

# THE VOICE MAGAZINE

Volume 16 Issue 25  
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## Convocation 2008

### Congratulations, Grads!

Photos, grad interviews,  
and more

### City to Country

Camping tips

### Health Matters

Migraine

*Plus:*

*From Where I Sit,*

*The Mindful Bard, and much more...*



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[www.voicemagazine.org](http://www.voicemagazine.org)

1213, 10011 109th  
Street NW  
Edmonton, AB  
T5J 3S8

800.788.9041 ext. 2905

Email [voice@ausu.org](mailto:voice@ausu.org)

**Publisher**  
AU Students' Union

**Editor-In-Chief**  
Tamra Ross

**Managing Editor**  
Sandra Livingston

**Regular Contributors**

Hazel Anaka  
Erik Ditz  
Lonita Fraser  
Christina M. Frey  
Mandy Gardner  
Barbara Godin  
Wanda Waterman St.  
Louis  
Zil-E-Huma Lodhi

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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.



## CONVOCATION 2008

Sandra Livingston

*This is the first of a special three-part Voice report on Athabasca University's 2008 Convocation, which took place June 12, 13, and 14. The Voice offers its warmest congratulations to all this year's graduates!*

As visitors approach the Athabasca University campus, one of the first things they see is the long, curving driveway that winds through the beautiful, natural setting.

In many ways, it's a fitting introduction—not only to the campus, but also to the experience of earning a degree at AU. Much like the driveway that twists and turns as it climbs, the path of adult distance learners can seem like a long, uphill journey.

In some places, the vista opens wide and gives a view of green hills rolling gently into the trees. In others, the foliage is thick, providing no hint of what lies ahead. Curves take you right, then left, then right again, much like the twists and turns of juggling coursework, jobs, and family at the same time.

But perhaps the most important thing these two elements have in common is their direction: in spite of the winding path, both continue a steady upward climb. And it was this determined progress toward the top

that was visible in such abundance as AU graduands, friends, and families gathered to celebrate Convocation 2008.

Just as the AU driveway eventually opens to reveal the university's main building nestled on level, landscaped ground, the success and accomplishment of earning an AU degree clearly made the journey well worth taking, and was reflected in the proud faces of the graduands as they prepared to make their way to the stage.

Well before the first visitors arrived, the campus was a flurry of activity. Staff and volunteers waited in the main foyer,



Waiting for Convocation 2008 to begin



AU's main foyer is ready to welcome the graduands



ready to greet the graduands with name tags and instructions, and a delicious breakfast was ready and waiting for the hungry guests.

The large red-and-white striped tent quickly began to fill, and graduands hurried off to don their black gowns, which would soon be adorned with their hard-earned hoods, each colour designating the program of the new graduates.



The first 2008 graduands take their place on stage

Cameras flashed as the procession made its way up the long red carpet and onto the stage, and the ceremony was set to begin.

A graduand in the Bachelor of Professional Arts program, Genieve Simpson, sang *O Canada*, then Joy Romero, Chair of AU's Governing Council, welcomed the crowd.

In her address, she noted one of the things that makes AU convocation unique: unlike many other universities, AU's graduands are on the stage, "front

and centre," a reminder of the fact that graduation day really is all about them.

A warm welcome was also extended by Colleen Powell, the mayor of Athabasca, as well as Charlie Ashbey, reeve of the County of Athabasca. The final greeting of the morning came from AU President Frits Pannekoek, who offered some interesting (and inspiring) facts for his listeners.

He noted that the 2008 AU graduands are joining more than 12,000 alumni who chose AU to earn their degrees. And while many AU students and alumni may be non-traditional learners, Dr. Pannekoek reaffirmed one of the core tenets of their education: that quality is not defined by entry grades, but by the contribution that AU alumni make to society.

And for those who may be considering pursuing their education as adult distance learners, these facts may be of interest: The average age of an AU undergrad student is 29 years, while the



AU President Frits Pannekoek addresses the graduands

average age of graduate students is 40. And 74 per cent of AU grads are the first in their families to earn a degree, proving that, as Dr. Pannekoek noted, “dreams might have been postponed, but must never be forgotten.”



Joy Romero presents the Governor General's Gold Medal to Norman Taylor

And then it was time for the moment that the graduands had been working toward for so long—the conferring of degrees. Dr. Margaret Haughey, AU's Vice-President (Academic), read the following petition:

“Madam Chair, Mr. President, and ladies and gentlemen of the Governing Council, I present to you the petition that these graduands, having fulfilled all of the requirements of the statutes of Athabasca University, may, with your permission, be admitted to the degrees to which they are entitled.”

As Chair, Joy Romero declared the petition granted, and, in unison, the graduands replied to the pledge put forth by Dr. Pannekoek.

The degrees awarded on the first day of convocation included Master of Distance Education, Master of Arts - Integrated Studies, Master of Counselling, Bachelor of Arts, Bachelor of General Studies (Applied Studies), Bachelor of General Studies (Arts and Science), and Bachelor of Professional Arts.

As well, three other honours were presented.

The Governor General's Gold Medal was awarded to Norman Taylor, a graduate of AU's Master of Distance Education program; Professor Patricia Anne Monture received an Honorary Doctor of Laws; and the Governor General's Silver Medal was awarded to Collette Jackson, who graduated from the Bachelor of Arts program with great distinction.

