

THE VOICE

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www.ausu.org/voice



A Bug In Your Ear...

1. PSYCHOLOGY CLUB. Are you enrolled in the Psychology program? The Athabasca University Psychology Department and AUSU are in the process of collecting information to see who is interested in a Psychology Club, who is interested in organizing it, and what you might want out of such a club. We are looking for participants, volunteers to run the club, and ideas as to what its purpose should be. Some great suggestions have already been made, for example, an interactive forum for psychology students to chat online, with occasional guest 'speakers' on the forum. If you are interested and want to be part of the Club, please email

pennyh@athabascau.ca.

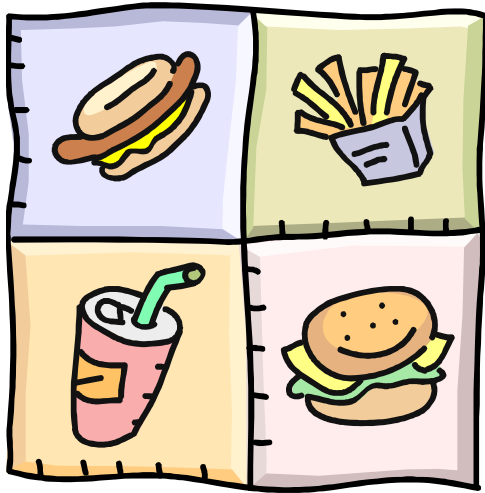
2. VOLUNTEERS???? As distance learning students at AU, we don't always have opportunities to get involved with the student body. AUSU is trying to change that, and have many ideas and events planned that will hopefully allow us a greater sense of unity, and contribute to a more positive student experience for all. Of course nothing great can be accomplished without many willing hands, and we have many students expressing interest in becoming involved in some way. What we need now is a student willing to act as Volunteer Coordinator. An honorarium will be provided.

If you have some free time you can devote to organizing our volunteers, please email a short bio to Debbie at: djabbour@ausu.org

PRESS RELEASE

From: Student Services Committee, AUSU
TO: The Voice
Date: July 5, 2001
Re: Call for Proposals (Student Clubs)

The Student Services Committee of the Athabasca University Student's Union is issuing a Call for Proposals for the establishment and operation of Student Clubs. Approved proposals may receive annual funding for the club budget. For further information, please contact the Chairperson of the Student Services Committee, Mark Gueffroy, by email at mgueffroy@ausu.org!



WHAT ARE THEY EATING?

By Tamra Ross Low

"Children are becoming prime candidates for heart disease at an early age," warns Dr. Ruth Collins-Nakai. At the international conference on heart health in Winnipeg this week, Dr. Collins-Nakai said that children are eating too much fast food and they are not getting enough exercise. She calls the problem an epidemic that has led to fat build-up in the arteries of children as young as four years old, which often results in type two diabetes.

It's about time someone said something. I don't even have children, but I am often appalled by the things I see children eating. It seems that at least once a month the community newsletter, a magazine, or the school paper will have a column featuring kid-friendly recipes for busy moms. Worryingly, almost every one of these columns features a dish with wieners: Kraft Dinner and hot dogs, hot dogs and beans, wieners on a bun with peanut butter. What are they thinking? Wieners? They have become the hallmark kid's food. When mom and dad fire up the bar-be-que and cook themselves some nutritious steak or chicken, the kids are invariably given some good old BBQ-d hot dogs. They are as ubiquitous in children's diets as sugar coated cereal and tomato flavoured pasta.

I recall a report many years ago that linked a high intake of wieners, bologna, and other processed meats in early childhood to leukemia. No surprise: Wieners are very high in nitrates - a leading cause of cancer. And if these substances cause disease in adults, just imagine what affect they have on a child's delicate system. Besides, most adults eat hot dogs and bologna sandwiches only occasionally, whereas I know children who eat these meats several times a week.

Some companies are now marketing healthier wieners. They know parents love to feed this garbage to their children, and they support this trend wholeheartedly. After all, wieners are great for profits, as they are made of meats that would otherwise be scrap, or pet foods. However, adding vitamin supplements or bits of vegetables does nothing to reduce the carcinogenic ingredients (they are prevalent in all smoked foods), or to reduce the fat content.

Think about this. If mom and dad are having chicken, and the kids are having hot dogs, the parents are getting tons of high quality muscle proteins, little fat, and no preservatives (unless sauces are added). The children, on the other hand, are getting tons of fat, meat from unknown, and probably less nutritious sources (probably a lot of ground gristle and connective tissues), and a truckload of preservatives and chemical additives. What ever happened to the theory that children should eat better than their parents? They are still growing, after all, and their systems are less tolerant to nutritional deficiencies.

