

# THE VOICE MAGAZINE

Volume 16 Issue 23  
June 6, 2008

## Milk-Crate Bandit

Monkeys in space

## Careers

Physical therapist

## The Learning Curve

Right on schedule



*Plus:*

*The Mindful Bard, From Where I Sit,  
Chronicles of Cruiscin Lan, and much more...*

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# LETTERS TO THE EDITOR

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



## EDITORIAL

Sandra Livingston



## Great Lengths

Most of us have seen posters for this popular fundraising campaign. Participants have come up with a number of catchy names—Shave for the Cure, Shave to Save, Cops for Cancer, and more.

Whatever it's called, the goal is the same: to shave your head and collect donations to help in the fight against cancer.

Firefighters, police officers, students, teachers—people from many walks of life can be counted among those who have shorn their locks in an attempt to make a positive difference.

Stacey Fearnall, a 36-year-old waitress in Owen Sound, Ontario, is no different. In fact, she managed to raise over \$2,700 dollars for the charity Cops for Cancer by shaving her head. But there *is* something

different about Stacey's story: her employer.

Stacey worked (among other jobs) as a waitress at a local restaurant. But when she showed up for work after shaving her head for a good cause, she was given an ultimatum. Either put on a wig or go home. Stacey chose to go home.

Dan Hilliard, owner and chef at the restaurant, defended his actions to reporters, saying his restaurant "has certain standards." Among them are prohibiting male staff from wearing earrings, and requiring employees to "keep their hair at a reasonable length." According to the *Toronto Star*, Stacey will be allowed back to work once she grows her hair in.

We won't even get into the ambiguity of deciding what's "reasonable." Should waiters be allowed to shave their heads, a popular style in hot weather? If so, why should it be different for waitresses? What if someone is naturally bald? Should they be discriminated against by an employer? And in the food industry, where long hair can be a concern, isn't no hair at all the most "reasonable"?

The question isn't one of cleanliness or outrageous fashions. The question is what lengths ordinary people are willing to go to in order to help their fellow citizens. For Stacey, just like thousands of others who have participated in similar events, the answer is that they're willing to go to great lengths.

While most of us fret about a bad hair day or whether our roots are showing, Stacey and others like her are willing to shave their heads completely; to endure good-natured ribbing from those who know them, and, the world being what it is, likely put up with some less-than good-natured stares or remarks from those who don't.

In defending his position, Hilliard also told reports that some customers agreed with him, saying they would have been "appalled" to be served by a bald waitress. We can quibble about what's "reasonable," Mr. Hilliard, but what's appalling is that a trivial issue like a bald head was more important to you than a positive, compassionate gesture.

But perhaps the most appalling thing of all? That a person would be penalized for appearing, bald head and all, to be someone who cares.

## CAREERS

Behdin Nowrouzi



### Consider a Career as a Physical Therapist

#### What is Physical Therapy?

Physical therapy is an allied health profession geared toward the prevention of movement dysfunction, and toward the improvement of physical capacity.

Physical therapy promotes optimal health and its primary goal is to assist individuals achieve the highest possible level of independence and functioning.

Therapists often work and collaborate with different health professionals, including rehabilitation health

professionals, pharmacists and nurses, and with physicians.

During a typical assessment, physical therapists (PTs) examine and assess an individual's functioning through a series of tests and the use of specialized instruments. As an example, a PT may assess an individual's muscle strength, respiratory functioning, and locomotion.

PT treatment includes prescribing exercises to patients that have been immobilized or who lack strength or flexibility. Depending on the diagnosis and other health conditions, these exercises can target balance, posture, strengthening, and coordination, with the ultimate goal of increasing function.

In terms of specialized equipment, PT may include electrical modalities, hot packs and cold compresses, and ultrasound. For instance, therapists can use ultrasound to reduce swelling and alleviate pain.

#### Education and training

A university degree in physiotherapy and a minimum number of supervised clinical training hours are required. Registration with a provincial or territorial regulatory body is required to practice physiotherapy.

Moreover, British Columbia, Alberta, Ontario, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador require that all applicants for licensure have passed the Physiotherapy Competence Examination, which includes both written and clinical components. For example, in Ontario, individuals must be registered with the College of Physiotherapists of Ontario in order to use the title Registered Physiotherapist and to practice as a physiotherapist.

#### Admission information and requirements

Currently, there are 14 physiotherapy schools across Canada. They are Dalhousie University, Université Laval, Université de Sherbrooke, Université de Montréal, McGill University, Université d'Ottawa, Queen's University, University of Toronto, McMaster University, University of Western Ontario, University of Manitoba, University of Saskatchewan, University of Alberta, and the University of British Columbia.

Applicants are advised to contact the school of their choice directly for specific admission requirements. For instance, the University of Toronto has an entry level M.Sc. in Physical Therapy two-year clinical stream as



well as an advanced standing one-year program for current physiotherapists that wish to gain graduate level physical therapy training.

### Where physiotherapists work

Physiotherapists are employed in hospitals, rehabilitation centres, with sports teams, in industry, long-term care facilities, or in private practice.

Therapists may specialize in a particular clinical area such as cardiology, pediatrics, or neurology, or work with certain types of individuals such as burn victims or athletes with sports injuries. Some Canadian therapists apply their training and knowledge to working with animals. This is known as animal therapy. Physiotherapists working in the private sector directly charge their patients' insurance companies. Generally, their wages are higher than those working in publicly funded institutions.

### Salaries and demographic information

The Canadian Physiotherapy Association states that salaries vary considerably between and within the provinces. According to a 2005 survey, new graduates working at hospitals or public facilities earned between \$33,266 and \$52,522. With increased experience and training, physiotherapists in the same field earn wages ranging from \$56,000 to \$77,142.