A vibrant speaker, Professor Monture expressed the many struggles along the journey to becoming a respected academic in the areas of Indigenous studies, women's studies, law, and sociology. However, she noted that it was those very struggles that



Professor Patricia Anne Monture (centre) receives the Honorary Doctor of Laws from Joy Romero and Dr. Pannekoek



"gave her the strength of spirit to carry on during tough times." She also asked the AU grads to reflect on the ways they have contributed to their university, and stressed the importance of pursuing their dreams.



Another tradition of AU's convocation is the address on each day by one of the grads, and the first address of 2008 was given by Lorna Weisbrod, a graduate of the Master of Arts - Integrated Studies program.

Along with the speakers who addressed the graduands and guests, one of the highlights of AU's convocation is the brief grad bios. As each graduand comes forward to receive their hood and degree, their bio is read to the audience, and it is these insights that make the joys and struggles of their journeys truly come to life.

Their stories embody AU's spirit of making education available to a diverse group of learners, and the grads hail from many walks of life. They are assistant principals, ESL teachers, medical researchers in family medicine, recently retired from the Canadian Forces, and an Inspector with Edmonton Police Services. Some work as youth and family counsellors, as cancer researchers, and as Canada Revenue auditors. They are competitive bowlers and one is a member of the national women's volleyball team. They represent military spouses and triathlon competitors, and their dreams are as diverse as their backgrounds.

Some are looking forward to having evenings and weekends back, while at least one plans on becoming a family lawyer and another is looking forward to going to explore New Zealand.

Still others offered their own unique advice for making it through a degree program: chocolate can be a wonderful motivator, and you should never, ever kick your computer.

Whatever their story, and wherever their goals may take them, *The Voice* congratulates the graduates of 2008.

**Watch for part two of Convocation 2008 coverage next week!**



## CONVOCATION 2008 PHOTO ALBUM



Flowers adorn the campus



The pool and fountains at AU

Taking time out  
for a chat

Congratulations new alumni!



Getting ready for the podcast



## CONVOCATION 2008 – GRADUATE INTERVIEWS

Sandra Livingston



This is the first of a three-part *Voice* series featuring interviews with some of AU's 2008 graduates.

For many graduates, convocation weekend was the first time they had seen the beautiful grounds and buildings of the AU campus, and they attended the ceremonies from places near and far, including Athabasca, Alberta, and Halifax, Nova Scotia.

*The Voice* would like to offer its sincere congratulations to all of this year's graduates, and knows that their accomplishments will encourage all those students who are still completing their studies at AU.

### Natashia Foran

#### Bachelor of Professional Arts, Human Services

Natashia travelled from Fort MacMurray, Alberta, to attend convocation, accompanied by her family.

The BPA Human Services program took her approximately three years to complete, and Natashia says one of the high points of her AU experience was the knowledge she gained.

As she says, "the more information you have, the less actually you realize you know."

As well, an important motivator was the feeling of success whenever she achieved good grades or received positive feedback from one of her tutors.

Natashia has already found that she's able to apply a lot of her studies in her job as a labour market information advisor with Alberta Employment and Immigration, skills that are in high demand. In particular, her courses in computer management, career counselling, and labour studies have proven to have a lot of practical value.

For students going into the program, Natashia's advice is to "use the [AUSU] union website." She found that the chat line and the forums are great for finding information and became one of her major resources.

Congratulations, Natashia!



## Linda Lasch

### Master of Distance Education

The Master of Distance Education is the second degree that Linda has completed while working full-time. Her advice for success is to “just do one course at a time and focus on what you’re learning.”

Linda travelled from Calgary, Alberta, to attend convocation, accompanied by her daughter who, as Linda says, was her “go-to person when the computer wasn’t working.”

The master’s program took Linda approximately five years to complete.

In the past, Linda thought she would never consider pursuing a PhD., but programs now offer a doctorate in distance education, so she isn’t ruling the possibility out! Before pursuing further studies, though, Linda plans on taking at least a year off from courses.

Currently, Linda works as a clinical nurse educator with the Calgary Health Region, and has an interest in the academic side of the field. Congratulations, Linda!



## Jill Moore

### Bachelor of General Studies, Applied Studies

Jill enjoyed the ability to study independently while earning her Bachelor of General Studies degree, and her advice to other students in the program is to “take full advantage of your tutors, because they’re fabulous.” The program took Jill three years to complete.

Jill travelled from Edmonton, Alberta, to attend convocation, and is pictured here with her husband Dave.

She took a week off work to celebrate her degree, and one of her plans is to join in the birthday celebrations for a former boss—who also happens to be the person who inspired her to go into her current field.

As well as graduating with her bachelor’s degree, Jill has achieved her general accountant’s designation this year and will convocate for that in October. She plans to continue taking courses for fun, and acknowledges that education can be “addictive” and is already thinking about pursuing her MBA.

Congratulations, Jill!



**Brenda Lennie****Bachelor of Arts, English**

The BA English is Brenda's third degree (she holds two degrees in social science), and she is already looking forward to completing a Master of Fine Arts.

The BA program took approximately 10 years to complete, and along with attending convocation Brenda is looking forward to celebrating her success with friends and family.

Brenda enjoys the humanities, saying there is more of an "ideology of joy" than in the social sciences, and would one day like the opportunity to teach in the field.

Although working full-time, Brenda doesn't plan on taking a break from her studies, and the part-time MFA program is the next step on her educational journey.

Congratulations, Brenda!

**Shannon Houle****Bachelor of General Studies, Arts and Sciences**

Shannon had some great advice for students in the Bachelor of General Studies program.

