en Howl, that draws approximately three thousand people to the school for three completely crazy hours each year.

This event is put on by dozens of parent and student volunteers, many of who spend a great many hours in activities such as sewing costumes, cutting and decorating props, preparing food, putting up and tearing down a huge a quantity of demented decorations. This year, due to the teacher's

striking in order to help improve teaching conditions in our schools, the event was postponed from October 21st, and rescheduled at the last minute for October 28th, which meant that we didn't have the normally allotted professional development day to set everything up. As a consequence, an incredible amount of work had to be done between the closing of school on Friday afternoon, and the opening of the event at six thirty that evening. It was an amazing and rewarding experience, especially when seeing the imaginative inspiration that it created amongst the children, the awe and joy that it inspired in them.

One of my favourite things about this event is the sense of community that it brings to the school. Everything that is done is a cooperative effort, requiring a variety of skills from the people involved, and it brings out the best in everybody. There is a real sense of connection and of belonging, at least for a short period of time, to something larger than oneself. There is laughter, brainstorming, and some bickering - everything that makes for a vital and dynamic community.

Upon leaving the school and driving home that night, my husband and I witnessed two incidents of road rage, one of which involved a man leaving his truck in the middle of an intersection, and yelling and screaming at a terrified looking group in a car. In contrast to this "village" of like-minded souls that we just been a part of, the "outside world" seemed a strange and isolating place.

Would people treat each other this way if they were face to face, solving problems together? Not likely. Everyday I see people holding doors open for each other, smiling in acknowledgement of each other. And yet when they get behind the disconnecting anonymity of their driver's wheels and their computer screens, they give each other the finger, or engage in acts of near-sociopathic rudeness.

What this leads me to believe is that each of us must look for ways to break down the barriers that keep us divided one from another. We must find ways and opportunities to work together as often as possible, to step out from behind our closed doors and immerse ourselves in the world. And this something that applies on a global, as well as individual level.



Black Umbrellas

The weatherman says that things don't look good today. It's triple witching hour in the heavens, with a perfect storm brewing offshore. I'm lying in bed listening to the rain coming down. Crows are being tossed around like black snow in the wind.

When I go downtown for coffee beans, the water is ankle deep. I stand under an awning and watch the office workers straining against the wind, their pockets filling with rain.

The flood comes in the middle of rush hour, and before long the water is above the transoms of the library across the street. Encyclopedias and books of Russian poetry are getting fat with water. Somebody left the windows of the natural history museum wide open, and now there's a stuffed armadillo, a mandolin, and an Egyptian mummy floating down the street. At the playground, the children are wearing swimsuits and diving masks, some of them are doing handstands. A girl is releasing her tropical fish.

In the financial district, there's a rumour that food supplies are going to run out within a week. To be on the safe side, the stockbrokers and accountants are killing and eating each other. In turn, they are being eaten alive by crocodiles and sharks that escaped from the aquarium.

Diving below the surface, I can see the lighted windows of trolley buses. There's a kid inside listening to a radio and a man reading a Victorian novel. Scraps of paper are floating around. The whole world has been shaken up like one of those glass Christmas globes. On Granville Street, there's a busker floating in a wooden barrel, playing a mournful tune on his trombone.

I walk into the department store and take a canoe from sporting goods, then paddle up and down the aisles. There's a sale on in the homewares department. People are filling up their shopping baskets with savings up to fifty percent off the last ticketed price. I circumnavigate linens. There are two old women floating on their backs, holding hands and laughing.

At the exhibition grounds, the ferris wheel is half submerged. I'm eating roasted peanuts in my canoe, waiting for cars of the roller coaster to break the surface. The riders are laughing and sputtering.

As night begins to fall, I slowly paddle my way home. There's a man sitting on a rooftop, smoking a pipe and dangling his feet in the water. There are thousands of black umbrellas floating on the surface.

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>

AUSU 2005/06
student
Handbook/Planner

18 months of planner pages!

Free
and mailed right to your door
Order yours today!



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 you 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 of 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 Barb,

While I was growing up, my father drank heavily and fought with my mother all of the time. I have two younger sisters and because of my parents I ended up having to take care of them. Don't get me wrong, I love my parents, but I couldn't wait to get out of the house. When I finished high school, I got a job and moved in with my boyfriend. Now my dad has stopped drinking and he thinks I should just treat him as if nothing happened. I'm glad that he's not drinking, but how can I forget everything that's happened? My dad basically destroyed my mother's life and almost did the same to my sisters and me. I'm very angry with him. How am I supposed to just get over this?