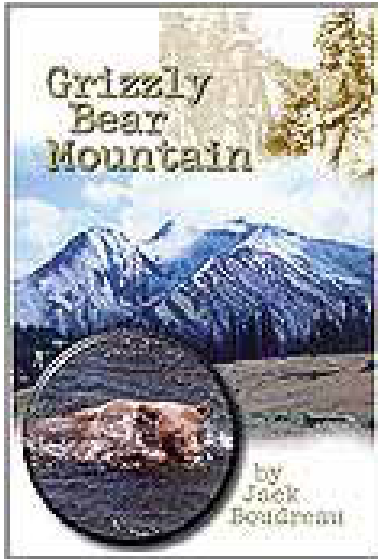
Hot Dogs are not the only culprit. We have designated a number of other items as primarily kid's foods. In a sensible world, kid's foods would be packed with nutrition and devoid of additives. Baby food is supposedly made this way.

The reverse is true, however. We all know that kid's cereal is much less healthy than that made for adults. No one is really fooled by the addition of all those synthetic vitamins. What else do we feed our kids? Alpha-ghetti, and all those similar canned pastas which are nothing more than refined white flour, sugar, water, and a trace amount of tomato paste. That's about 99% refined carbohydrates. So is a can of Pepsi. Biologically, your body cannot tell the difference. And we wonder why kids have metabolism problems that lead to hyperactivity, attention deficit disorder, and eventually, obesity? Many probably suffer from hypoglycaemia - a fluctuation in blood sugars, often exacerbated by a diet high in refined carbs, and low in whole grains and good proteins. Over the long term, hypoglycaemia can also lead to depression, anxiety, headaches, and intermittent fatigue.

What about other kids foods? How about McDonald's? Not a nutrient in sight, and fat galore. And then there is the fact that all of the major burger chains are now pushing bacon on all their burgers along with the cheese. Why not up the carcinogens a little more? In fact, most fast food is bad for you, but it is getting worse as burgers get bigger, more fatty sauces are added, and the sizes of fries and drinks are increased. Subway is a little better than some, but their subs are still high in processed meats. Not that there is anything wrong with that once in a while, but the problem is that kids are eating this stuff every day. When they develop problems with attention span, hyperactivity, or overweight, we medicate the problem instead of taking responsibility for feeding them garbage. It makes sense: in computer terminology, 'garbage in - garbage out.'

Now researchers are verifying what we knew all along: our kids are getting sick and fat. I could have told you that by looking out my window. There is a little girl down the street who is about 5 years old and 40 pounds overweight. As they get older, it gets worse. I live about a block from Forest Lawn High School in Calgary.

Mystifyingly, their physical education program seems to consist of making the kids walk around the block three or four times several times a week. Remember when we actually played sports, or did gymnastics, or climbed ropes in a gym? Budget cuts I guess. No wonder kids are losing their interest in physical activity. Walking down the grubby streets of Forest Lawn hardly inspires a love of the outdoors. Anyway, they walk around the block day after day, and I look at these kids. About 1 in four is seriously overweight, and few actually look athletic. I saw a fourteen year old boy on television last week who is suffering from weight induced heart disease. He has to take medication to clear his arteries. I can't help but wonder how many kids in my neighbourhood will end up like him. It's about time someone said something.



Grizzly Bear Mountain by Author Jack Boudreau

Review by Wayne Benedict

This is Jack Boudreau's second book, the first being Crazy Man's Creek. This time Jack delves into his own life experiences, from his early childhood through decades of hunting and life in the protection branch of the BC Ministry of Forests. If you've ever wondered what it would be like to live in a small bush town with loving parents and amongst seven other siblings, each with an unconventional sense of humour, then this book is for you.

Full of comic antic dotes and hair-raising adventure, Jack Boudreau has lived a life far beyond the scope of the ordinary and has filled Grizzly Bear Mountain with many hours of reading about it. This book will appeal to anyone with a sense of fun and a desire for adventure. Jack has atypical beliefs regarding grizzly bear numbers and the need for conservation, his theories attributable to decades spent as a hunter, and later a viewer of these majestic animals. His ideas are sure to be controversial to many but this book will be entertaining to all.

I may be a biased reviewer in that, J. Boudreau is my mother's brother and I also grew up listening to a few of the tales depicted in this book. Yes, that is a picture of me on page 136 (the handsome one on the right). You won't regret purchasing this book, happy reading...