According to Service Canada, PTs earn \$25.89 per hr in Canada. For instance, in Ontario, the yearly median income is just over \$55,000 while in Alberta it is approximately \$54,000. Women comprise 88 per cent of physical therapists and about 75 per cent of PTs worked full-time in 2004. The majority of therapists (86 per cent) were 25 to 54 years of age, and 7 per cent were older than 55 and 6 per cent were 24 or younger.

Employment opportunities are good for physical therapy graduates. Stronger growth is found in private and community-based settings. Moreover, as the Canadian population ages, there will be a greater need for health care services.

For more information regarding physiotherapy as a career, please visit the Canadian Physiotherapy Association [website](#).

## DID YOU KNOW?



### AUSU Bulletin Board

Have something to sell? Looking for a new job, or maybe a volunteer opportunity? Want to connect with a Study Buddy for that new course you just enrolled in? Then why not check out the [AUSU Bulletin Board](#)?

If you're an AU student, and have a valid login and username for the AUSU site, you can access all the latest postings on the bulletin board. The Study Buddy section is a great place to find other students taking the same courses as you, and just about every subject area is covered: Psychology, Math, English, Communications Studies, Philosophy, Astronomy, and more.

You can also search job listings for that perfect summer job or volunteer opportunity, while other sections have items for sale or wanted. The more students that use the bulletin board, the better it works for everyone, so why not check it out today?

## THE LEARNING CURVE

Heather Fraser



### Right on Schedule

I have recently entered my third term with Athabasca University, and trust me, the road has been bumpy.

It's also been fast-paced, similar to the Zipper ride at the fair my daughter convinced me to ride with her. After standing in line for an hour with her in the sun, the term "show no fear" took on a totally different meaning. During the ride, I was convinced I would either fall out of the safety harness while upside down (although I was wedged in there really

well—the rides seem to be built for teenagers and I seem to be built more like a stereotypical farmer's wife), or I would get very sick while at the top of the ride.

School stress can feel like that. Your course deadline is coming up fast, you've booked your exam, but now you don't know if you will be able to write it in time. Or you need a higher mark to pass and don't know whether to withdraw and get a WF on your transcript or take the lower mark. What are you going to do? Or maybe you have a six-month course you signed up for, but left it all to the last month and your tutor hasn't acknowledged the two assignments you handed in at midnight!

It can all be quite nauseating. Not enough to lie down in the grass in downtown Kenora with a Slurpee resting on your head, but the physical effect can be similar. To combat that feeling, here's a list of study and planning ideas I have come up with that I wish I knew when I started.

### When you get that shiny new box of course materials, don't jump right in

I'm a full-time partially funded student, so I have to finish three courses every four months. Minimum. And I optimistically signed up for a summer term as well. I learned quite quickly that going through every piece of paper in that box, and reading over the study guide to learn the expectations, is really important! Can we say English 255 online groups? A lot of people wait too long to sign up for them and then they miss out on one that fits their schedule.

### Book your exams before you begin the work

Sound crazy? Actually, scheduling is a large part of distance education. Without a strict schedule you will fall behind. I plan out all my exams based on the weight of the courses (the amount of work they take and the credits they are worth), and plan exam dates that work with my local invigilator. I book every exam with AU at once through the exam unit—then plan my assignments and reading plan with my calendar. It is easier to keep on task and on schedule if you have a plan. And that way, my exams are requested a full four months before my course end date!

### Don't sacrifice too much

Sounds silly coming from a single mom who works full-time and attends AU full-time, right? But with careful planning and thinking ahead, you will actually save yourself quite a bit of time. Working with your calendar from the start, you can plan your study activities around special events in your life, or your families' life.

An example: this summer we are spending a total of 19 days camping. I can't go 19 days without studying, so I planned in advance, and the summer courses I chose can travel with me as they aren't online based and don't require a computer.

I study at soccer practice, but don't study during a soccer game. Any student knows how easy it is to get burned out. Plan your course load and course schedule realistically, and with good balance and planning (and hard work, of course) you can find balance between the things in your life that are important. Sacrificing too much can make you bitter, and life is meant to be enjoyed!

### **Don't lose your textbook**

Sound crazy? I might be the only person in the history of AU to lose a textbook, but I doubt it. I chose not to look at my ORGB 364 textbook for a week (I think I subconsciously hid it so I couldn't find it again.) It was under the seat in my car while I spent three evenings tearing my house apart.

***The two-week break is something to look forward to, but it also allows for those crazy things in life that seem to happen right when you don't have time for them. Like mono.***

Every student needs a study area, even a small one. Keep your course materials and textbooks in a place you can find them and easily work on them for short periods. Pens, pencils, papers, erasers, etc. should be ready for your study time (I wrote a four-page essay on construction paper with a Sharpie pen during my first term, and it wasn't a pretty sight when I was trying to type it to email to my tutor).

### **Give yourself a lot of time to finish your course**

This goes back to scheduling once again. I always give myself a two-week buffer when planning out my courses, so on paper I do my three courses in three-and-a-half months. The two-week break is something to look forward to, but it also allows for those crazy things in life that seem to happen right when you don't have time for them. Like mono.

### **Stay in touch**

Find some way to become involved in AU. The AUSU forums are a wonderful way to remember that you aren't alone, and are also a great place to get advice or to ask other students about their experiences with the school, or even a certain course. The forums aren't a study board by any means, but there is a lot of good advice there that goes back years.