Tammy in Bracebridge

Hi Tammy, I can imagine how hard it must be for you to forgive your father. It might be helpful if you try to put things into perspective. It sounds like your father is an alcoholic. Alcoholism is a disease. Try to think of it as an illness that your father had no control over. I know it's hard for you to understand, but I'm sure your father would not have chosen this lifestyle. Rather, he was genetically predisposed to it by factors which were beyond his control.

Fortunately, your father is no longer drinking. I presume he has received some professional help to overcome this through AA (Alcoholics Anonymous) or some other organization. Growing up in an alcoholic home brings forth unique difficulties for all of the family members. Therefore, you also need to seek help for yourself and your sisters. Al-Anon is an excellent organization that has been operating for many years, helping individuals and families overcome the affects of growing up in this type of home.

Tammy, difficult as it may be, try to accept your father as he is now. Your father is probably fighting his own demons, knowing the pain his drinking inflicted on his family. You will never be able to forget what your father has done to your family, but try to see this as a new beginning. You now have an opportunity to redefine your relationship with your father and it definitely will be a new and improved one.

Hope this helps Tammy.

Readers, don't hesitate, send in your questions, your confidentiality is guaranteed!!!

E-mail your questions to advice.voice@ausu.org. Some submissions may be edited for length or to protect confidentiality: your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.



From Where I Sit

Hazel Anaka

Wishing You Loving Kindness

While channel surfing the other day I stumbled across ONE the mind, body, spirit channel (Starchoice 575). It was one channel that I hadn't really fully explored because of course I'm hooked on HGTV and BOOK TV.

I stayed put for half an hour to watch a program on Metta Meditation. Meditation is one of those activities that is easy to do -- easy in the sense that it's free, portable, and doesn't require any special equipment or dress. Unfortunately, it's also easy not to do.

My own attempts at regular practice are laughable. There was a time a few years ago when I woke up earlier each day in order to 'sit.' For the beginner slowing down, staying put and silencing monkey mind is a huge challenge. The impulse to straighten a picture, plump a pillow, or get a glass of water is almost overwhelming. I had to learn to fight through those distractions. Experts often warn the benefits of insight and calm don't kick in until about the twenty-minute mark.

The key components are silence and a willingness to sit through the discomfort of sitting still. Slowing one's breathing, and staying mindful and open is a challenge. However, one shouldn't get hung up on the 'shoulds.' Some people don special shawls, sit cross-legged with eyes closed, ring a bell and chant 'ohm' or some other such word. Those types of rituals are great if they signal the start of the meditative process and help a person get there quicker. Whatever works should be the only should.

Sylvia Boorstein, Buddhist teacher described Metta Meditation as practicing loving kindness and paying attention to the condition of the heart. Margot Sangster, a social worker also interviewed for the program, said we must set an intention to wish well and let whatever happens happen. Wish yourself well first and be mindful of the present moment. Each woman spoke about the implications for the world if each of us could begin looking at others and ourselves with loving kindness. They believe it's the only way out of the chaos the world is experiencing. Boorstein talks about projecting those warm thoughts to the other drivers in traffic when she's running late. None of us


know the other drivers' stories or their challenges. Imagine a world where we give everyone else the benefit of the doubt and see them with loving kindness.

I intend to begin using the process Boorstein outlined. Sit any way with eyes open or closed. She said to the group,

Breath by breath, here we are. May you feel protected and safe. May you feel contented and pleased. May your physical body support you with strength. May your life unfold smoothly and with ease.

Think of those you love that you have no trouble wishing well. Then, add others until finally you can wish any person and all creatures well.

Lord knows what most of the world is doing isn't working, so Metta Meditation sounds great, 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

Congress of Aboriginal Peoples Youth Achievement Awards

Number of Awards: 5

Application Deadline: December 31

Description: For Aboriginal youth ages 15 - 29, members of a Provincial/Territorial Organization in good standing with the Congress of Aboriginal Peoples. Organizations include: Native Council of Nova Scotia, Native Council of Prince Edward Island, New Brunswick Aboriginal Peoples' Council, Labrador Metis Nation, Federation of Newfoundland Indians, Native Alliance of Quebec, Ontario Metis Aboriginal Association, Aboriginal Council of Manitoba, or United Native Nations (British Columbia). Must demonstrate an overall positive attitude toward life. Five award categories include: leadership, education, community, sports, and culture & heritage. Must be nominated. Submit letters of support, photograph, and resume.

