

THE VOICE MAGAZINE

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Volume 14 Issue 13*



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When my mother quit housework

Cyclic Nature

New Life from Old

Course Exam

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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.

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The Best Pressed Pants in all of Prince Edward Island: The Day My Mother Quit Her Unpaid Housework

by Carole E. Trainor



I was about 16 years of age, I recall, when my mother walked into the living room where the rest of the family was watching television, threw a dishtowel over a chair, and said with great restraint, "I would like you all to know that I quit. From here on in, you will all be cooking your own meals and doing your own laundry, dishes, and ironing." With this, she turned and walked quietly out of the room.

All eyes turned to my father who, like many fathers of the day, had the social authority to mediate reality for the rest of us. "What do we think of this, daddy?" was the question that came to my mind. "Does this make sense to us or does it not?" My father decided it made no sense.

His face turned a pale pink before he jumped to his feet and shouted, "Get the hell out of here with this craziness! What in the name of God are you trying to do to your poor little children?!"

A few of us cried before piling into my father's car to go for a soft-swirl ice cream at the local Peter Pan. In spite of the upset, we were, in some ways, the luckiest of all little lambs. My father was the warmest spot on earth. In his warmth and sensitivity, we took solace from the harsher elements of the world. To his shoulder was where I always took my tears and my tired, heavy heart.

His strong emotional reaction to my mother's resignation would have a lasting effect on my tender, sympathetic heart. How deeply I loved my father and how well I knew him from the inside out. I hated to have to witness him feel confused, upset or powerless. I wanted to protect all that was soft, rare and vulnerable in him because, like I said, I knew him from the inside out. At the same time, there was my mother to consider, and then, of course, us. How would we survive? Had she really left us adrift? Would we starve from that day forward? Were we resigned to wear dirty socks forever?

Not surprisingly, we all did fine (in time) taking up our own chores. We didn't die of the repercussions and neither did my father, although it would be less than truthful to say he ever resigned himself, happily, to the situation. He never did.

Still, my mother never recanted. She was a person of her very definite word. If she told you to be back in the house at five minutes to eleven, that's exactly what she meant. As a child, I spent more days than I care to recall suffering in solitary confinement before learning this about her.

Like many men of his day, my father believed that a mother's love was best conveyed through a lifetime of self-sacrifice and service to those she loved. But as the years went on and I would visit my parents' home, I would see that my father was growing in self-pride and confidence as a result of caring for himself and his own person in this way. I came, in time, to understand, forgive and tolerate his relentless, passive opposition to the situation. His opposition was evident every time he'd shake his head as though my mother's actions were something for which we all should feel terribly ashamed.

Today, as I go forward in my life and realize how much each of my parents gave me, I can honestly say that one of the best things my mother ever did for me (besides being someone who kept to her word) was to walk into our living room that day and give her notice to quit. She taught me so much through this single, solitary act. She taught me that she had a self that was worth respecting, and that my dirty socks were my business, not hers.

And my father, tender hearted soul who never missed a chance to pile us into the car and take us for an ice cream whenever the world felt too hard, will always be remembered for having the warmest heart on earth for almost any child whom he believed had been left out in the cold. And oh yes, he will always be remembered for his impeccable attire. I even had somebody say to me once they thought that my father had the pressed pants in all of Prince Edward Island.



NATURE NOTES:

from the backyard to the biosphere

By Zoe Dalton

Cyclic Nature: New Life from Old

The father of a dear friend of mine passed away last week. Although I didn't know him myself, I could feel my friend's pain as she struggled to cope with the loss of this man who, even throughout her adult life, played such an important part in shaping who she was and how she looked at the world. Yesterday's funeral was a time of mourning, of remembering, and of looking ahead to a new take on the future, a tomorrow without a person so dear to the family.

As a way of honouring our friend's father, and her ongoing love for him, a group of us decided on a gift we hope will provide her with some measure of comfort both now, in this most difficult period, and into the future. This 'in memoriam' gift represents what we hope will be a symbol of renewal and inspiration in difficult times, something she can establish on her own home soil; something which she will be able to watch as it develops from one season to the next, and as it grows and flourishes over the course of the coming years. This gift is a tree. Thus, from a passing comes a chance for new life, for a renewed view of what the future may hold, and what it can mean.

In nature, new life emerges from old at every turn. A spawning salmon, its energy spent on the arduous return migration to its home of old, becomes the sustenance a nesting eagle offers its hungry young. Senescing leaves fall from the forest canopy as autumn takes hold, only to land on the woodland floor and form a dense and warming layer protecting next spring's butterfly larva. An aged tree, softened by time and circumstance, and marked with the cavities of maturity, provides a home for a family of owls. This home, this nesting cavity, was in its turn created by a foraging woodpecker, as it sought out its arboreal insect prey that had chosen the decaying snag as their abode. This tree, when it falls at last, will leave behind a gap in the canopy through which the sunlight can make its way to the forest floor. This gap will allow the stunted saplings beneath, the grasses whose seeds had randomly arrived at this site, the woodland herbs awaiting this perfect opportunity, to grow and flourish.

In the study of ecology, it would be difficult to find the passing of one life that did not lead to an opportunity for the emergence of another. Indeed, it is only due to the cyclic nature of ecosystems that the limited amount of energy and nutrients available in our closed system can sustain so much life.