They were Canadian

By Audrey Balay-Karperien

A beer company put Canadian identity on everybody's agenda. We embraced it. Probably because we were bored with or perturbed by American identity. Whatever. Now, the push of great Canadian marketing has led many of us to develop the Molson manifesto and personalize it with some lengthy adjectives. Like, I asked somebody the other day who, said, "Sure, totally, I am a beer drinkin', snowboardin' in July, lost my mukluks, Hal and Joanne, got a lot of aunties, doin' distance ed, really like that log roller

vignette, personally know somebody who met Bryan Adams, never been to Yellowknife, pretty good Canadian, eh?"

Easterner, Fred Banting, of Ontario, for example, says that, to him, while being Canadian is fundamentally about being drunk, it is less concerned with fermentation and more focused on discovering insulin. Bert Brockhouse, originally from Milk River, around Lethbridge, Alberta, thinks that while beer is pretty cool, there is also a lot of time spent developing neutron spectroscopy. And Mike (christened Lester) Pearson, born in Toronto, also thinks beer is really at the heart of us all but that playing Olympic hockey for the Brits and generally just keeping the peace is also important. (The interviewees, all verified Molson Canadians, received neither alcohol nor beer for their comments. Just Nobel prizes.)



FED WATCH

By Karl Low

So How Much is Your Life Worth?

The BC government's Vital Statistics agency has just released its [annual report](#). According to their statistics, 27,273 people died in British Columbia last year. The report goes on to say that 5,514 of those deaths were attributed to smoking.

So let's put this into perspective, more than a fifth of all the deaths in British Columbia, that's over 20%, were attributed to smoking by the Government's own analysis. Will somebody please explain to me why, in a country where suicide is illegal, cigarettes are still sold in the corner drug-stores?

How is it that the Canadian Government has simply not taken cigarettes off of the shelves yet, or at least placed the same restrictions on sale as they do liquor? Consider somebody today trying to get a product that even killed 20% of it's users past the Canadian Food and Drug Act today, never mind something responsible for 20% of all deaths, users or not.

What it comes down to is that the government has placed a dollar value on your life. They've looked at the tobacco industry, seen all the money it brings in, and somewhere, some accountant must have balanced this off against how many people it will kill.

Disturbing, isn't it?

BC Government Has No Opposition

It's now [official](#) that the BC Liberal Party has no opposition in the legislature. It was well known that the Liberals had won a landslide victory but not living in BC, I didn't realize how much of a landslide it really was.

Going through the [MLA list](#) I counted only two members of the legislature who were not liberal, and who were both NDP.

That being the case, I think there could be no doubt that the NDP certainly would not have amounted to an effective opposition, but going so far as declaring them to not be the official opposition is a bit much. As it currently stands now, the only issues that can be brought before the "new, open legislature" of premiere Gordon Campbell will be the ones brought forward by the liberal party. No matter which party was elected, such a one-sided view can't be good for the province.

Funding for Health Research

If your studies involve Health, Social Science, Communication, or Education, and especially if you're in the Masters of Health Studies programme, you might be interested to know that The Canadian Institutes of Health Research is giving funding for research in the area of "knowledge translation". This means the ability of medical researchers and practitioners to quickly grasp, use, and publicize new developments in health research. Apparently Canada is having some difficulties in finding medical researchers, and this program is designed to find ways to encourage more people to do active research in the medical community.

They provide five specific areas that researchers may want to explore including:

- Understanding the Canadian Capacity to support the uptake and application of health research;
- Understanding knowledge translation activities currently employed by health researchers
- Refining our understanding of what works and what doesn't in knowledge translation
- Understanding the knowledge translation research community; and;
- Developing and validating approaches to knowledge translation in specific areas of health

Grants range from \$10,000 to \$100,000 for researchers interested, and they can find more information at [the CIHR site](#).

Make the Word Natural Mean Something

The Canadian Competition Bureau is [accepting](#) public comments on their latest proposal about product labelling for environmental concerns. Your comments could make sure that things like 'GMO Free', 'biodegradable', and 'recyclable' can be fairly applied to only those products that really deserve them.

Currently, many of the major stores are forcing products that say "GMO Free" such as Nature's Path cereals off their shelves under the pretext that there's no competition guideline. I think their reasons are more to do with how it points out that Safeway brand products are not necessarily GMO Free than anything else. Your comment could help to remove the convenient excuse they currently use.

Awards for Aboriginal Students

The Government of Canada has published a guide detailing the awards, scholarships, and bursaries that are available for Post-Secondary Aboriginal Students. The site itself is a bit sparse, but contains links to a lot of other good sources of information if you're an Aboriginal Student.

You can take a look at it at [this link](#).