Contact Information:

Congress of Aboriginal Peoples (CAP)

<http://www.abo-peoples.org/YouthPages/YouthIndex.htm>

The Dalton Camp Award

Value: \$5,000

Number of Awards: 3

Application Deadline: March 31

Description: Canadian citizens or permanent residents. Submit maximum 2,000 word essay on link between democratic values and quality of media in Canada. Biographical sketch required. For further information, please visit the website posted below

Contact Information:

Friends of Canadian Broadcasting

Web Site: <http://www.friends.ca>

RBC Royal Bank Financial Lifeskills Scholarships

Value: \$2,006

Number of Awards: 10

Application Deadline: May 12

Description: For Canadian citizens and permanent residents graduating final year of high school or Cégep. Must be registered or accepted at a Canadian college or university in the fall on a full-time basis. Minimum average of 65%. Must include a sample of work completed in the last year demonstrating interests and abilities. Outline of career and occupational goals, work experience, and qualifications is required

Contact Information:

Royal Bank of Canada (RBC) / Banque royale du Canada

<http://www.rbcroyalbank.com/lifeskills/>

<http://www.rbcbanqueroyale.com/dynamique/>



Voice Events Listings

On and off campus events worldwide

To list events in your area, e-mail voice@ausu.org with the word "events" in the subject line.

british columbia

VANCOUVER HEALTH SHOW

29-30 October 2005

Vancouver, BC

Vancouver Convention & Exhibition Centre

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

Sat 10am-6pm Sun 11am-5pm

Cost: C\$9 per day (including all seminars)

seniors C\$8

101 PUMPKIN EVENT

29 October 2005 - Vancouver, BC

Maplewood Farm - 10am-4pm

<http://www.maplewoodfarm.bc.ca/>

Cost C\$5;

children & seniors C\$4.50

family ticket C\$18.25

maritimes

THE 2ND ANNUAL ST. JOHN'S STORYTELLING FESTIVAL

St. John's, Newfoundland

Nov 02 - 06 2005

<http://www.sjfac.nf.net/>

For information: Telephone: (709) 576-8508

Fax: (709) 757-8500 - office@sjfac.nf.net

A five day celebration of the art and tradition of storytelling. Storytellers from around the city, across the Island and the Mainland come together to share stories for listeners of all ages.

ontario

RESFEST TOURING DIGITAL FILM FESTIVAL: TORONTO

27-30 October 2005 - Toronto, Ontario

Royal Cinema - <http://resfest.com/>

quebec

QUEBEC CITY FESTIVAL OF SACRED MUSIC

27 October - 6 November 2005

Quebec City, QC

Saint-Roch Church

<http://www.festivalmusiquesacree.ca/>

international

GEORGIA-CAROLINA STATE FAIR

October 28 - November 06, 2005

Augusta, Georgia, USA

Augusta Exchange Club Fair Grounds

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

Mon - Fri, 4:00 pm - 11:00 pm

Sat, 10:00 am - 11:00 pm

Sundays noon to 11 p.m.

Admission & Parking:

\$5 Parking

\$5 General admission

\$15 Unlimited rides or Individual ride tickets available.

With a pristine midway of new and exciting rides and shows, plus all of the great agricultural exhibits and competitions, this year will be the best ever. Come and see for yourself.

MOBILE INTERNATIONAL FESTIVAL

November 19, 2005 - Mobile, Alabama, USA

Mobile Civic Center

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

Times: 10:00 am - 6:00 pm

Admission & Parking:

Adults \$7 - Senior Citizens \$6

ages 7 - 15 \$4 - free for children 6 and under

Mobile Civic Center Box Office - (251) 208-7381

To list events in your area, e-mail voice@ausu.org with "events" in the subject line.

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

1200, 10011 109th Street, Edmonton, AB T5J 3E4 -- Ph: 800.788.9041 ext. 2905 - Fax: 780.497.7003 attn: Voice Editor

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Editor In Chief Tamra Ross Low

Reference/copy editor Jo-An Christiansen

News Contributors Lonita Fraser, Zil-E-Huma Lodhi

Regular Columnists: Janice Behrens, Wanda Waterman St. Louis, Debbie Jabbour, Karl Low,
Katie Patrick, Hazel Anaka, Bill Pollett, Barbara Godin

Contributors to listings columns: Zil-E-Huma Lodhi, Lonita Fraser

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