What we in human terms call passing away or dying implies a termination or a leaving. In nature, however, the term has quite a different implication. The word "passing" holds within it the meaning of leaving, but no less so that of arriving. Something passing from somewhere must, by definition, arrive somewhere else.

The loss of a loved one cannot be brought down to the rational, to the conceptual discussion of, say, the movement of energy from one trophic level to the next. As humans, we are both blessed and cursed with the possession of emotions, of deep and lasting feelings of loss associated with the passing of a life.

While no concept, no thing or word can replace one dear to us, the natural world provides a small bit of solace, a knowing that no end is an end without being another beginning.



Consolidated Professional Practice (NURS 441)

Many a sage has counseled that practical experience is one of the best teachers. Athabasca University's Centre for Nursing and Health Studies has taken advantage of this age-old knowledge and released a new nursing course, Consolidated Professional Practice (NURS 441), which offers post-Licensed Practical Nursing Bachelor of Nursing students the opportunity to gain experience in the nursing profession in a practical, hands-on manner.

NURS 441 is a course in two parts. The first introduces the concept of a learning contract, giving students insight and tools for writing their own learning contract, an assignment that reflects part of the student evaluation for the course. This first section is completed prior to the practical component of the course.

In the practical portion, students experience the practical side of nursing under the tutelage of an experienced preceptor. Essentially, this enables students to "apply, integrate, and synthesize all current and previous nursing knowledge" in a practical setting, to add to their knowledge bank. Nursing students will have the opportunity to experience individual patients, as well as patients from the same biological family. The latter experience will enable students to see disease trends and genetic health predispositions, for example. On this same line, students will be encouraged to take note of geographic and population-based health trends during their practical sessions. Additionally, emphasis will be placed on the students' applications of evidence-based medicine and science to various situations. Students will also be able to co-operate with other healthcare practitioners in the patient's health journey.

In addition to patient practical experience, Consolidated Professional Practice (NURS 441) also offers students the opportunity to experience the ethical side of nursing, as well as management issues. Throughout the course's practical component, students will work to maintain professional responsibility and ethical conduct, as per the professional code of ethics in Alberta. For the management component, students will "apply [the] management and leadership theory" presented in previous nursing courses to their current situations in NURS 441's practical sessions.

Student evaluation in Consolidated Professional Practice (NURS 441) is determined on an individual pass-fail basis for each of three evaluation's components. These components include a learning contract that the student designs prior to practical work, a knowledge advancement project, and individual evaluations.

NURS 441 emphasizes online learning, and much of its content is accessible through its online student section. Additional resources, such as reading material (including peer-reviewed journal articles and reputable website links) are also available through this student portal.

For more information on Consolidated Professional Practice (NURS 441), visit the course syllabus at: <http://www.athabascau.ca/html/syllabi/nurs/nurs441.htm>

AUSU THIS MONTH



Health Plan for AUSU Members - Announced

Finally, AUSU members can save on health and dental benefits in Canada!

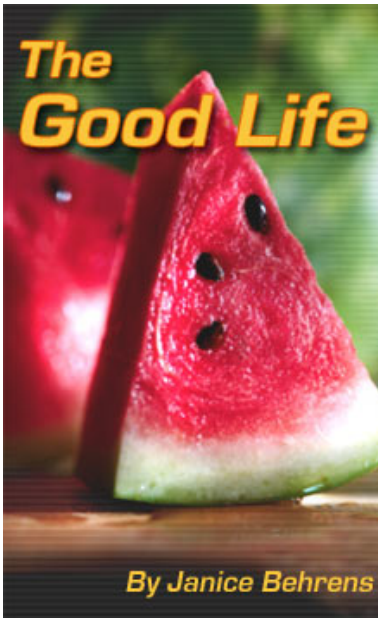
Your council has struck a deal with Student Benefits Administrators, an affiliate of Ingle International and Imagine Financial Ltd., to provide great rates to AUSU members on their commercial insurance products. The program offers a range of a-la-carte insurance services that include coverage for prescriptions, dental work, eye care and more. This program differs from those offered by other universities and students' associations in these key areas:

- the plan is available not only to AUSU members, but to all members of their families;
- the coverage can supplement other health and/or dental coverage you have in place with different providers. For example, if you have 50% dental coverage through another plan, you could "top up" your total coverage to 100% of your dental expenses;
- the coverage is flexible, to meet the needs of mature students and students in different locales;
- the plan will not be administered by your students' council, rather coverage will be set up directly through Ingle International and Imagine Financial Ltd. and Group Medical Services, who will also provide access to 1-800 support and customer service;
- this is an opt-in plan. No one is required to purchase coverage.

AUSU members who sign up for this program within 30 days of enrolment, or by May 31, 2006, are guaranteed coverage. If you opt out now but later decide you want the plan, you and your dependents (if applicable) will be asked medical questions and also have restrictions placed on your coverage should you qualify. Because this is not the limited, mandatory plan offered by many universities our rates may not be quite as low as some school plans, but our coverage options are considerably more extensive. While standard university plans are designed to provide coverage for single people in their late teens or early twenties all living in the same locale and beginning and ending studies at the same time, this plan can accommodate families and persons of all ages who study year round and live across Canada. Actual rates will vary depending on your age and location. Please visit our Health Plan web page at <http://www.ausu.org/services/healthinsurance.php> for more information and for all relevant contact information.

If you do not find your age group or location listed on the online rate sheets, or if you want additional coverage not listed with any of the plans, please call the insurer's toll-free line (the number is on the page listed above) and ask for more information about services not listed.

