

THE VOICE MAGAZINE

March 17, 2006
Volume 14 Issue 10



AUSU Election 2006

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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.

Peacekeeper or Soldier

In a recent conversation with one of my extended family members I was informed of her belief and what she claimed was the Canadian public's view of the Canadian Forces (CF) and the soldiers therein. She couldn't understand that I, as a Canadian soldier, wanted to go to Afghanistan. I told her that every soldier, no matter who he is, has the urge, though it may not be blatantly obvious, to test the skills that he has been taught. I also informed her that there are incentives and complete care and control systems set in place to make sure that I returned safely from my tour of duty, and that my family was amply cared for both physically and emotionally.

Then she said something that surprised me. She said, "but there is a war going on over there, you're a *peacekeeper*." I was speechless. Well, speechless for a moment. I was aghast. There are two ways to take this statement as my loving wife pointed out afterward. As it is written here it could be taken as a positive statement - Canadian soldiers invented, perfected and led the way in peacekeeping the world over. This undisputed fact has become well known to the public of our great nation and that has given great pride to all Canadian soldiers. However, the way she said it carried a different connotation, as if it wasn't a place for Canadians to be, or isn't something we are trained or qualified to do.

With immense energy, I quickly stated my personal viewpoint. Although I do not have much time serving my country in uniform (three years when written), I am a firm believer that at any given moment Canadian soldiers are one of the world's most war-ready units of fighting men and women. Should the figurative "balloon go up" and Canada be placed in a situation where it needed to defend its borders in a conventional or even terrorist driven attack, we are ready and willing to "go to work."

No one wants this to happen. Even the worst war mongers in our great country are pacifists compared to some of those to our south. However, all people, both serving and civilian, must understand the need to be prepared for all possible variables.

As an example, a house builder will learn many skills the main of which is, of course, the construction of the house itself, but he will also learn how to build a deck and other things. He may become extremely skilled at building decks but he is not a deck builder. Likewise a soldier may be an extremely skilled peacekeeper, he may even do many peacekeeping missions for a long time but in the end he is a soldier, a fighter, a warrior.

A politician in Canada never wants to bring his soldiers home in body bags, and no Canadian citizen or service member wants that either. The fact of the matter is, morbid as it may seem, soldiers will die. It will happen, it is inevitable. And although all people should join together to help and show compassion for the loved ones of the soldier who loses his life, don't feel bad for the soldier himself or worse still state that he should not have been "sent" where he was, or fighting where he was. He volunteered for service because he wanted to, he chose to go on the mission because he wanted to, and, whether it was peacekeeping or war, he died doing what he loved, as he would have wanted to.

Simon Bowser - Oromocto, New Brunswick

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Exploring Canada: Field Notes of an American Anthropologist

Busby LeClair



In the frigid, sub-arctic territory of Vancouver, British Columbia, I am in the living room of Doris Baker, a middle-aged beauty salon manicurist and part-time Zamboni operator. We are seated in hushed darkness, watching the closing ceremonies of the Torino Olympics. The event is being broadcast by the government entity known as the Canadian Broadcasting Corporation. The whole house is filled with the distinctive Canadian smell of moose fat and bacon drippings. We are gathered about a seven-inch black and white television set. The antenna is rigged from a rack of bleached elk antlers, yet it works surprisingly well.

On the television, as a ceremonial nod to the 2010 Winter Olympics to be held in Whistler, British Columbia, there is an actor attired in the customary parka and mukluks worn by each and every Vancouverite. He is miming hauling a fish from an ice-fishing hole (a commonplace sight throughout the city and province). The members of the Baker family display a rudimentary sense of self-recognition, apparently becoming quite excited at seeing themselves portrayed. Like the figures on the screen, they begin to caper about with wild abandon, charging each other with their stomachs extended, and slapping each other with raw fish.

The most conspicuous item in the Baker's home, as it is with all Canadian homes, is the seven-foot tall *Inukshuk*, a monolithic icon that may be fashioned from materials as diverse as Precambrian rock to recycled Molson Canadian beer cans. Reproductions of this ubiquitous sculpture have, for generations, been at both the literal and figurative centre of every Canadian household. Each evening, after returning home from their mostly government-sponsored jobs, the members of a typical Canadian family gather around the icon holding hands. Tonight, I am invited to join them as they pass around a traditional *bong* (a type of pipe used for smoking the marijuana leaf that is supplied to all Canadian citizens by the Minister of Agriculture Marc Emery). We spend the rest of the evening sitting cross-legged in a circle, reciting the names of hockey players and the eleven hundred Canadian words for snow, as well as enacting Second City Television skits and singing Rush and April Wine songs.

Sometime in the early hours of the morning, I make my excuses and retire to my sealskin sleeping bag in a darkened corner of the living room, where I complete my journal notations for the day. Tomorrow, if I have understood correctly (my Canadian is still far from perfect), we will be travelling by dog sled to the shopping mall, where we will stock-up on the cigarettes they call "Exports" (a common phrase in the typical Canadian home is "pass the Export, eh"). It should be another interesting day.

Former first lady carries on Trudeau family values

By Adrian Ma

The Cord Weekly (Wilfrid Laurier University)

WATERLOO, ON. (CUP) -- She carries one of the most famous last names in Canadian history; a name that remains synonymous with the highest order of politics - a moniker that still brings to mind both success and scandal in almost equal measure.

"Trudeaumania," recalls Jim Tate, a Wilfrid Laurier University alum who graduated in the 1960's. "It was unbelievable. When [Pierre Trudeau] would show, there would be girls screaming after him." It was this type of high-profile, paparazzi-buzzing environment that Margaret Trudeau was thrust into when she married the former prime minister and became the first lady of Canada at the tender age of 22.