Her suggestion is to keep going and "don't quit no matter what. Don't even let quitting be an option."

And she speaks from experience: Shannon began the program when her son was five years old, and he is now 22.

Shannon travelled from the Saddle Lake First Nation to attend convocation, and although she plans to take a year off from her studies, she is also looking forward to one day completing a master's degree in Environmental Science.

Congratulations, Shannon!



***Watch for more grad interviews in next week's Voice!***



## THE LEARNING CURVE

Heather Fraser



### Camping Tips for City Folk

Most city folk don't know the first thing about camping. In fact, camping may be the last thing you ever want to do, but it can be a wonderful experience if you give it a shot.

When my daughters were young and I was a student, I got tired of waiting to be able to afford a fun family holiday, and began going on camping trips with them.

With no experience, and without anyone camping with me, there were some bumpy

times. Camping in a provincial park in Manitoba, we were rained out. I hadn't waterproofed my new tent and everything got soaked; our clothes, our food, even the car (I hadn't rolled up the windows). But we didn't give up just because of weather!

Not only is the cost of camping geared toward the budget of a student, you have more freedom than you would in a hotel. For you first-time campers, or you folks who had a really bad experience camping and have avoided it ever since, here is a set of tips that can really make your experience enjoyable.

So erase the idea of mosquitoes swarming you in the morning (and evening) while you sip gritty campfire coffee. We're not talking about wilderness camping here; this is how to car camp in a civilized manner!

### Picking and preparing a tent

You can now buy reasonably priced tents that have built-in poles. I recently picked up a new tent for \$190 on sale—six-person with built-in poles *and* solar-powered LED lights with removable solar charging flashlight!

Most comedy sketches about camping poke fun at people trying to set up a tent, but these tents save a lot of time—they can be set up in four minutes, including fly and tent pegs. Known as EZ-Tent by Woods, they're also available in four- and eight-person models. A four-person version of the EZ-Tent lasted six years, camping most weekends in the summer, mildew damage, losing the tent bag the first year, peanut butter accidents, and going without a tent fly for the last year.

If you read the reviews on this tent (as all good students would, right?), people are whining that rain gets in. Of course it does—rain will leak into *any* tent before you waterproof it. But waterproofing spray can be picked up at Wal-Mart for \$11 and it works. If you're really worried, stop by a Canadian Tire and get tent wax. It looks like a big Chapstick and you run it on the seams inside the tent and fly to make sure water won't get in.

Set your tent up at home and follow the instructions to waterproof it. Also, make sure you read the instructions that come with it; they'll tell you how to clean it in case of a food- or nature-related accident.

***Like the beach? Going  
for walks?***

***Photography? Jumping  
off a dock into a lake?***

***Build your first trip  
around what you know  
and love.***

Some campers think it builds character when you're putting together a "real" tent. But unless you want a 16-person tent with a detachable gazebo, you can stay with a simple approach. Hard-core campers might give a giggle—until it is a beautiful 28 C day and your tent is up a full half hour before theirs and you're on the beach before they have their fly on!

### Picking your campsite

Start easy. Pick a provincial park close to home to test out your equipment and camping skills. Pick a site with electricity, and one within walking distance to something you want to do. Like the beach? Going for walks? Photography? Jumping off a dock into a lake? Build your first trip around what you know and love.

If you're not ready for full-on nature, you can camp at a park that has a swimming pool. Do not head for an unstaffed, remote campground on your first trip. As silly as it sounds, re-introduce yourself to nature gradually.

### Inside your tent

Nothing should touch the walls—if it rains, that might cause a leak. And do not keep food inside your tent, because critters like food (and chips inside your sleeping bag are no fun at all). If chocolate attracts kids, imagine what other animals it might attract.

Sleeping-wise, you can choose an air mattress or foam (camping foam unrolls to go under your sleeping bag). Always have a sleeping bag; if it is cold it will keep you warm, and if it is warm out, you can sleep on top of it and be quite cozy. Bring a light fleece blanket as well. Don't use a camping pillow; those are for hikers and hard-core campers. Bring a few pillows from home and you'll sleep that much better.

Keep all your clothing and personal items inside a plastic tote, or at least a double garbage bag inside your tent. In case a little water gets in, your clothes and equipment will be dry! One important tip: bring *two* sleeping bags. There's nothing nicer than sitting in front of a fire cuddled up with your sleeping bag. Use one bag for outside the tent and one to sleep in. Plus, you'll have a spare if one gets wet or it gets cold out!

### Menu

Stomach upsets really suck when you are camping so keep it simple, meaning foods you are used to. Here are some foods you can easily cook on or in a fire and that taste great: corn on the cob, S'Mores (roasted marshmallows between two graham crackers and a piece of Aero chocolate bar), shish kebabs, hot dogs, campfire pies (pie filling between bread, cooked in a campfire sandwich maker), bannok (Bisquick works for this), Jiffy Pop, and canned food (take the top off and put the can in the corner of a fire to warm up). Just remember your can opener!

It might sound good in theory, but don't plan to cook everything over the fire. Small propane stoves are less than \$30 and will come in handy if it is too hot for a fire or you just want to boil water for tea. If you never plan on camping again, you can keep it around in case your power goes out.

### Campfire

Bring a lot of newspaper to help start your fire or buy some Firestarter. It is inexpensive, usually sold in the camping aisle of any bigger store, and will make your trip so much more fun (unless you love feeling like a caveman, screaming to the world "I make fire!").