**AUSU has arranged for special rates for members. Tuition for AU undergrad courses includes an AUSU membership fee to cover the duration of the course plus six months. AUSU assumes no responsibility for the sale or administration of insurance services.*



Good or Bad: The Choice is Ours

Sometimes I wonder what it would be like if we changed our perceptions of the world just a little bit - specifically, the commonly held perception that life equates to struggle. How many times have we heard or said things like "Life is tough," or "You really have to fight to survive out there"? If we are honest about it, how many times do we expect the worst-case scenario, and yet fail to adequately prepare for it, as opposed to expecting the best, and diligently making sure that we're prepared for the worst?

From my experience, it is a rare person who does not get out of bed some days feeling agitated and annoyed with the world or feeling that something bad is going to happen. For me, those are usually self-fulfilling prophecies. As soon as I pull out of the driveway, someone will cut in front of me. I arrive for an important interview and find that there is a run in my nylons. My credit card will somehow disappear from my wallet. On those days, I find out at work that I didn't get the big account I had been working on, or that one of my co-workers has complained about me behind my back.

In contrast, on other days, I wake up well rested and with the invincible feeling that everything will go well for me today. I wait patiently for the driver in front of me to make his maneuver. I have a good laugh at myself for my absent-mindedness when things go wrong. I realize on those days that every failure is a learning experience, and every criticism helps me to become a better person. I certainly don't take them to heart. Sure enough, on these days, I find that my soul becomes a sort of magnet to attract positive things my way. A project that had me completely stumped for weeks suddenly becomes crystal clear and falls into place. I take the time out for lunch with an old friend, and the laughter revitalizes me.

I wonder what would happen if we consciously decided to approach life from a wholly different angle. What if we decided, for a set period of perhaps a day or two, to assume that life is actually good? What if we truly believe in our hearts that everything that happens to us, including things such as losing a job or the end of a relationship, is for the best? What if we gave ourselves over to the radical idea that the forces controlling the universe are kind and loving, rather than wrathful and judgmental? Do you think that something terrible would befall us if we were to relinquish our cares and worries for a while? Or do you think that our everyday lives would be enhanced and enriched?

AU STUDENTS RUN TO HELP ABUSED WOMEN

We are five normal, everyday ladies, all mums and two grandmothers, in training for this year's *Canadian Death Race*, a gruelling endurance race of 125km spanning over 24 hours and covering three mountains in Grande Cache, Alberta.

Why would we put ourselves through this? To raise money for Eagle Women's Emergency Shelter in the Foothills of Alberta, raise awareness, and help stamp out domestic violence. We have never tried anything like this but feel very strongly that domestic violence is out of control and needs to be addressed. Now.

It's a frightening fact that almost everyone knows someone who has been a victim of either physical or mental domestic abuse. We believe that increased exposure can help make victims aware that there are numbers they can call for help, and there is no need to suffer any longer. We also feel that domestic abuse and violence is a taboo subject that no one likes to acknowledge and this needs to change. Victims feel

humiliated and ashamed and we need to let them know it is ok to talk to someone and to get help.

We are now in full training for the race, and although before this all any of us had ever run was a bath and a temperature, we are determined to do as much as we can to help stop domestic violence. This is a very hard and gruelling race, but with the help and support from each other we hope to complete it and to raise as much money as possible for the shelter. If our hard work only helps one person get out of a frightening situation and gives them the strength to rebuild their life, then it will all have been worth it. Our team name is SLAP - Stop Letting Abuse Prevail. We have a team website with photos and information on each runner and about the shelter: www.runforsafety.bravehost.com

We hope you will support us in our quest to stop domestic violence. The race takes place on the August long weekend, beginning Saturday the 5th at 8am and ending Sunday the 6th at 8am. Only 19 weeks to go!!! AU student, mother and death-racer, Kim Anderson.



From Where I Sit

Hazel Anaka

Where's Michael

While Michael Dunahee hasn't been in my consciousness for the past fifteen years, I certainly remembered his name when his story resurfaced in the media recently. In 1991, four-year-old Michael disappeared from a school playground in Victoria, BC. Despite over 11,000 tips, his disappearance remains an unsolved case. A \$100,000 reward has been announced by Victoria Police to mark the 15th anniversary of his disappearance. A computer-generated composite drawing of what Michael may look like as a 19-year-old was also released to the media.

Michael's mother, Crystal, was quoted as saying that she still holds out hope that her son "is out there somewhere, just waiting." As a mother I cannot fathom the extent of her grief. I do understand the horror-filled panic that sweeps over you as you lose track of a child. When my son, Greg, was a toddler, he slipped away from me in the ladies-wear department of a large store in Edmonton. I remember trying to keep from running hysterically through the store. I looked around quickly, calling his name before deciding I needed help. I had a sales clerk make an announcement over the store's public announcement system. I wondered what I'd tell his father. How could I live with the guilt of losing him on my watch?

I can't describe the relief mixed with horror as I saw him with a woman. Was she rescuer or abductor? It turns out she was a store employee leaving work at the end of her shift who had spotted him by the door. She was bringing him back to where the announcement had been made. Thank you Lord. As a conscientious first-time mother, I thought I was doing everything right. But kids are quick and wily creatures with no innate sense of danger when they're very young. Can you believe that it would happen again years later with Hilary? This time, I found her hiding in a rack of women's clothing. Twice blessed.