"She was known as a flower child," says Tate about the vivacious young woman who, along with attending White House dinners and entertaining dignitaries, was famous for dancing at Club 54 and partying with the Rolling Stones. "She was very young ... and it was a lot of pressure." All the publicity concerning her marriage and the burden of being a first lady took its toll on Margaret Trudeau - she separated from Pierre after six years of marriage, with their divorce becoming official in 1984. But she remains irrevocably tied to the Trudeau legacy and the ever-present public role that comes with it. "Would I marry a prime-minister now? Hmm ... maybe if he was a cute enough one," jokes the former first lady, at Laurier for a recent WaterCan event.

Now approaching her sixties, Trudeau feels far more comfortable with a fame she once may have been reluctant to embrace. "I would have been much better prepared for the role of prime minister's wife with what I know now instead of what I didn't know when I was only 22," she says. "I was very good for raising children and doing what my husband wanted to do for the good of the family ... as for being able to make a big contribution, I tried my best."

The way she speaks about her children, one gets the sense that nothing means more to her. She inadvertently reveals how her eldest son, Justin, still refers to her as "mommy," and her voice is noticeably brighter when she talks about him. Perhaps it is her nature as a loving parent that drives her to work for WaterCan, an Ottawa-based non-profit organization that travels to developing countries to provide better access to clean drinking water and proper sanitation. She is at Laurier to honour the fundraising efforts of its students: professor Robert Christy and his sociology classes have raised nearly \$8,000 for WaterCan since 2002, with \$2,000 raised this year alone.

As the honorary president of WaterCan, Trudeau accepts this donation gratefully. She has been to some of the most desolate places in the world, places where contaminated, undrinkable water is killing thousands of people - mostly children - everyday. When she visits with women who have suffered through such tragedy, she relates to them. In 1998, her son Michel, an avid outdoorsman, was caught in an avalanche, his life cut short at age twenty-three. In northern Uganda, a freshwater well now stands in Michel's memory thanks to his mother.

"I know the tragedy of losing a child, but to lose all your children from something that could be prevented..." she says, shaking her head. "It's humiliating to die the way they die." By helping villagers install easily-maintained hand-pumps and protecting springs with concrete, a sustainable and clean drinking source is created. It is something that she says is improving the quality of lives. When she goes back to visit these places, after they have had clean water, she asks the women what the biggest difference is.

"Our children are not dying," is the response.

"Water is precious - we take it for granted because we are water-rich, but most of the world does not have safe, clean water," says Trudeau. She warns that developing nations like Uganda, Zimbabwe, and Ethiopia are not the only places in the world that must worry about water. Canada itself, abundant as it is with clean water, will play a role in what Trudeau calls "a looming water crisis."

She says that Canada must maintain control over this important natural resource, and fears that American interest in Canadian water could lead to over-consumption and perhaps irreversible damage in the future. She points out that American companies have unlimited use of water when they operate in the tar sands of Alberta. "Canada will play a role as the 'water jug' of America," she says.

It's a role that will undoubtedly be filled by the Canadian youth of today. Trudeau says that despite all the reasons to feel pessimistic - the reckless abuse of water in North America contrasted by the desperate struggle for something clean to drink in places like Ethiopia - she sees hope in the Laurier students that raised \$2,000 for the cause. The donation she has just received is not just any cheque; it's an indication that this generation of Canadians is looking towards the future.

"I think young people are our hope. They're the ones who are actually going to make a difference."

Youth is something that Margaret Trudeau still remains connected with. Though she's no longer the famous flower-child of the 70's, vitality continues to radiate from her. Very few individuals have had to live with more public scrutiny than she has, but there is nothing world-weary in the way she interacts with people. One gets the impression that a part of her still remembers what it was like to be one-half of Canadian history's most charismatic couple.

"I think I woke up some minds then - I hope to continue that."

Federal and Alberta governments' pilot project may let international students work off campus

By Scott Lilwall

The Gateway (University of Alberta)

EDMONTON (CUP) -- International students may soon have better chances of finding employment, as the federal and provincial governments are working together to help foreign students apply for work visas that would allow them to find jobs off-campus.

Alberta Advanced Education Minister Dave Hancock explained that a proposal is currently in the works.

"The Alberta government is in the process of finalizing an agreement with the federal government that will allow international students to work off-campus," Hancock said.

At present, international students are only allowed to find employment on campus; many of the University of Alberta's 2,200 international students work as research assistants or support staff, while others have found positions working at businesses on campus.

Hancock, however, feels that giving foreign students in Alberta the opportunity to work with companies off-campus will provide an advantage for both the students and the province.

"Having these 6,000 international students work off-campus jobs during the school year, Christmas breaks or summer holidays is a mutual benefit—it helps the students get the work experience they need, and enhances Albertans' understanding and appreciation of other cultures in the workplace," Hancock said.

While federal funding for the project has not yet been finalized, Hancock is hopeful that the program will be in place by spring, which means international students can find employment somewhere other than the U of A campus over the summer semester break.

However, Doug Weir, director of International Student Services, warned that it's still only a proposed plan, and nothing concrete has been set in motion yet. This type of program has been announced in the past, he explained, and despite student anticipation, has been stalled before. Furthermore, it still requires federal funding and approval before international students can begin working off-campus.

Even so, Weir said that the administration would be supportive of such a program if it did become a reality.

"Once there is a program, the university will be behind it. It will do what it needs to do to facilitate international student participation in the program," Weir said.