***Always put your fire  
out for the night—  
100 per cent  
completely out.***

Keep all your material for fire and cooking in a plastic tote so it won't get wet, and bring an empty pail to keep by the fire, filled with water. When you're done for the evening, you won't have to grope around in the dark for a water tap, and if a piece of wood flies out of your fire you can dump water on it. Always put your fire out for the night—100 per cent completely out. I don't care if it is pouring rain, put it out.

Also, call ahead to make sure you can buy wood at the campground. Most campsites won't let you bring in your own wood anymore because of tree diseases or other things they're trying to keep out of their park.

### Things to keep you happy

Twice as many clothes as you need. Sunscreen, bug spray, and a hat. A coffee maker. That's right, a coffee maker (part of the reason for picking a campsite with electrical plugs).

Bring a kettle if you are a tea drinker, and a toaster if you like your morning crumpet. You won't want to crank up a propane stove or fire when it's already warm at nine a.m., and these amenities will let you hit the beach within 15 minutes of waking up!

Extra garbage bags and duct tape. A piece of rope to dry bathing suits over. A really comfy camping chair; the folding type with beverage holder.

The AU course you are currently working on. You can take a break from it if you want, but bring along a textbook in case guilt or beach boredom sets in. Just keep it in the car when you're not reading so it stays dry in case of rain!

Good summer reading. Rubber boots and an extra pair of shoes and *way* too many socks (always keep your feet dry). Two flashlights—they are really easy to lose in the dark.

### Camping with kids

If it is your kids' first time camping, great! The younger the better, and if they are a little squeamish at first don't worry. Just don't make faces yourself if something gives you the chills. Chances are they will hit a playground within an hour and make a pack of friends to hang out with. Here are a few things that younger kids love to bring camping:

Nets (they're inexpensive, and great for catching bugs, minnows, or crayfish). Board games or a deck of cards. Bikes (if you can possibly bring them they are so much fun for exploring the "neighbourhood").

Beach toys. Gear them toward the child's age, but even a 10 year old admits she loves to bury her mom in the sand, and sandcastles are fun at any age. Camera—my girls like disposable cameras so they can take their own camping pictures.

### Setting up and taking down your tent

When setting up, remember to put the tent on a tarp of the same size. If the tarp is too big or too small, water can run under the tent floor and damage it. Set up on the flattest, highest spot you can. And remove any rocks or sticks first; you'll avoid poking a hole in the tent floor—or sleeping on a rock.

Never put your tent away wet. Sometimes you get rained out, pack it all up, and go home. It happens. But as soon as that sun starts to shine, set up your tent to dry out. If your tent stays wet you'll get mildew stains, which look like rust but smell like garbage or wet socks. You can only remove them with a combination of bleach, water, and scrubbing, and even then the smell might still be there.



And make sure you bring a few extra tent pegs in case you lose one, and an extra hammer to make sure they are secure in the ground.

### Outside your tent

***Keep things simple  
and lighthearted.***

***Don't plan on  
spending three hours  
cooking a gourmet  
meal unless that is  
your passion.***

Keep your fire and wood away from your tent, your food in your car, and your tent away from your neighbour's. Don't hang things on your tent to dry, and avoid setting up your eating or sleeping area right beside an outhouse. Trust me.

### How hard do you want to make it?

Keep things simple and lighthearted. Don't plan on spending three hours cooking a gourmet meal unless that is your passion. If your supper ends up absolutely gross and inedible don't get too upset; pull out the extra hot dogs and have fun. When you are camping you will lose one thing, ruin one thing, leave one thing behind, and one person will get a minor injury (did you bring a first aid kit?).

But simple car camping is as safe and easy as hanging out at an in-town park and having a picnic. Just plan ahead, bring extra food, and if all else fails there will be a restaurant or chip truck within walking distance. And leave those things you don't want to lose at home or locked up in your car. Cell phones can't fall into a toilet if they are sitting in your glove compartment.

### Pets

It is iffy if you want to bring your pets camping the first time you go. Just consider whether it would cause more stress if they were along, and if you do bring them, pack food, a water bottle, a leash, and some pocket scoopy bags. Pets are a great way to meet other campers, but if you have a hairless dog that sunburns easily, it would be happier being indoors.

### Other campers

Camping really brings strangers closer together. It is like living in a small town for a short period with people you might never see again. But you might end up making some friends you want to go camping with in the future, too. Be friendly and take the chance to chat it up with other people.

### If you hate it

Don't give up. Try a different park, different setting, going with a different group of people, or a different plan. I think for camping, the three-time rule applies. If you try camping three times and you hate it with a passion, then sell all your camping equipment and try again in three years.

### Laugh

Some of my fondest memories of my daughters growing up were camping accidents. Find the humour in whatever happens; 10 years from now, you would rather remember a laugh at something than someone who was grumpy.

And that's another reason to bring the coffee maker along. I know I'm more cheerful on a wet soggy morning with a decent cup of coffee.

## HEALTH MATTERS

Barbara Godin

**Migraine**

Migraines are described as extremely painful, throbbing headaches. They can last from a few hours to a few days and can occur daily, monthly, or sometimes disappear for years at a time. Estimates suggest that 15 per cent of the population suffers from migraine headaches and three times as many women as men experience migraines.

There are two main types of migraines. Common migraines are not preceded by an aura, while classic migraines are.