Short of tethering them to your wrist or never leaving home, I'm not sure how much more a parent can do to safeguard their children. I do know that when the local RCMP had a child identification clinic, I was there. Not so long ago, I came across the paper with his footprints, height, weight, eye and hair colour recorded along with a current photo. Today, some twenty-five years later, DNA samples are also being taken in the event of a tragedy.

The Missing Children's Society of Canada, founded in 1986 to find runaway and abducted children, has closed 4,000 cases since its inception. The unofficial numbers for 2005 indicate a total of 66,548 missing kids in Canada. That's a lot of parents praying their child is "out there somewhere, just waiting." We must stay vigilant both for the sake of our own and other people's children. Mrs. Dunahee needs closure, from where I sit.



Dear Barb: My husband and I have just gotten married and we are considering purchasing a condominium. The prices for condos seem to be reasonable considering all the features that are included. We both have very busy careers, so my husband likes the thought of not having to do all the outside maintenance. I'm sure there must be some drawbacks to condo living. Maybe you could provide some insight into this lifestyle. Thanks.

Jeanne in Quebec

Hi Jeanne. The decision to purchase a condominium should be carefully considered, as you are buying into a lifestyle. You will be living in close proximity to other owners, which could be quite a few people depending on the size of your complex.

In a condo, you own inwards from the paint on your walls. Unless you are purchasing a freehold condo, in which case you own the entire structure, but the land is commonly owned. In an attached condo, the property in your complex is considered common elements and jointly owned by all owners. However, some of the common elements are designated for your exclusive use. These may include decks, balconies, patios, and parking spaces. The details of the common and exclusive use elements will be outlined in the bylaws of your condominium

corporation. Before purchasing a condo, you may want your lawyer to obtain a copy of the bylaws. These bylaws can only be amended based on receiving the support of at least 80% of all owners.

In a condominium, a company that the condo committee hires does all of the outside maintenance. The condo committee is made up of a board of directors who are elected by the owners and their job is to manage the corporation. I'm sure you are aware that you pay a monthly fee for this maintenance. Included in this monthly fee is the insurance on the exterior of your unit. As well, a portion of the monthly fee is put into a reserve fund for future repairs and maintenance. Your condo bylaws will outline all that is included in your condo fee. These bylaws are unique to each condo corporation.

Under certain conditions you may have to pay an additional assessment. This may occur if a large project is to be undertaken in your complex. For example, units may require new windows or a roof and there isn't enough money in the reserve fund to cover this large expenditure. Each owner would receive an assessment that could be paid in a lump sum or on a monthly basis.

Condo living is not for everyone, but it can be a carefree lifestyle for individuals who lead a busy life or travel frequently. Many people do not enjoy doing outside work, as may be the case for you and your husband. Also, individuals who are physically unable to do the maintenance required in a stand-alone house may enjoy condo living.

I hope I have been able to present some aspects of condo living that you may not have considered. I personally live in a condo. My husband and I truly enjoy the lifestyle.

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.



Here Comes Spring

In Vancouver, spring has truly sprung. On the street where I live, there are miniature cyclones of cherry blossoms whirling around on the sidewalk. The apple and pear trees in the backyard look as though they are slowly gearing themselves up to provide a bounteous harvest this year.

As I write this at the inhumanly early hour of 7:00 a.m. due to the morning time change, the cat (who has already begun her seasonal process of shedding clumps of hair the size of desert tumbleweeds) is curled up on the carpet beside my desk, dozing in a delicious ray of sunlight. The cyclists, roller-bladers, wind-boarders, skim-boarders, kayakers, and joggers (who never really left, anyway) have emerged once again from their dreary bulb-like sleep, and are blooming in vernal spandex glory in every available outdoor space throughout the city. How depressing.

I know, I know. The feeling of warm sunlight on the face. The smell of flowers in the air. The magical turning of the seasons. Yada, yada, yada. The fact is, and it happens to me every single year, I just can't easily let go of the pleasures of wintertime. Call me weird, call me perverse, but as far as I'm concerned, winter, especially in Vancouver, is where it's at.

As anyone who has spent any amount of time in our city by the sea well knows, fall and winter are actually completely undifferentiated seasons here. Starting mid-October or so, great masses of grey and black clouds assemble overhead, like enormous floating cows gathering together in the pasture of the sky. At this point, the skies become carbon paper black. Then, for months without end, the rain begins to fall. It falls in sheets, in buckets, in gallons (both imperial and metric), in lashes, and in torrents. It rains cats and dogs, sheep and wolves, and tigers and donkeys.

Eventually (or, well, right about now), the cloud cows go lowing and chewing back to their invisible fields. And almost immediately, I begin to miss them.

For those magical months during which the sky pretends to be the sea, Vancouver becomes one of the best places on earth to enjoy the wonders of the great indoors. My own house, for instance, is transformed by the flickering of fire- and candlelight into something resembling a gloomy Victorian mansion. Eerie shadows move across the ceilings and floors. It is the perfect environment for listening to selections of melancholy music from the middle ages to the present, for hunkering down in the basement and devoting a day to depressing Scandinavian films, or for reading gloomy Russian novels as thick as loaves of rustic bread. There are cozy weekends when one does not even begin to consider the remote possibility of stepping outside for longer than it takes to retrieve the newspaper from the front step. Bliss.