### **Reward yourself**

Martyrs are only meant for novels and movies. I spent a full 14 hours working through my first math course with AU during my second month. Then I realized that I forgot half of what I was working on because my brain had turned to yogurt. You need breaks and you need motivation. There is nothing wrong with taking a few days off studying once you finish that course you've been hammering away at every day for a month.

### **Be realistic with your family situation**

Family and school can coexist. No one has to be miserable, and you don't have to miss out on important things. It comes down to scheduling, but also being realistic. A two year old is not going to let you study for too long before things get stressful. Probably five minutes, and I am being optimistic.



Try to save most of your study time for when they don't need you the most. I do most of my studying after my daughters are in bed at 9:00, or while they are entertaining themselves. I don't try and do my homework while they are doing theirs, because I know they will be asking for help and I'll be distracted.

### Don't do your school work at work

First, don't work on math assignments at work unless you are specifically told the bosses don't mind. For some reason, my boss was quite upset when my calculator and graph paper were all over my desk.

***Don't ever give up.  
Any situation you  
find yourself in  
while studying has  
a solution waiting  
for you.***

Draw a line between work and school as much as you can. I still read textbooks at work, but only during my lunch hour. Try not to bring your work home with you; you have enough school work sitting there waiting for you!

Also, many employers will be flexible (if you ask nicely) and allow you to take a half day off every few months as a training day to write your exam. Finally, make sure that your employer knows you are working on your degree. It is impressive that you are working and furthering your education.

### Use your calendar

Everything was nicely laid out in my calendar, and planned out so I'd know exactly what to work on on which day. And then I put my calendar away in a drawer for two weeks! I thought I knew my plan well enough that I didn't need it in front of my every day, and I almost missed my critical exchange for English 255. Keep your calendar where you can see it and use it, and keep it updated as well. If you suddenly have to go to a wedding, shift your calendar plan around so you don't fall behind.

### Talk to a course advisor

They really know their stuff. It is amazing the things you can ask them about course requirements and prerequisites. I worked out my entire AU course plan from start to finish and got them to check it to make sure it would satisfy my degree. Then, after my first two terms, I decided to change the program I was admitted to, and my course advisors were an amazing resource to help me through the transition.

### Remember that there is always a way

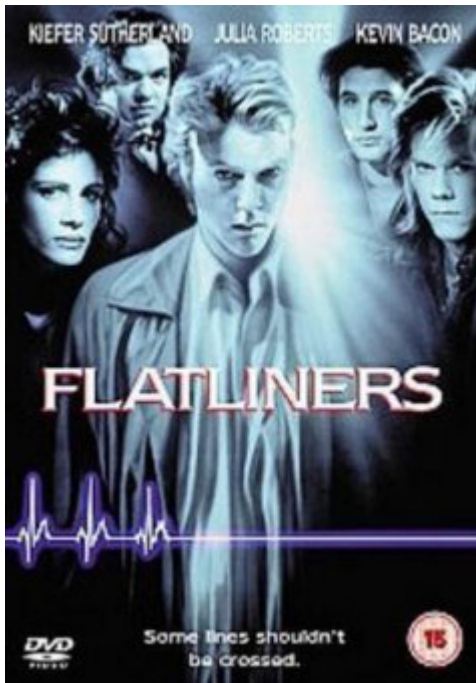
Don't ever give up. Any situation you find yourself in while studying has a solution waiting for you. Online, the [askAU](#) feature is an amazing resource, but so is a phone call to the Info Centre. The Info Centre is there to answer your questions, so make a call and find out for yourself from the source. You can also contact department heads and ask them questions, or you can call your financial aid advisor if you have a concern.

If someone says no to your question, don't always take it at face value because they just might not be right. This isn't a matter of loopholes or lies; it is a matter of regulations and realizing that one person can't know everything in the rule book. As well, the AUSU is willing to help out any student that calls them.

Sometimes it seems that studying is the easy part of distance education. We can't just walk into an office and ask a question, but there is a seemingly unlimited amount of staff and resources that can help you with whatever crisis you find yourself in. It is simply a matter of putting the time in, staying calm, and finding the right person to ask your questions of.

## MILK-CRATE BANDIT

Erik Ditz



## I'm Why They Sent Monkeys Into Space Before People

A lot of people don't realize that for many years before I began to write in chalk for pocket change on street corners, and then eventually worked my way up to this gold-plated keyboard, I was an astronaut.

I was paid ridiculously huge amounts of money to ride tin cans—commissioned by the government to be built by the lowest bidder—into space so that I could come back and tell everybody how cool it was out there in the depths of airless emptiness.

It was while I floated in the vast vacuum beyond all that we know, that I began thinking about how messed up everything was everywhere except where there wasn't anything, and eventually came to the conclusion that humankind needed to move to outer space in order to reinvent itself and be thoroughly rid of earthbound issues like pollution, paranoia, and Maury Povich.

Of course, I'm sure most of you are familiar with my failed campaign for prime minister of North America, and the tremendously inappropriate slogan my staff and I chose for the project: "You suck and so does the vacuum of space, so why not move there?" which was entirely based on some mildly delusional rantings I managed to scribble on NASA toilet paper while space traveling.

I understand now that it was necessary to make an example of me and my anti-social space fever by forcing me to give up space travel and politics in favour of media reviews, but that still doesn't make me wrong. Trust me, it's easier to breathe in an airless environment than in a place so overcrowded with redundancy that bands name themselves after movies.

To quote Art Buchwald, "You can't make up anything anymore. The world itself is a satire. All you're doing is recording it."

## Flatliners

I have to start with this one because the juxtaposition is just so enormous here; for one thing, *Flatliners* was an extremely trippy, dream sequence-centred movie from the early '90s starring Kiefer Sutherland, Julia Roberts, Kevin Bacon, and one of the Baldwins that was about med students who killed each other and then brought each other back to life to find out what was beyond life and death.