**Common Migraines**

These are the type most people experience. Symptoms include throbbing pain on one side of the head, and the pain becomes worse with normal movement. It may include nausea, vomiting, and sensitivity to light and sound.

**Classic Migraines**

These migraines are preceded by an aura, usually occurring 30 minutes before the onset of the headache. Symptoms of an aura include blind spots, halos, flashing lights, and distortion of objects. Symptoms may also include tingling and numbness in the fingers and hands.

Migraines are caused by changes in the blood vessels in the brain. They are the most common condition presented in hospital emergency rooms. Certain foods can trigger migraines in individuals who are predisposed to this condition. Food triggers can include chocolate, cheese, alcohol, and some food preservatives such as MSG. Emotional stress may also bring on a migraine, as well as physical stress. Smoking and birth control pills also appear to increase the incidence of migraine headaches.

Diagnosing migraines is difficult and is based on the patient's description of symptoms to their physician. Additional tests may be needed if other conditions are suspected.

Treating migraines can also be extremely difficult. The first place to start is with over-the-counter medications such as ibuprofen or ASA. If these are unsuccessful, a prescription may be obtained from your doctor.

Prescription medications are intended to stop the headache when it begins and are called triptans. Triptans work specifically on the serotonin in the brain. These medications include Sumatriptan (Imitrex), Zolmitriptan (Zomig), and Eletriptan (Relpax).

If relief is not achieved by triptans, narcotics or barbiturates may be prescribed. Most doctors do not like to prescribe these drugs as they may become habit forming and should only be used occasionally. Examples include Tylenol with codeine and Fiorinal.

Once these headaches are under control the prognosis is good as migraines do not cause long-term damage to the body. For more information on migraines, visit the [eMedicine Health website](#), the [National Headache Foundation](#), or [WebMD](#).

## CAREERS

Behdin Nowrouzi



### Consider a Career as a Psychologist

#### What is a Psychologist?

Psychologists study the human mind and human behaviour. As a discipline, psychology examines the questions, issues, and problems related to behaviour and mental health.

Psychologists may assess and diagnose behavioural, emotional, and cognitive disorders, provide counselling and therapy, and engage in research. According to the Canadian Psychological Association (CPA), psychologists work with individuals, groups, and communities.

Psychologists may also specialize in a variety of sub-specialties, including child psychology, cognitive psychology, education and school psychology, neuropsychology, sports psychology, or cognitive psychology.

#### Education and training

Generally, students can take four years to complete an undergraduate bachelor's degree in psychology, another two years to complete a master's degree, and four years to complete a Ph.D. Doctoral degrees in professional streams of psychology such as clinical neuropsychology, counselling, or clinical psychology all include a practicum and internship, additional courses, and examination requirements.

In some provinces, board interviews and oral examinations are also required. To practice psychology in these areas, a practitioner must be licensed. Licensure is beneficial to both the psychologist and their clients as it provides a rigorous and high standard of practice and also protects clients' interests.

The requirements for licensure vary across the country. For instance, currently in Alberta, Quebec, New Brunswick, Newfoundland and Labrador, and the Northwest Territories those with a master's degree can be licensed to practice as a psychologist.

In British Columbia, Saskatchewan, Manitoba, Ontario, Prince Edward Island, and Nova Scotia a doctorate degree is required. For complete details please see the Canadian Psychological Association's Provincial and Territorial [licensing requirements](#).

#### Admission requirements

There are over 30 universities that offer graduate training in Canada. The Canadian Psychological Association (CPA) has a [document](#) describing the various psychology graduate programs, including admission information, contacts, and grade requirements.

Athabasca University offers a [guide](#) outlining the steps required to becoming a psychologist, describing program entry, research options, online resources, and talking to a career advisor.



## Where do psychologists work?

Clinical psychologists work in hospitals, correctional facilities, mental health and addiction centres, as well as private clinics as individual practitioners or as part of a larger group of health care providers, with school boards, and with various levels of government. Over 70 per cent of psychologists work in health care and social services while the rest work in education and public administration.

Psychologists actively conduct research in a variety of settings. Research psychologists investigate the physical, cognitive, emotional, or social aspects of human behaviour. Some psychologists work with human participants while others focus their attention on laboratory animals.

The different areas of research include addiction, depression, anxiety, phobias, brain injury, pain management, stress, anger, and the application of psychology factors to issues such as motivation, healthy workplaces, and preventing disease.

## Salaries and demographic information

According to [Service Canada](#), psychologists earn an average of \$29.97 per hour in Canada.

Hourly wages (adapted from [Living in Canada](#)) for different cities are found below:

### Average hourly wages (2004 - 2007) for psychologists across selected Canadian cities

City, Province	Average Hourly Salary
Calgary, AB	\$32.73
Edmonton, AB	\$37.79
Fredericton, NB	\$25.49
Toronto, ON	\$35.25
Vancouver, BC	\$26.00
Halifax, NS	\$19.80
Saskatoon, SK	\$34.71

In Alberta, part-time and full-time psychologists earned from \$48,000 to over \$100,000 per year. The average salary was over \$78,000.

Women comprise 64 per cent of psychologists. The majority of psychologists (79 per cent) were 25 - 54 years of age, 12 per cent were older than 55, and 10 per cent were 24 or younger.

For more information regarding psychology, please visit the [Canadian Psychological Association](#) website.



## *From Where I Sit*

Hazel Anaka

### **If Only It Was Hair in the Drain**

Thursday night Roy was shaving before a late shower. Before long, with the air of a beaten man, he announced the sink wouldn't drain. We assumed the culprit was hair in the trap.