When the spring arrives, however, and shafts of sunlight begin to force their way into my rooms like unwelcome door-to-door evangelists, the new, harsher light reveals my living space to be what it actually is: a series of rooms filled with clutter and dirt. There are tottering piles of books and stacks of ignored projects urgently waiting to be completed. There is discoloured wallpaper and threadbare carpets desperately in need of shampooing.

There is dust. Oh, yes! There is dust.

All of a sudden, when the spring arrives, my various excuses for being lethargic drift away like so many wind-dispersed spores. In the winter it is my right -- nay, almost my responsibility -- to sit at home whenever possible and make pots of tea. Suddenly, when the season changes, I find myself thinking that I should be outside and going for a bike ride, doing tai chi at the beach, or even participating in some ungodly activity like Nordic walking or something. At the very least, I should be setting stuff aside for a garage sale or cleaning the crumbs and butter residue from the kitchen drawers.

Fortunately, I am of sterner stuff than that. Through a tremendous exertion of personal will power, I will manage to keep myself in a state of relative torpor for a few more weeks. And eventually the pleasures of summer will win me over, as they always do.

Eventually, I will start swimming in the ocean again. I will organize my camping gear and tune up my mountain bike. In a few weeks, perhaps, I will find myself canoeing with my family in False Creek. But, for right now, until I have psychologically adjusted myself, I am inclined to agree with Mr. T.S. Eliot that April is indeed the cruelest month. And don't even get me started on the time change.



Want to **STOP** smoking?

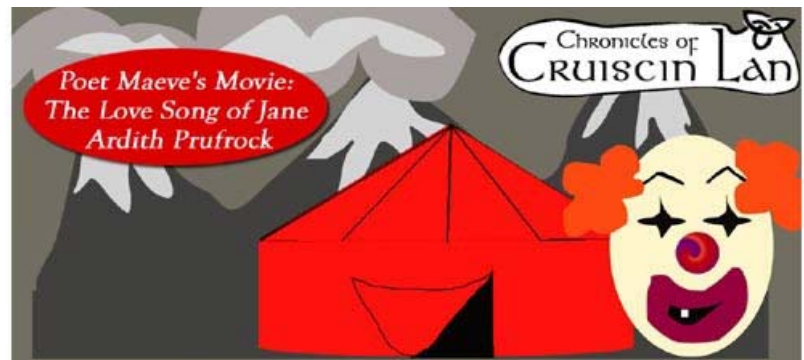
It's easier with **HELP.**

Smoker's Help Line **1-866-33AADAC**

www.aadac.com

AADAC
Alberta Addictions and Mental Health
A part of the Government of Alberta

alberta
HEALTH FIRST



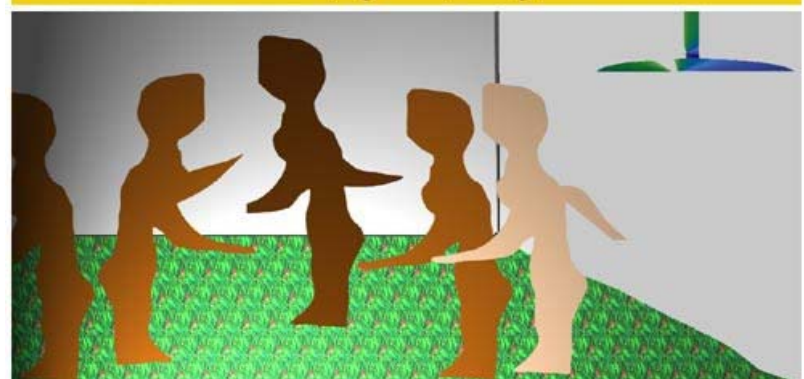
Let us go, then, you and I,
While a man's world is spread out against the sky
Like a circus where the clowns are always high.



Let us hear, at our most vulnerable times,
The muttering of lines
That haunt us, ever spiteful, in our sleep,
Lines like "just a girl," or "get a husband,"



Lines that lead us, in a patronising fashion,
To a very old and venerable question.
Oh do not ask, "what is it?"
Shun the truth, my dear, for you won't miss it.



In the room the women go and come,
Talking of all the ways that men are scum.



Independent Readers Give Their Two Cents on Climate Change

Mandy Gardner

Recently, a conference on climate change was held in Britain involving political parties from throughout the country that gathered in an effort to find some solutions to the impending environmental problems linked with climate change. In a simultaneous effort, *The Independent* asked its readership to share ideas about how to save the planet via legislation and government pressure. These are necessary elements in a practical plan that the government itself has yet to latch on to. The feedback was rather impressive. A ten point manifesto was drawn together that is relatively simple yet effective. The following ten points are taken from the April 3, 2006 article published in the *Independent*).

1. All new buildings should be fitted with solar panels or wind turbines.

Making new homes and buildings self-sufficient when it comes to power means less burning of fossil fuels and consequently, less pollution going into the atmosphere. This way, in the future when fossil fuels are hard to come by, the buildings in our cities will be ready for the change in power sources. Many buildings in Australia are already built to take full advantage of the blazing sun. Not only is it an environmentally friendly solution, but it is an affordable alternative as well!

2. Products should be labelled to show their cost to the environment.

Picture the energy rating charts on light bulbs and you will have a fair idea what these labels might look like (e.g., red is costly and blue is economical). The problem with calculating environmental cost is deciding what factors to value, and what elements to take into consideration for each item. Simplified, a working ratings system for food products might consider how far the product travelled, how much packaging it has, whether it was organically grown, and whether the farmers received a good price for it.