Hooman Hosseinkhannazer, an international Master's student from Iran who is studying mechanical engineering at the U of A, thinks the program is important, and can give international students real-world experience in their field of study. "Many of the people who come here are grad students, and they're already qualified to do these jobs," he said. "I'm pretty sure that the experience you get while working and going to university at the same time is a really good experience. You can get really good feedback from the job and use it in class."

Hosseinkhannazer went on to say that many other countries have programs that allow international students to work off-campus in addition to their studies.

He said that having opportunities at higher income employment, which is usually the case when job options broaden, can help international students deal with the costs of tuition, which are much higher than for Canadian students.

"I'm really positive about it, and I hope they do it," he said, adding that the program would likely encourage foreign students to study in Canada. "If I can work in Australia, or in Germany, I guess I can work in Canada too," he concluded.

AUSU THIS MONTH



ELECTION 2006 - POLLS OPEN - VOTE NOW

VOTING IS UPON FROM NOW UNTIL MIDNIGHT ON MARCH 20TH. Follow the links from the AUSU front page, or go directly to our candidate sheet at <http://www.ausu.org/election/candidates.php> for more info on all of the candidates. There you will find links to a variety of materials to help you get to know your candidates, as well as a 100 word bio for each candidate.

Voting is important to ensure that the council that will provide student services through March 2008 reflects the unique nature of our AUSU membership. It only takes a few minutes to select up to nine candidates out of the list of 15.

This year's candidates are (choose up to nine when you vote):

Real Beaulieu - Nepean, ON

Hello AU students! My name is Real Beaulieu and I have been working towards the B.Sc.CIS(PD) degree since 2002. I am a Certified Engineering Technologist and work for a seismological engineering firm in Ottawa. I was the recipient of the 2005 AU Academic Leadership Scholarship. Currently tutoring mathematics to elementary students, I am also involved with the Big Brothers Big Sisters organization. It is my goal to pursue a B.Ed., eventually teaching mathematics and computer sciences at a secondary school level. My reason for being on council is to serve our unique needs as distance education students. Regards, Real.

Jamie Czerwinski - Sherwood Park, AB

Hello Athabasca University Students Union Members! I believe universal access to education is the key to our future, and I'm excited to see so many of you embrace the flexibility of distance learning through Athabasca University. Teaming up with other student organizations, I will represent you, the students, at every level of government. The internet is vital to our communication, and I utilize it to its utmost extent, and as an AUSU councillor, guarantee AUSU will do the same. I am excited to represent the Athabasca University Student's Union, and look forward to doing so with honesty, integrity, and respect.

Tania Davies - Carlsbad, CA

Hi, I am Tania Davies, and I am running for an AUSU Councillor position in the upcoming elections. I hail from Calgary originally but presently live in San Diego where I am working towards a Bachelors of Commerce degree at AU. It is my third year, and I plan on studying law after graduation. As an AUSU Councillor, I would appreciate the opportunity to help build an even stronger sense of community among distance learners. In addition, I would welcome the chance to become an active voice for fellow students. Thank you for your support!

Lonita Fraser - Hamilton ON

I have worked with Council in various capacities, from serving on committees to serving as VP External & Student Affairs, for over two years now, and would like to continue doing so. I have seen the inception of many new projects and policies during this time, and would like to remain working with AUSU to see those projects come to fruition. My time as an official member of Council has increased my confidence in my self, as well as my feeling that AUSU has the power to exact great and necessary change where it's needed and wanted by our members.

Angele Gaudette - Sudbury, ON

My name is Angele Gaudette and I am 34 years of age. I currently live on Ontario and have been a part-time student at AU since 1998. I am registered in the Labour Studies Major program at AU. In my local union, I occupied positions such as Vice-President, Chief-negotiator, secretary-treasurer, communications and workplace representative over the last 8 years. I am employed full-time as an educational assistant and have owned and operated small business'. I believe that my knowledge, abilities and expertise would be beneficial to all students at AU and an asset to the Student Union.

Zil-E-Huma Lodhi - Waterloo, ON

Hi I am Zil-e-Huma Lodhi and I am running for the position of councillor in upcoming elections. I am taking B.Administration at AU and absolutely loving the experience. I have a monthly scholarship column in *The Voice magazine*. I do volunteer at my local community center for kids with special needs. My past experience with AUSU included a volunteer position with Academic Committee. I am also working as an acting President for AUBSA club (Athabasca University Business Student Association) and moderator for AUBSA discussion forums. I welcome the chance to work as a councillor.

Karl Low - Calgary, AB

I'm an AU student in Calgary and have nearly completed my 4yr BA (information system major). I have served on Council for the past one and a half terms, becoming VP of Finance and Administration shortly before the last election. Highlights of that service include overhauling our finance policies to make AUSU's finances more transparent and accountable, and re-organizing our budget to make it understandable not just to me, but to anybody. I also write the Fed-Watch column for The Voice on education and politics. In any spare time left, I enjoy strategy games and writing for Role-playing games.

Joy Kryz - Edmonton, AB

I have been serving AU students since January 2003 when I founded the AU Student Moms Club (AUSMC), which has grown to over 100 registered members and has become one of the most popular clubs in AUSU. I myself have grown from a new mother to the mother of three. In 2004 I was elected as an AUSU councilor. In all these endeavours ? student, AUSMC president, mother and councilor, I continue to learn and appreciate the importance of growth through communication. I am committed to communication among students to nurture the growth of the AU student community.