For one thing, not only is this the only Kevin Bacon movie without any penis in it (not counting *Tremors*, which was all about prehistoric, penis-shaped monsters), it's also the only movie I can think of where you actually get the satisfaction of seeing Julia Roberts die.

On the other hand, The Flatliners are also a bunch of kids from urban North York who are—and this is unbelievable in this day and age—still playing ska. I mean, I thought we worked all this out in the '70s and '80s with The Police and UB40: ska is over, guys. Not just passé, like bell bottoms or techno, but actually dead and gone and not worth being a part of, like the Spanish Inquisition or *Three's Company*.

Yet somehow, major radio stations keep giving these perpetual 13-year-olds airtime to wank their lame stoner solos and silly lyrics about being held down by the man in their mom's basements. If you're going to name yourself after a movie that's all about the horrors of returning from the dead, at least sing about zombies or something, you checkerboard-wearing ever-teens.

### Holy Mountain

*Holy Mountain* was an inspired, shocking, and visually astounding (the sets look like Michel Gondry making fun of Salvador Dali) film from Spanish genius Alejandro Jodorowsky that got his films banned from a lot of close-minded countries that didn't want to let their citizens see the crucifixion of Christ re-enacted by toads. Pretty much the best movie you could ever watch if you were ever an interior designer or a secret hippie.

Alternatively, *Holy Mountain* is an album by formative doom band Sleep that delves as far as possible into your ability to tolerate drony, annoying noises and stories about flying into the sun. While there are some elements that definitely remind one of repetitive punk and early death metal, the album stays fairly fixed on its course for self-destruction via boredom and rarely veers off course. Pretty much the best album you could ever listen to if you were ever an interior designer or a secret hippie.

### Them

*Them* is a standout classic of 1950's sci-fi about oversized carnivorous ants that attack humans from underground, which sadly few people have seen but which ranks with *Batman* and *The Thing* as one of the most original, creative, and interesting ideas to be hatched on this continent in about a million years and then turned into a sci-fi/horror flick.

James Whitmore does a fantastic job of being terrified of ants in this film and if you haven't seen James Whitmore run away from ants, then you haven't lived.

However, *Them* is also the most essential album of King Diamond's expansive career, about a haunted house where his family gets murdered by ghosts and his grandma drinks blood tea. Incest, spying through keyholes, and operatic arias and solos that border on manic make this an incomparably necessary item in the King catalogue.

### Sting

*The Sting* is a classic film starring Robert Redford and Paul Newman hustling a rich guy on a horse race. It's a bit too long but there're plenty of gangsters reciting pithy witticisms with absurdly over-the-top accents.

Unfortunately, Sting is also the guy that thought forming The Police was a good idea. Look, Q107, I don't care what friggin' dress Roxanne wears, just stop playing the song already.

### Franz Ferdinand

Franz Ferdinand is some archduke guy who got shot and probably liked rolling around in money.

Franz Ferdinand is some pop band with swoopy hair and tight clothes that probably like rolling around in money.



## Books, Music, and Film to Wake Up Your Muse and Help You Change the World

Book: Sebastian Faulks, *Engleby*

Publication date: 2007

Publisher: Hutchinson, London

*"Don't patronise me if you read this thirty years on, will you? Don't think of me as old-fashioned, wearing silly clothes or some nonsense like that. Don't talk crap about 'the seventies', will you, as we do now about 'the forties'. . . Yours are in fact my atoms, reused . . . Vulgar newspapers? Porn? Still wearing jeans? Thought so. Yet you've had an extra thirty years to sort it out!"*

Sebastian Faulks in *Engleby*

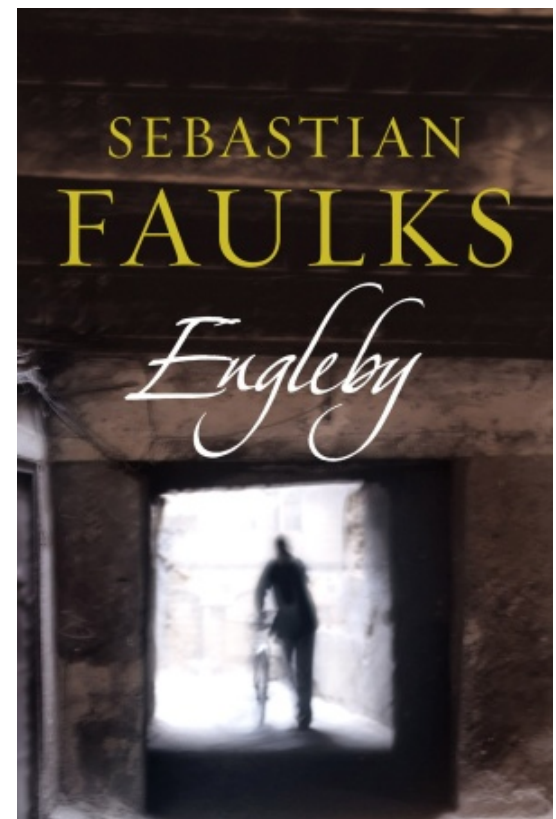
You meet this guy and he seems like just another gifted snot: pretentious, boring, emotionally distant, and full of himself. Then you hear the story of his terrible suffering, and you see glimpses of a covert—but not textbook—psychopathology, and he starts to grow on you, gains another dimension, even. But you find out he's been stuffing himself with mind-altering drugs and fibbing about a lot of things and you break it off. In spite of yourself, you just can't stop thinking about him and trying to understand him.