3. Urge more people to work from home.

That said, most people would already like to work from home. The reason they don't is because

- a) their job description will not allow them to be off-site, or
- b) their boss won't allow them to be off-site.

Many jobs in the quaternary sector of the economy (i.e., information-based jobs) can be performed from home quite easily with a few adaptations. Why would this help ease environmental damage? Simple! A few million fewer commuters going to and from work each day means a lot less pollution from car exhaust.

4. Cities should be able to ban all four-wheel drive cars.

Easily said in a country like Britain, but perhaps not so much in Canada or especially the United States. To a certain extent, four-wheel drives are necessary for transportation in bad weather and on icy roads. Are they needed in inner cities every day? It's debatable.

5. Public transport should be made cheaper to stop people driving.

Here is the same logic applied again. Fewer vehicles running generates less pollution. The trouble with most public transport systems (especially in rural Alberta, speaking from experience) is that they could not possibly be used daily by a working commuter. There aren't enough buses and/or trains at the right time. Therefore, a person is left with one option -- a truck. On the other hand, when there is a fairly reliable system of public transport set up, chances are that using it daily means a weighty drag on the pocketbook. These systems stand to alleviate environmental impact a great deal if only they could be made undeniably useful!

6. Make the use of energy efficient light bulbs in the home compulsory.

It's no secret -- using energy efficient light bulbs to illuminate your home means using only a fraction of the energy needed to operate regular light bulbs. Changing legislation to ban the use of energy-guzzling light bulbs, while being an obvious infringement of civil liberties, may be necessary to stop the manufacture of non-economical bulbs. If there is no other option, the public will be forced to use environmentally friendly products that they would otherwise ignore for the sake of saving a few dollars in the short term.

7. Efforts should be made to reduce unnecessary packaging in products.

Amen! This is one thing that really gets under my skin, namely plastic. It is used to excess. There is no place for it in the recycling bin. And worst of all, it does not biodegrade. Each day, tons of the stuff is dumped into garbage heaps and left to litter the streets. Enough of the packaging! Items do not need a box, plastic holder, shrink-wrap and foam guards.

8. The law ought to be changed to persuade more people to recycle.

Interesting use of the word "persuade." Yes, recycling needs to be done by everybody, but it is disheartening to think that so many people really need issues put into law before they'll do the right thing. Soon there will be an all-encompassing "Common Sense Law" and we can all start using our brains again. Conclusion: bring it on.

9. There should be an immediate ban on patio heaters.

The theory behind this is that patio heaters are excessive and not necessary for our existence. This can be said of many things, but apparently these, in particular, are being overused. Patio heaters are used for obvious reasons. For example, people having an outdoor party when the weather is a bit too cool. This does seem a bit silly.

10. Force passengers to pay the environmental cost of flying.

This last point is surely born of the age of cheap flights that we are living in. People zip back and forth between continents and countries with virtually no thought for the vast amount of exhaust coming from the back end of the plane. You know that white trail you see marking the path of an airplane in the sky? That's not a good thing.

Paying the environmental cost of a flight would be, like marking produce for environmental impact, a difficult task. Maybe instead of upping the price and making flights available only to the upper classes, we should all be awarded a certain number of Air Miles per year (not affiliated with the cheap flights scheme), making travel by air less overall. When you've used up your Air Miles, you will have to wait until next year to do any flying.

Make sense?

All in all, this is not a bad set of environment-saving guidelines from simple civilians. Why are politicians struggling to come up with the same?

Reference

Kirby, T. and Phillips L. (2006, April 3). Your world - Your verdict: The small but beautiful ways that can help the fight to save the planet. *The Independent*. Retrieved from <http://news.independent.co.uk/environment/article355342.ece>

SCHOLARSHIPS & AWARDS

Contributed by Zil-E-Huma Lodhi

CANADIAN SOCIETY FOR THE STUDY OF RELIGION UNDERGRADUATE STUDENT ESSAY CONTEST

Value: 1st prize \$200; 2nd prize \$100

Number of Awards: 2

Application Deadline: April 18

Description: Must be enrolled in undergraduate studies at a Canadian university or college, and submit 10-15 page essay on a topic related to religious studies. Essays may be assignments from a religious studies course. Letter from religious studies department required. For further information, please visit the website posted below.

Canadian Society for the Study of Religion (CSSR) / Société canadienne pour l'étude de la religion (SCÉR)

Web Site: <http://www.ccsr.ca/CSSR/index.htm>

RETAIL AS A CAREER 2006 SCHOLARSHIP PROGRAM

The 2006 Retail as a Career Scholarship Program is in full swing. Developed in conjunction with leading Canadian retailers, the Retail as a Career Scholarship Program is open to post-secondary students interested in a career in the retail industry. RCC will award twenty \$1,000 scholarships to provide financial assistance to committed and deserving students who are pursuing an education in retail or business related post-secondary program.

20 winners will be selected and will receive their awards at STORE 2006 - Canada's retail conference, taking place June 5 & 6, 2006. All travel and accommodation will be provided, as well as full delegate passes to the conference - a fantastic opportunity for you to meet with executives and see how the industry really works!