MacDonald McInnis - Calgary, AB

Hello Fellow Students, My name is Mac McInnis. I have been a student at Athabasca University for several years. I have a Business degree from AU and am currently enrolled in my 3rd -4th year in Bachelor of Professional Arts Governance, Law and Management Major at AU. I am a current member of AUSU and have been active on many AUSU committees as well as on several Athabasca University committees representing student interests. This has been a wonderful learning experience for me. I have enjoyed my time on AUSU and look forward to advocating for students in the near future.

Megan McIntyre - Niagara Falls, ON

My name is Megan McIntyre, and I am a 23 year old psychology student, finishing my degree through Athabasca. I am the youngest of three children and maintain a strong connection with my parents and siblings. In my spare time, I enjoy spending time with friends and family. Scrapbooking is a hobby of mine that allows me to express myself. My level of intuition has grown with each psychology course I have taken. I enjoy the mind and figuring out how and why it works in the way it does. I am an open minded person who will listen.

Lisa Priebe - Calgary, AB

My name is Lisa Priebe and I have been a student with AU since 1996. I completed my BA in Psychology in 2003 and I am currently completing my BSc in Human Science. My academic interests lie in the areas of health and health psychology and I hope to work in my local health region upon completing my education. I had the pleasure of serving on AUSU council from 2004 to 2005 as a councillor without portfolio and from 2005 to 2006 as President. I currently live in Calgary with my husband Ken and our two Jack Russell Terriers.

Barbara Reilly - Westport, ON

Since January 2004 I have been studying part-time at Athabasca University as I work towards my B Arts, Anthropology. I am working hard to pursue my own goals and to set an example for my teenage children. The AUSU forums and services have been a vital part of my AU experience; serving in student government would permit me to contribute concretely to the AUSU community that has put a 'face' on long distance education. I have served my community in various capacities; volunteering as an adult, and the student arm of a federal party (Secretary, 1981-82.).

Alicia Robichaud - Saint John, NB

Alicia Robichaud is a part-time student from Saint John, New Brunswick who works full time as an Administrative and Communications Assistant for Aliant, the primary telecommunications company in Atlantic Canada. Alicia has been a student of the Bachelor of Arts program here at AU for 1 year and being bilingual, is also an active member of La Societe Francaise d'AU. In addition to her work and school Alicia spends time with her husband, is a member of Toastmasters International and an avid photographer. Alicia will bring a unique, creative perspective to AUSU and looks forward to serving on council.

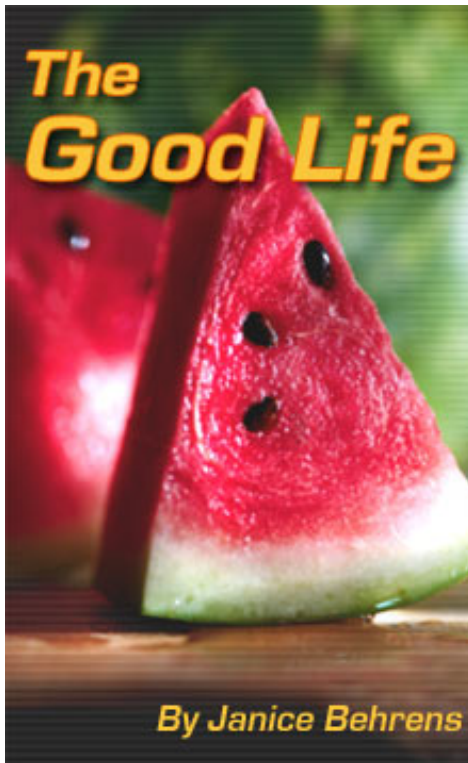
Peter Tretter - Greely, ON

I am from Ottawa, and I came to Athabasca University in September 2004 to work on a Bachelor of General Studies degree. I am currently a member of the AUSU's legislative committee, along with the Volunteer Coordinator and Membership Coordinator for the Nepean-Carleton Green Party of Canada Electoral District Association. Previously I was a member of the Ryerson Students' Administrative Council Board of Directors. In addition to my AU studies, I am enrolled in level 7 of American Sign Language at Algonquin College. My hobbies include movies, motorcycles, languages, camping and politics.

Sarah Whaley - Surrey, BC

I am relatively new to Athabasca University. I enrolled in June of 2004 in the Certificate in Administration program, once finished I will be starting my Degree in Marketing or Management. I was born and raised in North Vancouver, B. C., then moved to Canmore, Alberta three years ago, which is where I was introduced to AU. I recently bought my first house in Surrey, B. C., and now that's where I call home. I am very involved in the community as well as participate in numerous sporting activities. I look forward to being involved with AUSU.

See the bios on the [Candidates' page](#) for links to candidate posters (links are within each bio), chat transcripts and links to a forum post where the candidates have answered a series of questions.



Ignorance Can Be Bliss

I was recently walking with a friend through her neighbourhood. We were passing by this beautiful Victorian-style heritage home that both of us have admired and envied for some time.

Over the past few years, it has been extensively and meticulously restored from a state of more-or-less neglect to a state of eye-catching beauty. It has a cross-gabled roof, immaculate cornice work, bay windows with intricate decorative trim, raised flower beds filled with pansies and primulas, and a beautiful rich-red tile pathway leading up to its door.

I was commenting, yet again, on how wonderful it must be to live in that home, when we spotted the owner standing outside planting some bulbs in one of the raised flowerbeds. My friend and I complimented him on his house and expressed our admiration for all of the work he'd put into it. He thanked us, but told us that for the longest time he had considered the place to be somewhat of an "albatross." Apparently, he and his wife had bought it seven years ago for a price that was considerably below the going market value. It was in need of extensive repairs, but being an engineer and a one-time carpenter, and having a wife who is an architect, he felt sure

that it was a project they could readily handle. Besides, their children had all left the nest, and they had a lot of free time on their hands.