Removing all the products under the sink, finding an ice cream pail to catch the water, and getting the tools to loosen the connections all took time. That would've been fine if it had worked. Sure, there was gunk in the pipes, but two more attempts at taking it all apart didn't do a damn thing. Today's ABS pipe is virtually trouble-free. The 49-year-old copper pipe is not. A horizontal piece was corroded and had a chunk missing.

I'll spare you all the gory details. Suffice it to say that when we finally went to bed at 2 a.m. the problem was not solved and in fact had taken on a life of its own.

We're not quite sure how water ended up coming through the light fixture in the basement bathroom. At this point, we have some ruined ceiling tiles, water damage to the paint on one wall, and a wrecked light fixture downstairs. Roy was quite the sight in his boxers, standing barefoot in water yanking on the fixture. I kinda think at that point electrocution was looking like a good way out. I can see the personal ad now: Recent widow looking to meet a plumber.

Because of much craziness in our lives right now, it's nearly a week later and this is the routine: Wash your face and hair and do your teeth in the kitchen sink. Take a bath. Find your deodorant, etcetera, in the vanity drawers that are either in the office or the bedroom. Do your makeup and hair at the kitchen table. Our personal hygiene is starting to suffer because the bathroom has become a gut job.

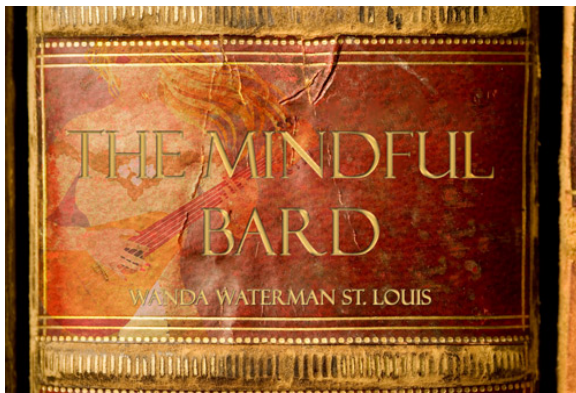
The new granite countertop we bought a week earlier and stored in the basement for "when we had time" has now been dragged upstairs. I repainted the walls and ceiling and gave the old vanity two fresh coats of paint.

We'll have to switch the faucets from a four inch to an eight inch. And if we've done all this, we might as well replace both the ceiling fixture and the light bar above the sink. Hey, and Roy never did like the old mirror, so I guess that's gone too.

Once the vanity was yanked out (its new home is in the kitchen) it only makes sense to replace the flooring while we're at it. Luckily we had picked up a few boxes of vinyl planking at ReStore a few months ago, so that's ready to go.

That also means the toilet will need to be lifted. Might as well replace the wax ring and water hook ups while we're at it. The total for all this is nearing a thousand dollars and counting. And we're still nowhere near having it done. Though I did re-hang the shower bar and curtain, so showers are now possible again.

In time, it'll be a thing of beauty, from where I sit.



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

DVD: *Sweeney Todd: The Demon Barber of Fleet Street*

Released: 2007

Directed by Tim Burton

*"Evil is neither suffering nor sin; it is both at the same time, it is something common to them both. For they are linked together; sin makes us suffer and suffering makes us evil,*

*and this indissoluble complex of suffering and sin is the evil in which we are submerged against our will, and to our horror."*

Simone Weil in *Gateway to God*

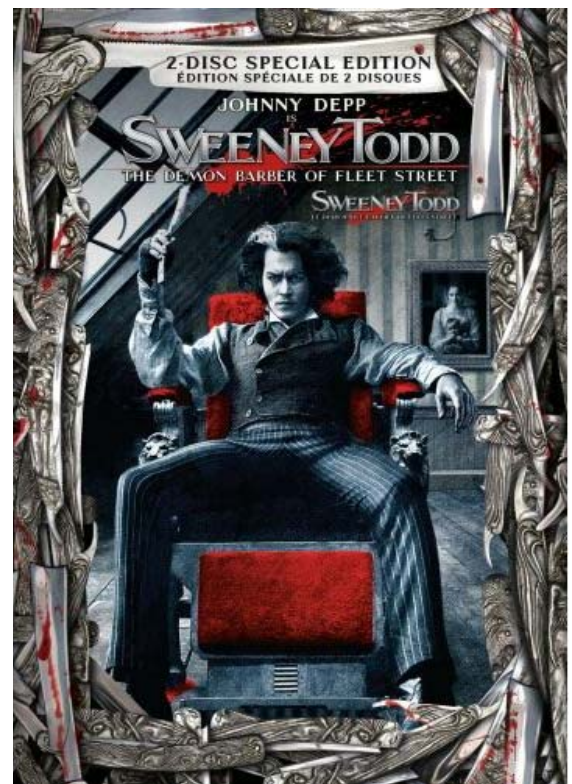
On the busy thoroughfare of the pursuit of happiness we sometimes run people over. The more successful our search for happiness, the easier it is to forget that. On the other hand, the less successful our search, the more likely we are to take perverse pleasure in the pain of others.

The story of Sweeney Todd *almost* deserves to be called an urban legend, partly because so many think it true, partly because it is so cleverly macabre, and partly because it is a significant window into the conscience of popular culture.

I say it is *almost* an urban legend because, unlike most urban legends, which by definition happened to someone you knew or someone someone you knew knew, this story is invariably set in a very specific time and place.