Web site: <http://www.retaileducation.ca/cms/sitem.cfm/scholarship>

CBIE INTERNATIONAL LEARNING GRANTS

Academic Year 2005/06

Application deadline: April 22, 2005

The CBIE International Learning Grants (ILG) promote international education and international relations careers. ILG allow undergraduate students to finance the costs associated with international learning, e.g. travel and living costs.

Interested candidates must complete and forward to CBIE by April 22, 2005, an online application form along with supporting documents as outlined in the Guidelines of the program. (Please read the Guidelines before submitting your application form.)

Application Form

Website: http://www.cbie.ca/download/grants/ILGguidelines_and_application0506-en.pdf

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

CHINA TRADE

On now to April 08, 2006

11:00 AM - 6:00 PM - Vancouver, BC

Vancouver International Centre for Contemporary Asian Art

Ticket Prices - Free admission

604-683-8326 - centrea@centrea.org

<http://www.centrea.org>

Group exhibition of installation, photography, painting, ceramics, film and video showcasing the latest developments in contemporary art by renowned international artists from China, Taiwan and Vancouver. "China Trade" is intended to encourage a public discussion of the long history and growing importance of Canada's trade with China. It presents an ideal opportunity to engage the business and trade communities in the adventure of contemporary Asian art and to involve the public in trade issues.

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

CANADIAN PACIFIC SCANDAL

On now to April 15, 2006

Toronto, ON - The Cameron House

Ticket Prices: Previews \$15; Tuesdays \$15; Wednesdays \$20

Thursdays \$25; Fridays & Saturdays \$30; Sundays \$20

VideoCabaret presents Canadian Pacific Scandal, the latest instalment in Michael Hollingsworth's award-winning History Plays. This brilliant satire rakes the muck of Canada's most infamous political scandal, while it raises the curtain on some of Canada's best-kept secrets such as John A. Macdonald's bribe taking, Wilfrid Laurier's love-child, and Louis Riel's asylum escapades.

THEATRE IN THE TREES "LAST OF THE RED HOT LOVERS"

on now to April 29, 2006

6:30 PM - 10:30 PM

Guelph, ON - The Arboretum Centre

Ticket Prices - \$53.00 / person inclusive for buffet dinner and performance. Cash Bar available.

519-824-4120 ext. 54110 arbor@uoguelph.ca

<http://www.uoguelph.ca/arboretum>

"Last of the Red Hot Lovers" is an American comedy. It runs every Saturday except Easter Weekend.

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

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

CONTINENTAL DEFENCE: POLICIES, THREATS AND ARCHITECTURE

May 4 - 6 2006 - Calgary

njmackie@ucalgary.ca

<http://www.cmss.ucalgary.ca/conferences/continentaldefence>

This conference will follow shortly after the report of the Binational Planning Group on the renegotiation of NORAD, and the emergence of Canada Command as a working organisation. These events foreshadow major changes in Continental Defence and the security relationship between Canada and the United States. They will draw public attention to these topics in a way that has not happened for two generations. This conference will bring together major figures from the Canadian and United States military, alongside leading public and academic commentators. It will address all aspects of Continental Defence, with topics ranging from the future of American-Canadian defence relations to the issue of strategic threat to North America. All Persons planning to attend must register in advance! All fees are quoted in Canadian dollars Includes 3 Lunches (May 4, 5, 6) and one dinner (May 5), all sessions, all coffee breaks, conference package.

Until April 1 - \$294.25 (\$275 + \$19.25 GST)

As of April 1st - \$347.75 (\$325 + \$22.75 GST)

You may register by credit card, cheque or by invoice.

27TH ANNUAL NATIONAL INSTITUTE ON LEGAL ISSUES OF EDUCATING INDIVIDUALS WITH DISABILITIES

April 30 - May 3, 2006

Orlando, FL, USA

Please visit www.lrpconferences.com or call toll-free 1-800-727-1227 for more information.

ANCIENT SCIENCE & MODERN SECRETS CONFERENCE

May 5 - 7, 2006 - Kempton, Illinois, USA

<http://www.wexclub.com/pages/events.html>

Guest Speakers

David Hatcher Childress: Atlantis, Mu & the Power System of the Gods

William Henry: The Oracle of the Illuminati

Joseph Farrell: The SS Brotherhood of the Bell & the Reich of the Black Sun

Christopher Dunn: Evidence of Ancient Machining

Kenn Thomas: Parapolitics and Modern Conspiracy

Jerry Smith: The Spear of Destiny in History & Legend

Sesh Heri: Nikola Tesla & the Wonder of the Worlds

and more discussion between speakers and other special guests.

Conference Costs

\$120; \$50 for a.m presentations only (includes lunch); \$65 for p.m. presentations only (includes dinner).

\$25 per any session (excluding any meals); Drinks and tipping are extra; The bar is a cash bar.

Accommodations are not included in the conference fee. Call 1-815-253-9000 to book a room at the B&B's (they fill up early). <http://www.wexclub.com/pages/events.html>. For information on the conference or on accommodations, call WEX at 815-253-9000, or Adventures Unlimited at 815-253-6390 Mon.-Sat., 9:00 a.m.-6:00 p.m. Central Standard Time.

PAEDIATRIC UPDATE 2006

May 1 - 6, 2006 - Toronto

<http://www.cme.utoronto.ca>

This 6 day paediatric conference provides current evidence based clinical information in a variety of learning formats, including a full APLS course, workshops and lectures on neonatal transport, sedation, emergency medicine, dermatology and much more. Intermediate to Advanced level of Continuing Medical Education - MainCert, MainPro and AMA credits.