As it turned out, despite their professional training, they had grossly underestimated the sheer amount of work that needed to be done to the place. Just about everything, except the structure itself, had to be completely reconstructed. With all of the time and money that was absorbed in the reconstruction job, they hadn't had a vacation in the past seven years.

Practically every weekend and holiday over that period had been spent working from morning until night, hammering, sawing, lifting, climbing, pulling and (worst of all) haggling with delinquent and/or over-worked contractors. "If we had known then what I know now," he said, "We'd never have bought this place." Then, with the faintest hint of a smile, he added "that's why it's a good thing we never know how much trouble is in store for us. Otherwise, we'd never do anything."

I think he is right about that. It is very easy to be apprehensive about the future. We agonize about major life decisions, especially ones that entail significant risk or the prospect of turmoil in our lives. Should I take a chance, quit my job and go back to school? This new job is very exciting, but will I be able to handle the challenges that it presents? And in truth, if we knew just how much toil and effort, anxiety and sleeplessness would result from taking these chances, we would probably just back off and learn to settle for stasis in our lives. But then, we would be missing out on so many unexpected rewards. And, after all, we wouldn't be totally living, would we?

I guess free will, and the ignorance that allows us to use it, are essential to a life well lived.

To Stress or not to Stress



From
Where
I Sit

Hazel Anaka

Dr. Peter Hanson's 1987 bestseller entitled *The Joy of Stress* was perhaps the first jargon-free work outlining the ramifications of stress. He believed stress could be fantastic or fatal. This supports the work done years prior by Canadian researcher Dr. Hans Selye. Stress is unavoidable, unless you're dead. Harnessing the magic and potential of good stress is the goal, while reducing the disastrous effects of sustained stress.

The problem, we're told by medical professionals and personal development experts, is not the stressful event itself. But rather, it is how we react to it that determines whether the experience will be fantastic or fatal.

Different people react differently to exactly the same event. The same stock market crash drives some people to suicide, while others are cashing in long-term with some judicious buying and selling. A spouse's infidelity can drive some to the bottle, others to divorce court, and yet others to a journey of renewal and rediscovery. Over-eating, taking drugs (prescription or otherwise), withdrawing from society, getting bitter over circumstances beyond their control are all coping strategies. Not particularly good ones mind you. There is no shortage of worries, be they real or imagined. Worries about events likely to occur or one in a million, regardless they captivate those looking for something to dread. From a pandemic to acts of terrorism to job loss to grey hair -- there is always something to stress about.

In fact, years ago, Seattle psychiatrist Dr. Thomas Holmes devised a list of life events, both pleasant and unpleasant, that increase our susceptibility to illness. He assigned a score to each event based on its potential health impact. Topping the list at 100 points is death of a spouse. Christmas is 12 points. Outstanding personal achievement is 28 points. Marriage is 50. A jail term is 63. Some may argue that they're one and the same event. But who am I to say? Postponing, cancelling or avoiding too many of the listed events that occur within a brief timeframe is advised. The higher your score the more likely you are to fall ill.

It seems to me that attitude, a stockpile of inner and outer resources, and time are the best healers. We can all reshape our attitude about what's happened, stop the hand wringing and come up with a plan of action. We can all look to past successes to bolster our damaged self-esteem. We can

all ask someone else for help and support. We can all let time work its magic as it dulls the pain, gives us perspective, and provides us with options for carrying on or changing direction.

And as the old saying goes, what doesn't kill you makes you stronger. I know whereof I speak. I've suffered the very public pain of losing a re-election bid in a municipal election. I was also on the Lakeland Regional Health Authority Board that Halvar Johnson fired in 1999 for refusing to balance our region's healthcare budget. Nothing like being front-page news! Neither event killed me. Life can and does go on from where I sit.

Reference

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Dear Barb:

I have recently become engaged and plan to marry next year. I love my fiancé very much and we get along well.

However, both of our parents have divorced and we don't want this to happen to us. I know there are no guarantees, but we both want to try to do the right things. We were wondering if you could suggest some tips to keep our marriage strong and healthy. Thanks so much.

Vicki in B.C.

Congratulations, Vicki, on your upcoming marriage. Marriage takes a lot of work and dedication from both people for it to be successful. It is a good idea to focus on starting your marriage off on the right path. Sometimes people begin their marriage with unhealthy behaviour patterns and by the time they realize it, the marriage has broken down.

I have found the following behaviours to be important in maintaining a happy, healthy married life.

- Make your relationship a priority.
- Make your spouse feel special.
- Be honest and truthful with each other.
- Communicate your needs and desires openly.
- Don't allow arguments to escalate to the point of abuse or threats to leave.
- Maintain commitments and agreements that you make to each other.
- Don't hold grudges. Resolve your differences and let any grudges go.
- Avoid being critical of each other. Instead, offer suggestions to change unhealthy behaviours.
- Listen to what your partner is saying. Try to not filter it through past hurts.
- Be thoughtful (e.g., call your partner during the day just to say hi). Leave a special note in a place only he or she will find.
- Maintain unconditional love in your relationship.
- Work towards making your intimate relationship mutually satisfying.
- Do not let your work or outside activities becoming a threat to your relationship.
- Enjoy each other and do fun things together.
- Develop mutual interests and activities that you can do together.
- Share equally in household and childcare responsibilities.
- Go on a vacation every year, even if it's only camping.
- Don't focus on ME, but instead focus on US.
- Don't take each other for granted.