This is what it's like getting to know Faulks's strange working-class hero, Michael Engleby. He's like the reverse of one of those Russian nesting dolls; every time you open him up there's someone bigger inside. If you've ever wanted a detailed example of compartmentalization in action as described by Karen Horney, this is your book.

I haven't enjoyed a modern novel quite so much in years. I've read some I liked despite having to wince past the characters I was supposed to be identifying with and admiring at the same time. I've been looking for a novel in which the speaker is like Dostoevsky's in *Notes from Underground*, wallowing in debasement and fully aware of it and not even looking for diamonds in the mud. Now *that's* a modern hero. And so is Engleby.

In recounting his own story, Engleby starts in the middle and moves backward, then forward, like Ulysses in *The Odyssey*.

But time is more deliberately scrutinized here; Engleby speculates on the nature of time, which is sometimes enlightening, sometimes not. One character casually recites, in 1985, a series of predictions about what may happen in the future, all of which are now (coincidentally?) true: the end of the Cold War, for example, and of apartheid. Engleby is flabbergasted, and places a wager that none of it will transpire. A child of the Cold War and comfortably certain he will die from a nuclear attack, he has simply not developed the stomach for peace.





One insight into Engleby's psyche comes in the form of little segues in which he seems to be trying to screw up the courage to talk about something painful that happened to him and which he'd just as soon forget. This from a character who'd shed no tears at his father's passing (and had wondered why), yet who later broke down weeping when a doctor tenderly touched his shoulder.

Faulks is certainly making a statement about the generation that came of age in the '70s, those youth sandwiched in time between the earth-shakers who left a legacy of carefree decadence and the nihilists who gleefully anticipated the world's demise.

Somewhere in the long tragedy of late-20th century youth culture some managed to hold to their ideals and put them to good use. But this book isn't about them; it's about those who posed, ranted, and tried to dull the pain. Engleby's story goes a long way toward accounting for them.

*Engleby* lives up to seven of The Mindful Bard's criteria for books well worth reading: 1) it is authentic, original, and delightful; 2) it confronts existing injustices; 3) it gives us tools which help us to be better artists; 4) it is about the costs of the loss of self; 5) it provides respite from a sick and stupid world, a respite enabling us to renew ourselves for a return to mindful artistic endeavour; 6) it stimulates the mind; and 7) it poses and admirably responds to questions which have a direct bearing on our view of existence.

*The Bard could use some help scouting out new material. If you discover any books, compact disks, or movies which came out in the last twelve months and which you think fit the Bard's criteria, please drop a line to [bard@voicemagazine.org](mailto:bard@voicemagazine.org). For a list of criteria, go [here](#). If I agree with your recommendation, I'll thank you online.*

## FROM THE GALLERY



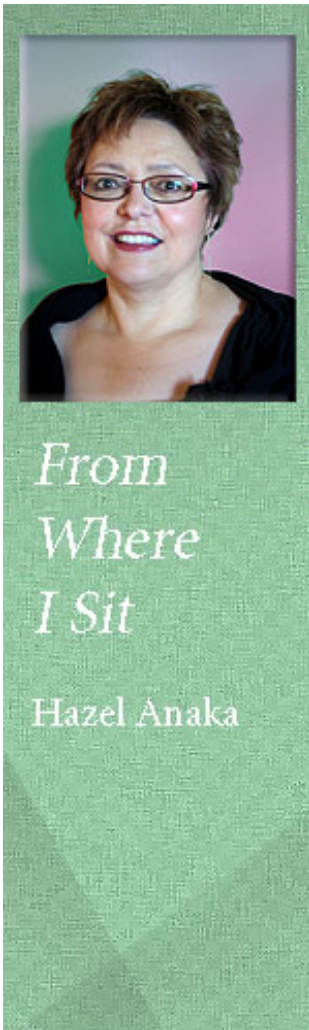
On May 26, the new AUSU council was hard at work at the first regular meeting since the recent elections. Much of the meeting dealt with financial matters. In one motion, an additional \$4,900 was approved for the last audit. The increased expense came down to a legislative change: new government regulations mean that auditors must perform more in-depth audits than before, and are now required to examine policies as well as finances, and the extra hours involved were reflected in higher-than-anticipated fees.

Another motion for an increase in expenditures, this one for \$4,000 in postage and courier fees, was tabled. Council agreed that this marked an unusually high increase and needed closer examination. Still on the financial front, councillors also approved an amendment to the existing payables policy: with several new councillors on board, the amendment set out clear guidelines to ensure that payables are approved in a timely manner.

In other news, the Awards Committee has awarded two computers to students, and there are several new awards under discussion. The Executive Director's report offered a glimpse at several other initiatives: there's been a lot of interest from potential advertisers in the 2009 planner, and the new AUSU employment site is almost ready to roll. As well, AU has a new ombudsperson, and AUSU continues to develop a positive rapport as part of their advocacy on behalf of AU students.

See you at the next regular meeting on July 14!





## Going Home

As my week-long getaway draws to a close I feel compelled to do a cost-benefit analysis. Did I accomplish as much as I'd hoped? Or is it crazy to calculate the productivity quotient of what was supposed to be a relaxing getaway?

My intention was to have no intentions. To simply let my mood and the day dictate what, if anything, I would do.

The doing could have included reading, writing, journaling, walking, napping, Sudoku, or meditating. Or absolutely nothing if that felt right. I came with books, journaling materials, candles, crystals, laptop, Nintendo DS, my baby pillow, and some comfort food.

I also came with an inexplicably sad and heavy heart and a lethargy that was beginning to worry me. I hoped I wouldn't spend all week crying but knew it was okay if that's how it played out. A chalet in Manitoba would be as good a place as any for sobbing. There were tears on day one. It's difficult to do inner work without stirring up suppressed emotions. A good private cry works wonders.