GASTROINTESTINAL ENDOSCOPY

May 3, 2006 - Blacksburg, VA, USA
<http://www.conted.vt.edu/introge/>

Gastrointestinal Endoscopy - Beginning Level - is scheduled for May 3-5, 2006 on the Virginia Tech Campus. This intensive endoscopy course will consist of 12 hours of classroom instruction and 12 hours of hands-on laboratory instruction. It is intended for Veterinarians that either have no endoscopic experience or limited (20 cases) endoscopic experience. Didactic instruction will be supplemented with case material demonstrating where endoscopy is useful in diagnosing GI cases. The registration fee of \$2,850 includes lodging May 2 through May 4, lectures and clinical laboratory, handouts, reception and dinner on Wednesday and Thursday evening in addition to a CEU Certificate.

DEVELOPING & OPERATING UPSCALE HOSPITAL FACILITIES AND PATIENT SERVICES

May 4 - 5, 2006 - Palo Alto, CA, USA
<http://www.acius.net>

Network with executives in the healthcare industry that are looking to develop a more "luxurious hotel" like setting. Featuring an on-site tour of Stanford University Medical Center. Hear live case studies presented by Celebration Health, Johns Hopkins, NY Presbyterian, UCSF, University of Cleveland and many more.....

PRACTICAL ADVANCES IN DIAGNOSTIC IMAGING

May 21 - 26, 2006 - Yosemite National Park, CA, USA
<http://www.cme.ucsf.edu>

The goal of this five-day course is to provide the practicing diagnostic radiologist with a practical and up-to-date review of recent advances in diagnostic imaging. This will include presentations on the current imaging techniques for the evaluation of diseases of the central nervous system, chest, abdomen, musculoskeletal system as well as current approaches to breast imaging.

CANCER, CULTURE & LITERACY: SOLUTIONS ADDRESSING HEALTH DISPARITIES THROUGH COMMUNITY PARTNERSHIPS, 5TH BIENNIAL CONFERENCE

May 18 - 20, 2006 - Clearwater Beach, FL, USA
http://www.moffitt.usf.edu/about_moffitt/calendar/events/200605.asp

Our conference focuses on conceptual and methodological issues in community-based participatory research (CBPR) for creating solutions for impacting health disparities related to cancer, culture and literacy. The overall goal of this conference is to improve the care across the continuum of cancer control by providing and enhancing research strategies and skills of participants to better introduce culture and literacy components into the development of effective cancer communications and research. Participants and presenters will exchange and disseminate information relevant to communications in cancer control, and they will be challenged to rethink, refine and enhance their approaches in research. Participants will experience: presentations by keynote speakers, general discussions, poster presentations, break-out sessions, breakfast roundtable discussions and pre-conference skill-building workshops.

U.S. EPA SCIENCE FORUM 2006

May 16 - 18, 2006 - Washington, D.C. USA
Your Health, Your Environment, Your Future

This year's Forum highlights advances in risk assessment science, investigates the relationship between the environment and public health, and examines the complementary roles of Federal public health agencies. epa.gov/scienceforum. There is no registration fee to attend the EPA Science Forum. Once you register online, you will receive a confirmation email with additional logistical information within one business day. For More Information please contact:

Alina Martin - (703) 318-4678 - tcs-events@saic.com

DEPLOYABLE MEDICINE CONFERENCE

May 15 - 17, 2006 - Washington D.C USA

<http://www.marcusevans.com>

Key Issues to be Addressed:

- Analyzing current and future developments in deployable medicine
- Effective conduct of forward surgical units and hospital wings
- Leveraging technology to assist in casualty treatment

NATIONAL INSTITUTE OF MENTAL HEALTH DIVISION OF INTRAMURAL RESEARCH

May 11 - 12, 2006

Bethesda, Maryland, USA

<http://intramural.nimh.nih.gov/ResearchFestival/>

In addition to the scientific agenda, students will be given opportunities to meet with current post-doctoral Fellows and NIMH Scientists to discuss the science being conducted throughout the Division of Intramural Research Programs in an informal environment.

DISEASE MANAGEMENT COLLOQUIUM

May 10 - 12, 2006 - Philadelphia PA USA

<http://www.dmconferences.com>

The Disease Management Colloquium presents case studies of disease management efforts in a variety of settings. The Colloquium explores the role of disease management as it affects Medicare, Medicaid, the commercially insured, and the under- and uninsured; the role of evidence-based medicine; the use of incentives for physician and consumers; new tools and techniques; innovations by health plans and disease management companies; and key legislative and policy issues affecting the future of disease management.

The Colloquium seeks to better educate government agencies, the health care industry (including health plans and providers), employers, and the general public about the important role disease management programs play in improving health care quality and outcomes for persons subject to chronic conditions.

THE 5TH ANNUAL HAWAII INTERNATIONAL CONFERENCE ON SOCIAL SCIENCES

May 31 - June 3, 2006 - Honolulu, Hawaii, USA

<http://www.hicsocial.org>

The main goal of the 2006 Hawaii International Conference on Social Sciences is to provide an opportunity for academicians and professionals from various social sciences related fields from all over the world to come together and learn from each other. An additional goal of the conference is to provide a place for academicians and professionals with cross-disciplinary interests related to social sciences to meet and interact with members inside and outside their own particular disciplines.

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.

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