If you both decide you want your marriage to work and are both committed to this end, I don't see how you cannot be successful. As stated by Frank Pittman, "The secret to having a good marriage is to understand that marriage must be total, it must be permanent, and it must be equal."

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.



Different Worlds

There is a girl who grows up with five brothers and sisters in a one bedroom apartment in a dangerous part of town. The fields and forests of her ancestors are now paved over with mile after mile of grey asphalt. The alleys are littered with broken bottles. In high school, she studies the words of dead white men. She is a bright girl, and learns quickly and well. Later on, when she tries to find a job downtown, she will walk for miles along streets that she knows are named in honour of long dead bankers, colonialists, coal magnates, railway executives; a roll call of phantoms, wealthy, white, and powerful.

There is a woman in the apartment beside the girl's who was once a medical doctor in her native country. A year ago, her husband and children had been murdered by paramilitary forces. Good nights are the ones where her dreams aren't filled with ghosts. Fortunately, working three different jobs doesn't leave her with much time for sleeping. She's too tired to notice that when her back is turned at the convenience store she works at, the skinhead kids from the high school steal chocolate bars and condoms. Everything she owns in the world these days fits into a suitcase that she keeps beneath her bed.

There is a building caretaker who pushes his vacuum cleaner along the threadbare carpet of the hallways one floor below the girl and the man. His nose wrinkles at the stink of greasy foreign foods wafting out from the apartments. He doesn't trust the tenants in this building. There's too many of their kind already, and they keep pouring through the borders, with no end in sight. Probably making bombs, half of them. They show up and demand this and that. Take jobs away from those who deserve them. Last week his ex-wife told him that his teenaged son wasn't accepted into the program he'd applied for. Of course, what did she expect? They won't let you into anything if your skin is white.

Far across town, there is a tall man with salt and pepper hair preparing to tap in a short putt on the eighteenth green. He is thinking about the profit he will make by renovating the low-rent apartment building he recently bought in time for the next Olympics. He will have to check with legal to find out when the eviction notices will need to be delivered. The ball drops into the cup with a satisfying sound.

Click On This - Album Art

Lonita Fraser

Hans Claesson's Wallpapers & Graphics: Iron Maiden Visions Of The Sponge

<http://kebawe.com/wallpapers/maiden/SpongeEd.shtml>

When a classic meets a cartoon. Humorous visions of two creative worlds colliding.

Album Covers in LEGO - <http://www.geocities.co.jp/Hollywood/9060/musice.html>

Yet another classic, this time a toy, meets the musical world. I'm tempted to get my old LEGO out and make some art of my own.

Bad Album Covers - <http://www.zonicweb.net/badalbmcvrs/index.htm>

Oh my. I never knew things could get that ... bad.

Arhci Album Covers - http://www.archinect.com/forum/threads.php?id=16663_0_42_0_C

The world of architecture emblazed for all musical mavens to see.

Vinyl Cover Girls - <http://perso.wanadoo.fr/the-brain/smilinggirls/vinylgirls1.html>

Tarty, tacky, tasteless, terrible - cover girls of a different sort.

And something completely different...

Folk Art in Bottles - <http://sdjones.net/FolkArt/FolkArt.html>

It's true, good things do come in small packages.



Ninety-year old Yogi completes another World Tour

Mandy Gardner

90-year-old yoga guru Sri K. Pattabhi Jois will be completing what may be his final world tour, ending in New York two weeks from now in celebration of his recent birthday. The long-time devotee of ashtanga (eight-step) yoga comes from

Mysore, India and has been circling the western world for the past twenty years enlightening the likes of Madonna and Gwyneth Paltrow. Earlier this week, Jois was received gladly by yoga instructor Hamish Hendry of London, England where the amazingly spry senior citizen instructed two sold-out crowds of 150 each day, the first group starting at 6:00 a.m. and the second at 8:30 a.m. Despite his age, Jois is notably young in appearance and wholeheartedly devout in his belief that "if we practise yoga without fail, we will then attain physical, mental, and spiritual happiness and our minds will flood towards the self" (Gillan, 2006).

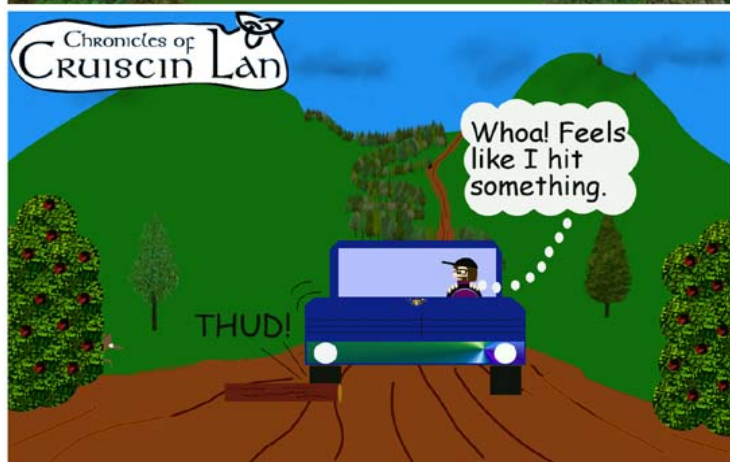
Jois says he first learned to practise yoga from his own guru, Krishnamacharya, in Mysore at the age of 12. The ritual and practise of the ancient technique of mediation and finely honed body movements gripped him. The dedicated student went on to study Sanskrit (the language of the yogis) and advaita philosophy at the local Sanskrit College. From there, Jois advanced to teaching both subjects. He currently runs the Ashtanga Yoga Research Institute in Mysore.