Most of us couldn't get away with that at home. Can you imagine the questions from loved ones? Would any answer provide an adequate explanation? Don't worry, dear; I'm crying because I don't yet know the meaning of life or my place in it. We might as well book the shrink now.

Because I'm a solitary person I liked that I really didn't need to talk to anyone other than the clerk at the bookstore/art/cappuccino place or the front desk or the dining room. In fact, these few voices seemed foreign and intrusive.

When I visited a gem shop I was glad the retired miner and geologist couple who own it were chatty and generous with their time. In fact they were closed but the gal from the deli called and asked if they would open for me. It was a couple of hours well spent that left me \$50 poorer in cash but so much richer in knowledge of the healing potential.

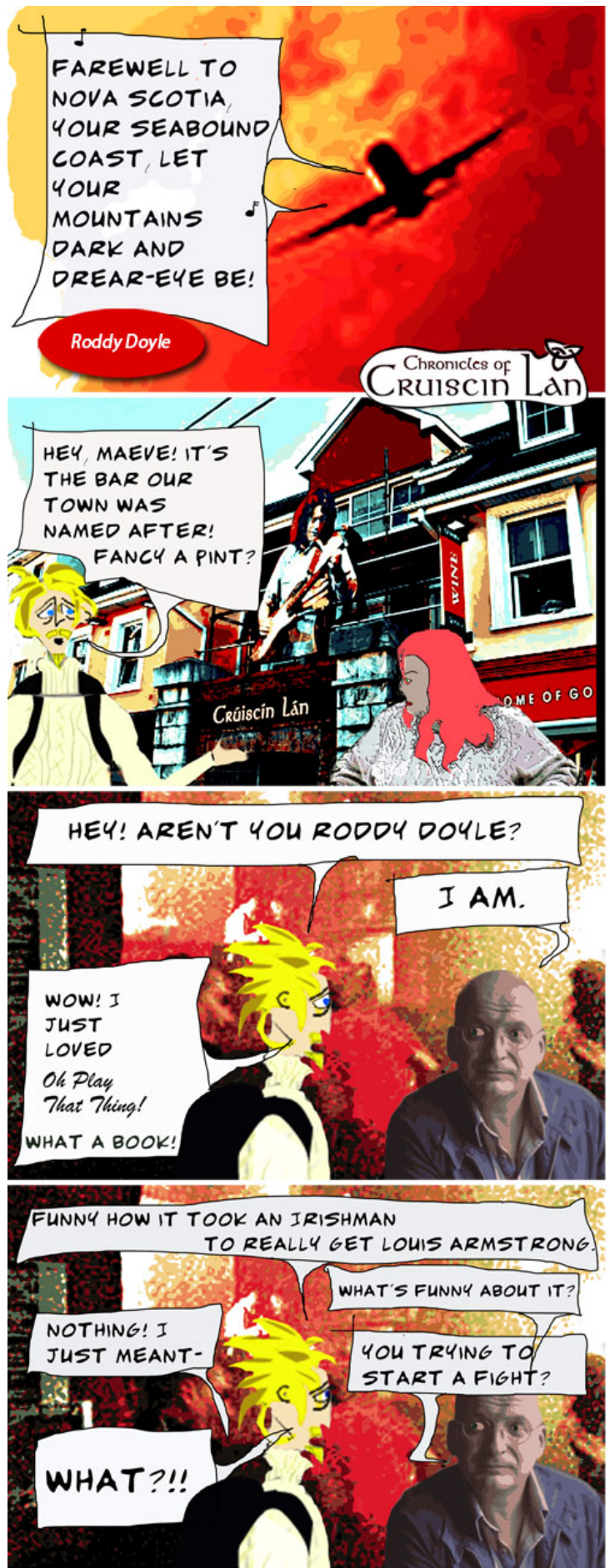
I've got a piece of lepidolite in my right back pocket as I type this that should help my sciatica. I'm counting on it because of the 11-hour drive home tomorrow.

I did do a lot of reading. It's a treat to read a book from start to finish and not have it languishing on a night table for weeks. I journaled to prompts in the books I was using. I did stream-of-consciousness writing. I did my version of meditation, which is to say a squirmy, unfocused, mind-wandering attempt at tranquility. I took a few photos. I only had one nap. Rats.

By far the biggest payoff for a week like this is the distance it affords from one's everyday life. I am going home feeling better about "things." I missed my people. I feel ready to reintegrate into the routine of my life. A life by all accounts that is good even if it is punctuated occasionally with the tears of a sad and heavy heart. Home looks good, from where I sit.

# The Chronicles of Cruiscin Lan

by  
Wanda  
Waterman  
St. Louis



## AUSU This Month



### Meet Your New Council

The AUSU Council and staff have added and updated their bio pages. If you're curious about who these nine people are, you can go to our [council page](#) to find out more, or meet our Councillors in the AUSU chat room at the times announced on the front page of the AUSU website.

Also, on May 26, at 6:00 p.m. MST, the new AUSU Council will be having their first council meeting open to public attendance. See the people you elected in action. Contact [ausu@ausu.org](mailto:ausu@ausu.org) or phone 1-800-788-9041, ext 3413 for details on how you can attend.

### New Addition to Council Family

The VP Finance and Administration, Sarah Kertcher, was not able to participate in the most recent AUSU executive meeting, but her absence was understandable. The night before, Sarah had a baby boy by the name of Nathan Ross Kertcher. Nathan came into this world at 7 lbs. and 13 oz. AUSU sends its congratulations out to Nathan and his parents, and looks forward to the day when he's an Active Member.