We must never forget Marx's tour of London factories and the dismissive answer he got in response to his criticisms of them. As elaborate as this screen fantasy may be, the filth and squalor, the prevalence of beggars, the consumption of copious quantities of alcohol by children, the undeserved consignment of vulnerable persons to poor houses, insane asylums, and prisons where all forms of abuse continued without outside hindrance—these were all glaringly real.

Yes, we are free to choose or shun evil, and thus we are under any and all circumstances responsible for the evil acts we commit. And yet, considering the depth and width and breadth of the pain involved in, say, being falsely accused of a crime and sent to a penal colony by a rich man who wants to boink your wife, is not an evil course of action a nearly inevitable response? In light of this, should a society cry foul when the oppression it generates results in the creation of monsters?



And yet . . . The thing about evil is that it's so darned unruly. It needs a Lucy Lovett to manage it and make it useful, to bring it into a symbiotic relationship with humanity, if you will.



The other thing about evil is that it's generative; evil must either be handed on or transformed into suffering and loss. And there's the rub.

I have a weakness for Tim Burton so I came to this movie fully expecting it to be this *right*. The aptly chosen cast, the brilliant performances, the evocative cinematography, the justice done to Sondheim's music, these were all up to Burton's standard yet still surprising and enchanting in themselves.

*Sweeney Todd* lives up to seven of The Mindful Bard's criteria for movies well worth watching: 1) it is authentic, original, and delightful; 2) it confronts injustice; 3) it renews my enthusiasm for positive social action; 4) it displays an engagement with and compassionate response to suffering; 5) it is about loss of the true self; 6) it stimulates my mind; and 7) it poses and admirably responds to questions which have a direct bearing on my 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.*

## CLICK ON THIS – No Sense Makes Sense

Lonita Fraser

So, most days you wake up, you work, you play, you learn, you relax, you sleep to do it all again on the morrow, and you think the universe—at least your part of it—is more or less figurable. You think you've got things sorted, and you think you know what's going on. Then you hit the Internet, and everything changes. Bonus points for anyone who knows what film I stole the title of this list from.

### Weebl and Bob: ART

Well, okay, it makes sense to me, but I'm not quite right, y'know? If you're going to watch more Weebl and Bob episodes, I suggest you start at the beginning, or you'll miss sooo much. "Now pie gone. Yet we hunger."

### Monoface

Didn't anyone tell you that if you make a face like that and the wind changes your face will stick that way?

### Feed the Head

I bet you'd like me to explain this to you. Well, sorry—not gonna.

### Pipcleaner

Click on one of the larger letter circles to choose a musical style, then either use your keyboard to type the letters in the middle or roll your mouse over it to make the pipe cleaner dance. I recommend letters A and E.

### Lego's Run

How could I, a big sucker for *Logan's Run*, pass this up? I could not!

## 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.

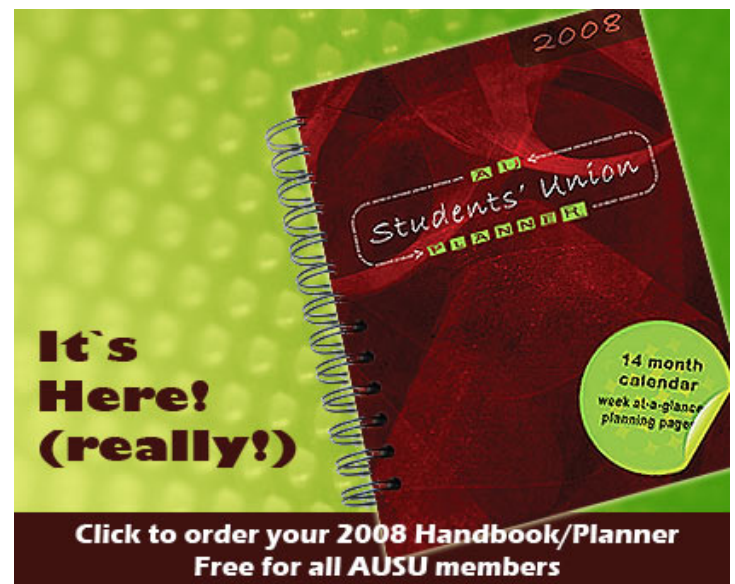
For any course that requires charts that cannot be easily created in Word or Excel, this should be a real time saver and make it easier to submit all portions of an assignment by email. Remember, though, that you should always check with your tutor to find out if there is a specific format he or she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





## INTERNATIONAL NEWS DESK



### At Home: Judge overturns 12-year-old's grounding

A Quebec judge's recent ruling has many people shaking their heads and questioning just how far removed from reality the court system has become: the judge ruled in favour of a 12-year-old girl who took her father to court because he grounded her from going on a school trip.

On June 13, Quebec Superior Court Madam Justice Suzanne Tessier handed down the order that the father did not have the right to prevent his daughter from attending the class trip.

The father's decision to ground the girl was a result of her recent computer activity. The 12-year-old had posted photos on an Internet dating service.

The girl's parents are divorced and, although her father has custody, the youngster objected to her punishment and left home to move in with her mother.

As the father's lawyer, Kim Beaudoin, explained to the CBC, "When he said, 'OK, it's final. You're not going,' she smacked the

door, left and went to live with her mother."

The father then received a motion "petitioning the court to overturn the punishment." Two days later, Justice Tessier ruled in the girl's favour, arguing that the punishment was too severe. Tessier also based her decision on the fact that the child is now living with her mother (although the father still has custody).