The renown yogi (commonly known as Gururji, meaning "little guru") has taken this world tour as an opportunity to celebrate the publication of his unique brand of yoga in a book entitled *Mysore Style*. The book captures the work of the British fashion photographer Graeme Montgomery with more than 5,000 photographs taken of the yoga master and his many pupils. The book's photos aim to exhibit the true effort behind yoga and dispel any untruths about its oversimplicity and physical beauty. The book's creators want to exhibit the true essence of yoga as sweaty and authentic.

The photographs capture Jois and many others in poses that the Gururji himself refers to as "perfect," or in other words, just as he was taught as a child by his own guru. According to Jois, the eight-step approach to yoga is a perfected style and need not be altered in any way. He says that he is the teacher of all who want "the perfect yoga method" (Anderson, 1994). Proceeds from the sale of *Mysore Style* will be distributed to several Mysore charities through the administration of the Sri K. Pattabhi Jois Charitable Trust.

References

Gillan, A. (2006, March 13). Yogis flock to ashtanga guru in Brick Lane. *The Guardian*. Retrieved from http://www.guardian.co.uk/uk_news/story/0,,1729516,00.html.
Anderson, S. (1994, January/February). Practise makes perfect: An interview with Sri K. Pattabhi Jois. *Yoga International*. Retrieved from <http://www.eightlimbyoga.com/interview.htm>.



An Interview with Sri K. Pattabhi Jois. *Yoga International*.

SCHOLARSHIPS & AWARDS

Contributed by Zil-E-Huma Lodhi

LEARNING MATTERS BURSARY

Administrator: C.S.T. Education Charity

Award Amount: \$2,500.00

Notes: For students with financial need who are Canadian citizens.

Contact Information:

Peter Lewis - VP Operations

Address: 600-240 Duncan Mill Rd.

Toronto, Ontario M3B 3P1

Phone: (416) 445-7377 Fax: (416) 445-1708

Toll Free: 1-877-333-7377

Web Site: <http://www.cst.org>; E-mail: info@cst.org

Lilly - MDAO Moving Lives Forward Scholarship 2006

Administrator: Mood Disorders Association of Ontario

Award Deadline: Friday, April 28, 2006

Notes: The "Lilly-MDAO Moving lives Forward Scholarship" will help 6 scholarship recipients from across Ontario with mood disorders resume their studies and achieve their goals by providing them with financial assistance. Application forms for the 2006 Scholarships can be downloaded here:

<http://www.moooddisorders.on.ca/news.html>

Contact Information:

Phone: 416-486-8046

Fax: 416-486-8127

Toll Free: 1-888-486-8236

Web Site: <http://www.moooddisorders.on.ca>

E-mail: info@moooddisorders.on.ca

Application Address: <http://www.moooddisorders.on.ca/news.html>

APEGGA MILLENNIUM SCHOLARSHIP (2)

Administrator: APEGGA Education Foundation, The

Award Amount: \$2,000.00

Award Deadline: Saturday, July 15, 2006

Scholarship Criteria: Alberta resident. Intended to assist the children of APEGGA members to pursue a post-secondary education. Based on academic achievement with significant weight placed on accomplishments in other areas. Must be Canadian citizens or landed immigrants. Contact for more information.

Contact Information: 1500 Scotia One, 10060 Jasper Avenue, Edmonton, Alberta, T5J 4A2

Phone: (780) 426-3990

Fax: (780) 426-1877

Toll Free: (800) 661-7020

Web Site: <http://www.apegga.org/Members/ScholarshipsAwards/schlist.html>

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

SPRING THEATRE CLASSES

Feburary 06 to May 01, 2006 - Kelowna, BC
Kelowna Actors Studio - Ticket Prices very reasonable
Kelowna Actors Studio - 250-862-2867
info@kelownaactorsstudio.com
<http://www.KelownaActorsStudio.com>

SEINENDAN THEATRE COMPANY OF JAPAN

March 10 to August 11 - 8:00 PM - Victoria, BC
Metro Studio - Ticket Prices - All seats \$18
(250) 383-2663 - info@intrepidtheatre.com
<http://www.intrepidtheatre.com>

ontario

It's A Family Affair - March Break

March 11 to 19 - 10:00 AM - 4:00 PM
Hamilton, ON - Dundurn Castle
\$10.00 - Adults; \$ 8.00 - Seniors/Students
\$ 5.00 - Children; \$25.00 - Family
FREE - 5 yrs and under
905-546-2872 - dundurn@hamilton.ca
Price includes admission to Dundurn Castle and the Hamilton Military Museum. You are invited to Dundurn Castle to discover what it was like to live and play above stairs and work and live below stairs. Enjoy an eye spy at the Hamilton Military Museum and crafts and dress up at the activity centre.

CHEKHOV LONGS...IN THE RAVINE

March 08 to March 26, 2006
Toronto, ON - Factory Studio Theatre
Tues-Thurs \$20 (\$15 students & seniors)
Fri \$25; Sat \$28; Sun Pay-What-You-Can
416-504-9971 - <http://www.factorytheatre.ca>
Adapted by the original company from the novella by Anton Chekhov, Russia's peasant village society in 1900 is brilliantly captured in this bittersweet tale of the affluent Tsybukin merchant family as it falls apart.

EXHIBITION

On now to June 17, 2006 - 12:00 PM - 4:00 PM
Hamilton, ON Museum of Steam and Technology
\$6.00 - Adults; \$4.00 - Seniors/Students
\$3.00 - Children; \$15.00 - Family
905-546-4797; steammuseum@hamilton.ca
When Push Comes to Shove: Structure and Design in Buildings and Technology An interactive look at how things stand up and why they fall down, with a special emphasis on buildings, bridges and working machines.