### AUSU Merchandise for Sale

Due to a high demand for AUSU merchandise, and delays in setting up our online store, we have put together a quick catalogue with a few items we have in stock now.

You can download the catalogue in PDF from the link on our home page, or go to <http://www.ausu.org/services/store.php> to see the catalogue online. Shipping costs will be calculated per order and we'll let you know by phone or email.

We are only accepting credit card orders at this time, unless you are able to visit our Edmonton office. We are in the process of selecting more product of good quality and use for our members, and some of these should start to be available soon. Suggestions as to other products are welcome.

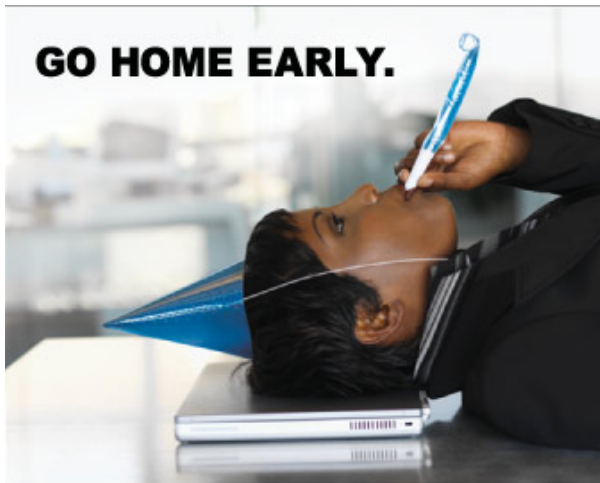
### AUSU Lock Loan Program

If you take exams at the Calgary or Edmonton campus, you can participate in our Lock Loan Program. Under this program, you can borrow a lock to secure your stuff while you take your exam, then return it at no cost and with no deposit. If you're not in Calgary or Edmonton, or would like to purchase a lock to keep, we are keeping the price close to our cost in the spirit of this program. However, to do this means we rely on you to return the borrowed locks, and to make sure the combination is reset to 0-0-0 when you do.



## Employment Site Nearly Ready

Big news! AUSU has nearly completed the final testing of the new employment site developed in co-ordination with the Personnel Department. This site will be available to all of our members and their family or friends, and will help them to find employers looking for their skills.



Create professional-looking flowcharts, timelines, graphs, and more, in minutes, all by yourself. Then go spend some quality time with your family.

Free for AUSU members. Visit [www.ausu.org](http://www.ausu.org)



**SmartDraw**

## Smart Draw – Benefit for AUSU members

AUSU has purchased a licence agreement to supply the award-winning SmartDraw software to all AUSU members (current undergraduate students). To access this deal and find out more, visit the front page of our website.

SmartDraw allows you to create a wide range of graphics for your assignments and submit them electronically in a Word file. You can also place your graphics in Excel or PowerPoint files, or export them as TIF, GIF, or JPEG files to make a web graphic or even a logo. Just a few of the graphics you can make include Venn diagrams, genetics charts, graphs, organizational and flow charts, and Gantt charts.

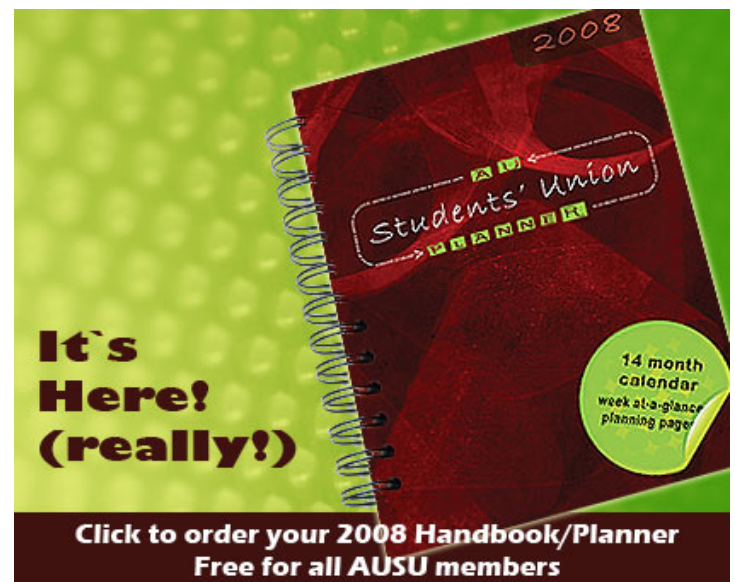
For any course that requires charts that cannot be easily created in Word or Excel, this should be a real time saver and make it easier to submit all portions of an assignment by email. Remember, though, that you should always check with your tutor to find out if there is a specific format he or she prefers. Your tutor does not have to have SmartDraw to view these graphics, however.

Installations under this program are good for one year. The package includes both the Standard and Health Care editions of SmartDraw.

## AUSU Handbook/Planner 2008 in stock!

The 2008 AUSU planner is still in stock. We've added a few enhancements this year, including cheat sheets for common citation styles, a clip-in page-marker ruler, and a funky fridge magnet to remind you to get your weekly dose of *The Voice*.

As always, we're excited to know what you think of the planner.





## At Home: Disputes continue over Canada's claim in the north

Geologists from Canada, Russia, and Denmark are surveying the land underneath the Arctic Ocean to determine which sections of the underwater area can be claimed by which country.

Canada is hoping to secure thousands of square kilometres of this seabed, not only to finally establish the sovereignty lines of the Arctic, but to gain rights to any oil reserves that might be located there.