Although Beaudoin does not expect the case to open a floodgate of similar cases, the judge's decision sets an interesting precedent. It also raises questions about the responsibility of parents and the courts. If parents are prevented from controlling (within legal bounds) the actions of their children, should the parents be held legally accountable from any damages resulting from their kids' behaviour?

And should parents have the right to sue the courts if injury or other loss results from being barred from setting limits on their offspring?

Interesting questions that, no doubt, will find their way into the court system before long.

### In Foreign News: E.U. passes tough new measures against migrants

On June 18, European Union lawmakers voted in tough new measures aimed at migrants, including the right to hold undocumented migrants for up to 18 months and to ban them from E.U. territory for up to five years.

The measure, known as a return directive, was passed in the European Parliament by a 369-to-197 vote (106 legislators abstained).

Groups such as Amnesty International have decried the decision, calling it “severely flawed,” and saying it erodes human rights. The E.U. office in Madrid was the site of a demonstration June 17, with protestors criticizing the detention and deportation of immigrants.

As the *New York Times* reports, Manfred Weber, “a German center-right legislator from Bavaria who shepherded the measure through Parliament,” says the measure provides a minimum common standard for E.U. member states, while still demonstrating to citizens that “it was tough on illegality.”

Weber told reporters: “The member states must decide whether they need them; if so, then please legalize them. If you don’t need them for your labor markets, then send them home.”

Socialist groups had recommended 10 amendments to the measure, intended to offer legal recourse and other protection to migrants, but those proposals were rejected.

Cimade (currently the only French NGO with authority to work inside the country’s 23 detention centres) has denounced the move, and may contest the decision before the European Court of Human Rights or the European Court of Justice.

While there is free movement among 25 of the E.U.’s 27 member states, there is no consistent policy dealing with immigration, and the E.U.’s 224 detention centres for migrants can house up to 30,871 people.

The return directive was passed only a day after António Guterres, the United Nations high commissioner for refugees, said the world is dealing with “a complex mix of global challenges that could threaten even more forced displacement.”

Last year, more than the 37.4 million people were displaced around the globe, many of whom were fleeing wars or persecution.

## EDUCATION NEWS

David Ros

### CFS takes stand against campus pro-life groups

York Federation of Students refuses to fund non-religious pro-life organizations

TORONTO (CUP) - The Canadian Federation of Students have ratified a motion to support student unions that deny funding to pro-life groups.

Canada’s largest student lobby group passed the motion, which was brought forward by the York Federation of Students (YFS), at their semi-annual general meeting in May.

The YFS follows the footsteps of other student unions across the country by refusing to give money and resources to pro-life organizations. Unions at Lakehead University and Memorial University of Newfoundland passed similar motions this year.

Gilary Massa, YFS vice-president external, denies that the motion seeks to



ban such groups from operating on campus since the YFS does not have control over the allocation of club space or whether or not a club gets official status. "The only resources we have available to us are by the way of funding and by the way of staff," said Massa.

"We have made a decision about how our funding and our resources as a union are to be used, and that includes when we fund clubs and what kind of activity we want to fund essentially. So we have decided that anti-choice groups on campus do not provide safe spaces. They don't provide a vibrant campus and that's not activity that we want to endorse."

Margaret Fung, former president of Students for Bioethical Awareness (SBA), a pro-life organization at York University, says she is concerned that this decision was made without the knowledge of the SBA.

Despite this, Fung maintains that the SBA, which has been around since 2004, will be able to remain active at York.

"It'll be difficult, but the thing that's concerning me is the principle. That's wrong—not giving us resources because there is a certain viewpoint that they don't agree on," said Fung.

"What's the difference between funding us, perhaps obviously something that they don't believe in, but in funding certain other groups that perhaps they don't believe in but are still funding?"

According to Massa many pro-life groups receive ample outside funding. Fung denies those allegations.

"We don't get all the funding that people think we do," Fung said. "We raise it ourselves and a lot of the money actually came out of my and [former SBA co-president Maria Smolkova's] pockets."

Robert Tiffin, York's vice-president students, expresses concern over the motion's potential to limit debate and discussion on the abortion issue.

"There was not an opportunity for discussion with its membership on some of these important issues and we've heard this before. It's always important to try and solicit input from your membership, whether it be the university administration or the YFS," Tiffin said.

"There are students that may be supportive of the pro-life position that would want to have their views known too, and I think that my concern there is really related to the need for more discussion and consultation with the community."

Massa says the YFS did not make this decision overnight. They did so using the mandate they received from the student body.

"That's not a conversation that was started just a couple of weeks ago when this hit the news," she said. "The council has been elected and has the power to make decisions on behalf of their constituencies, and they voted overwhelmingly."

Massa says religious student groups who take a pro-life stance will still receive YFS funding.



# 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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1213, 10011 109th Street NW, Edmonton, AB T5J 3S8 -- Ph: 800.788.9041 ext. 2905 - Fax: 780.497.7003 attn: Voice Editor

**Publisher** Athabasca University Students' Union  
**Editor-In-Chief** Tamra Ross  
**Managing Editor** Sandra Livingston

**Regular Columnists** Hazel Anaka, Erik Ditz, Lonita Fraser, Christina M. Frey, Mandy Gardner, Barbara Godin, Wanda Waterman St. Louis

**Contributors to Listings** Zil-E-Huma Lodhi, Lonita Fraser

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