ARNAUD MAGGS NOMENCLATURE

On now to March 26, 2006
Oshawa, ON - The Robert McLaughlin Gallery
Ticket Prices - By donation - Free refreshments
905.576.3000
communications@rmg.on.ca - <http://www.rmg.on.ca>
Arnaud Maggs will be in attendance at the Closing Reception
Sunday, 26 March 1-3 p.m.

SCIENCE SATURDAYS WITH MCMASTER UNIVERSITY

January 22 to May 28, 2006 - Hamilton, ON
1:00 PM - 3:00 PM - Hamilton Children's Museum
Adults - \$1.00 - Children - \$3.00
905-546-4848 - childrensmuseum@hamilton.ca
McMaster University science students provide hands-on science activities for children and families. Venture Physics and Let's Talk Science Team bring along "the phunky physics roller coaster" and other creative science demonstrations and activities. DATES: Saturdays, March 12, 19 & 26; April 16 & 30; May 21 & 28. 6 yrs and up

quebec

INTERNATIONAL EDGY WOMEN FESTIVAL

March 06 to March 30, 2006 - Montreal, QC
Studio 303, Sala Rossa - <http://www.edgywomen.ca>
Featuring innovative work by women artists from all disciplines, the festival includes several in-theatre showings of multidisciplinary performances, music and videos, a site-specific intervention in retail stores downtown, a zine fair, artist talks and workshops.

maritimes

ST. JOHN'S CIRCUS: GROUP PRACTICE

St Johns, NF - Tuesdays - Mun Athletics building - FREE
<http://nick.wirelesszero.net/cgi-bin/juggling/YaBB.cgi>
Everyone's a Star! Juggling, Unicycling, Magic, Clowning, Poi, Diabolo, Fire, and whatever YOUR skill(s) is!
Tues At 7:00 PM - Thurs At 7:00 PM - Sat At 2:00 PM
Sessions usually run about 3 hrs...

123 SENSE

St Johns, NF - Saturdays - 12:00 PM - 5:00 PM
Eastern Edge Gallery, 72 Harbour Drive
free - 709-739-1882 - <http://www.easternedge.ca>
Jean Klimack (Winnipeg); Dave Yonge (B.C); Tania Lewis (NY/Newfoundland)
These three artists present in different mediums (video, drawing and photography) odd senses of the everyday, urban myths and gentrification.

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



Contributed by Lonita Fraser

ON-LINE METHODS IN CHILDRENS' LANGUAGE PROCESSING

March 21 - 22, 2006 - New York, NY, USA

<http://qcpages.qc.cuny.edu/~efernand/childlang/>

This workshop is the first scientific gathering specifically dedicated to a new field of research that explores such issues, experimental developmental psycholinguistics. This workshop provides a forum in which scholars from different areas of expertise (psycholinguistics, language acquisition, and cognitive neuroscience), particularly those interested in applying on-line methods to study children's language processing, will discuss how current and developing empirical approaches can inform about language processing mechanisms in children.

26TH ANNUAL ANXIETY DISORDERS ASSOCIATION OF AMERICA

March 23 - 26, 2006 - Miami, Florida, USA

<http://www.adaa.org/conference&events/AnnualConference.asp>

Our conference provides education to health care professionals, individuals with anxiety disorders and their families, and the media about the nature and management of anxiety disorders. It also provides a unique forum for clinicians, researchers and anyone affiliated with mental health care to learn about scientific advances and current practices in the diagnosis and treatment of anxiety disorders.

LEADERSHIP SKILLS FOR SUPERVISORS (WEEKEND VERSION) - CALGARY

March 18 - 25, 2006 - Calgary, Alberta - Fee: \$1195 CAD

<http://www.peice.com/eventdetails.aspx?event=102514&ref=Allconferences&frfi=16734>

This 2-day course (offered over 2 consecutive weekends in Calgary only) presents practical principles to assist supervisors and managers in their efforts to motivate and mobilize team members toward the fulfillment of team and corporate objectives. A complete set of course materials (including a customized 22 page "DISC Behavioral Style" report for each participant) and lunch are included. Due to the highly interactive nature of this course, the session is limited to a maximum of 20 participants.

ON-LINE METHODS IN CHILDREN'S LANGUAGE PROCESSING

March 21, 2006 - March 22, 2006 - New York

Understanding how children process language, in real time, is necessary for building comprehensive theories about language acquisition. This workshop is the first scientific gathering specifically dedicated to a new field of research that explores such issues, experimental developmental psycholinguistics. This workshop provides a forum in which scholars from different areas of expertise (psycholinguistics, language acquisition, and cognitive neuroscience), particularly those interested in applying on-line methods to study children's language processing, will discuss how current and developing empirical approaches can inform about language processing mechanisms in children.

RISK MANAGEMENT CONFERENCE 2006

March 24, 2006 - March 26, 2006 - Mont Tremblant, Quebec

<http://www.mfrc.mcgill.ca/?section=Conferences>

A conference fee will be charged to cover expenses (C\$250 for academics, C\$500 for practitioners and C\$100 for students). Presenters, discussants and chairs will be provided with free accommodation. Conference participants are responsible for their own travel and accommodation expenses. Conference participants are eligible to pay discounted hotel rates starting at C\$199 per night, for arrival on Thursday March 23rd and departure Sunday March 26th. The conference will be held at the Fairmont Resort Hotel situated at the foot of Mont Tremblant in Quebec's Laurentians.

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

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