Any Canadian claims to the waters will be potentially disputed by Russia and Denmark, which is why careful geological studies must be conducted by each nation to best determine where each landmass logically attaches either to Canada, Denmark, or Russia.

Russia began rigorous surveillance of the area last summer in the hopes of claiming "extended continental shelf off Siberia's

northern coast."

The so-called race for Arctic sovereignty has sped up over the last year or so because of global warming; increased heat in the area has caused glacial melting that has uncovered more and more of the seabed prime for oil recovery.

Under the UN Convention on the Law of the Sea, countries vying for further oceanic sovereignty have 10 years after ratifying the Convention to file their submissions. Canada ratified the Convention in 2003, and the deadline for completing seabed geological surveillance and submitting a claim is 2013.

The Convention will look closely at the proposals of all competing countries and hopefully come up with a concrete decision that will please all nations concerned so that, finally, Arctic sovereignty is determined.

## In Foreign News: Drinking banned on London's Tube trains

The United Kingdom has enjoyed lax laws where alcohol is concerned; public drinking is acceptable anywhere except where signs are posted (children's playgrounds, for example), and you can buy and consume alcoholic drinks on the train, on the London Underground subway system, or a bus whenever you'd like.

With recent legislation allowing for 24-hour bars, the UK seemed to be completely relaxing its alcohol laws in favour of the idea that if people are given their alcoholic freedom they will eventually learn not to abuse it.

As of June 1, however, the new London mayor, Boris Johnson, enforced a new rule that alcohol could not be consumed on any London transport systems; this includes buses, trams, trains, and the London Underground.



Starting around 8:00 p.m. local time on May 31, the new law inspired thousands of Londoners, and nearby neighbours from cities like Southampton or even Scotland, to jump on the Tube for the “Last Round on the Underground.”

The rebellion turned into an all-night party as people flocked onto the Tube carriages dressed up for a classy last night of boozing on the subway or wearing party hats.

People crammed into carriages became more and more boisterous as the hours went on, and eventually a few police officers were sent in to try to break up the fun. Fortunately for the drunken subway travellers, however, only a small number of people were forcibly removed from the subway cars.

One anonymous man taking part in the impromptu festivities summed the event up succinctly: “There’s a lot of problems with London and drinking on the Tube is not one of them. It’s a minor point. It is typical Tory middle class policy. So we are here to say ‘there’s nothing wrong with having a beer.’”

## CLICK OF THE WRIST – Hands Down

We use them every day for nearly everything we do—yet rarely give a second thought to those marvellous instruments of ours. I’m talking about hands, those appendages that can hoist a sledgehammer, dry a tear, or perform the most intricate surgery (well, only if you’re a surgeon, but still). These sites offer a look at some of the more unusual ways people employ their hands.

### Animani

This person has way too much time on his hands (literally), but the artwork is amazing and the sports poses look incredibly realistic, especially the soccer one.

### Guido Daniele

Now *these* are truly amazing. Clearly, the artist is a talented individual, but his paintings make Photoshop manipulations pale in comparison. You can check out the artist at work on this Animal Planet [video](#).

### HennaMe

Some beautiful and intricate henna designs for that special occasion.

### Hand Puppetry by Raymond Crowe

This just goes to show that sometimes the most wonderful performances need only the simplest ingredients: in this case, a single light and a pair of hands. Watch for the rabbit scampering up a hill, about one minute in.

### Amazing Hand Painting

Okay, so this performer isn’t painting *on* his hands, but it’s what he does *with* them that’s so incredible. This video is five minutes and 40 seconds that you’ll never get back, but you won’t want to: just be sure to wait until the very end when he spins the canvas.

## EDUCATION NEWS

Kerri Breen

**Tuition interest goes ignored****Late fees are an unfair burden on poorest students**

Tuition fees are under the microscope across the country. As student debt skyrockets, it's ancillary fees—the fine print, the cream, the ambiguous charges—that are causing a stir too, and for good reason.

But as a recent Macleans.ca story pointed out, there's one kind of extra fee that student groups have yet to attack.

According to the article, universities across Canada are charging as much as 26.82 per cent—an interest rate higher than the sketchiest student credit card—on late tuition payments.

Macleans says Memorial University of Newfoundland's interest rate is much lower at 6.75 per cent, but the 2008-2009 University Calendar says it's up to the director of financial and administrative services to assess what penalty you pay, up to \$75.

It should also be noted that Memorial might be making money off of collecting these late fees, as the rate is a solid two per cent above the prime interest rate.

The penalties are more than just a pain in the ass—75 bucks means kind of a lot. It's a hardcover textbook, and it's a good Saturday night.

Importantly, these late fees make the daily grind just a little bit more challenging for the most financially vulnerable students. It's reasonable to assume that the majority who haven't paid by the first day of classes are doing so because they don't have the cash yet.

Perhaps they are paying off their tuition in instalments. They may be part-time students, purposefully avoiding getting student loans and working to pay their way.

Whatever the reason, the situation shouldn't be a source of financial gain for any university, but for most it is.

The student movement already has its hands full. Since 2001, tuition fees at the University of Toronto have increased by 16 per cent and international student tuition has almost doubled in that time.

Students' unions across Canada are also pressuring administrators to make campuses environmentally sustainable, and dissent is widespread on some campuses as administrators flirt with implementing codes of non-academic conduct that might threaten free speech.

Because of these huge problems, it's easy to see why attention hasn't been paid to every little thing universities are doing to perpetuate student poverty in progress, but the irony is that the abolition of problems like these petty late fees is perhaps a realizable, short-term goal for students' unions.

# CLASSIFIEDS

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Classifieds are free for AU students! Contact [voice@ausu.org](mailto:voice@ausu.org) for more information.

## THE VOICE

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