From My Perspective: The Calgary Stampede

By Debbie Jabbour

Growing up in Edmonton, I had heard about the ‘great and marvellous’ Calgary Stampede all my life, but had never attended. The friendly rivalry between Edmonton and Calgary also extends to our summer festivals, so when an opportunity came up to travel to Calgary on business during the Stampede, I eagerly looked forward to finally seeing what all the hype was about.

My teenage daughter and I drove down late Thursday evening. It was a full moon, and as night fell we were escorted along by a glowing yellow harvest moon low on the horizon. As the Calgary skyline came into sight, it was suddenly illuminated with fireworks – a welcoming introduction to the city!

We met up with another daughter in Calgary, and spent the greater portion of the night talking and visiting in our hotel room. Occasionally we heard yelling outside, and at one point a group of riders and horses passed by, but the night was generally quiet. We had decided to go out for a late night walk, when there was a knock at our door. It was the hotel night manager – telling us that we were talking too loud! I was not impressed. Expecting guests to sit silently in their hotel room during what is supposedly Calgary’s biggest party seemed rather inhospitable. Fortunately we moved to another hotel the next day, where our experience was much more positive. I must add, however, that both hotels were ridiculously overpriced, and parking rates obscene – but given the popularity of the Stampede I guess they can get away with price gouging.

After staying up till the crack of dawn, we were awakened a few hours later by booming music from outside. The stampede parade was passing on the street beside the hotel! I finally gave up any attempts at sleeping and observed the parade from my balcony for a while. As I expected, it was no different from the countless Klondike Days parades I’ve seen in Edmonton – and in any case you cannot truly appreciate a parade unless you participate at street level. Friday evening the streets were alive with activity until the wee hours. We didn’t stray far from our hotel, sitting on the patio with friends, enjoying the beautiful evening, watching the constant movement of people passing by. But you could feel the surrounding mood....upbeat, edgy, strangers seeming like friends, everyone cheerful and ready to party.

Saturday we took the train to the Stampede Grounds (Calgary's downtown transit system is excellent). It was a lovely day, by noon the temperature was approaching 30C. Our first stop was the Rodeo, the signature event of the fair. We enjoyed the trick riding and the racing events, and we puzzled over just how they managed to train the broncos to buck so wildly (I later heard it has something to do with testicle squeezing?). When the calf roping event started, I heard my daughter gasp as the first cowboy looped his rope around the calf's neck and jerked it to the ground. "Isn't that cruelty to animals, Mom?" she whispered. I told her that "they" say it doesn't hurt the calves....but I must confess, watching it didn't entirely convince me that was true.

The announcer's constant talking was irritating, and after a couple hours of Rodeo; the broncos and calves and riders and cowboys started to meld into a loop of sameness; so we became restless and left to go explore the Grounds. Conklin Shows travel to Edmonton, so the midway

was a familiar one. Nashville North offered an impressive lineup of country acts, but as non-Country music fans, it held no appeal for us. The Coca-Cola Stage, on the other hand, featured a much more diverse and eclectic line-up that included 54-40, Tea Party, Chilliwack, Bif Naked, Collective Soul, to mention a few. That evening, Finger Eleven, a punk/hard rock band from Hamilton, were performing. My daughters insisted we had to attend, because they were "awesome".

First we met up with some friends and joined them for a buffet dinner at the Saddledome, in a room of several hundred diners served by only one waiter. Well at least it seemed like only one...it took almost 20 minutes just to get a glass of water, and our drink orders finally arrived when we were finishing dessert. My Calgary friends confirmed that staffing is problematic during the Stampede.

After dinner we headed to the Coca-Cola stage, and my daughters were quickly absorbed into the crush of young bodies in in the 'mosh pit' in front of the stage. I found a comfortable curb a safe distance away and sat down to people-watch while waiting for the band to start. In contrast to earlier in the afternoon, the crowds were heavy now. I had expected to see hordes of people in western dress and cowboy hats, but most wore ordinary clothing. Finally the band started. The music was interesting and energetic, and I found myself quite enjoying it. Watching the mosh pit was educational as well - a living mass moving up and down with occasional bodies being passed around on top. At one point my daughter ran up and yelled "quick Mom, give me your shoes, mine are falling off!" Being the self-sacrificing (sucker?) mother that I am, I gave her my shoes, not sure whether I would get them back, or in what condition, and went back to watching the band. Suddenly I see my shoes.....and my daughter....floating across the top of the crowd, being passed from one set of hands to another!!!!

Finally the concert was over, and my daughters returned, red-faced and soaked in sweat, enthusing over how much fun they had. I got my shoes back (they felt suspiciously sticky), and we decided it was time to head back to the hotel. On the train we met a friendly young man visiting from Ireland. He caught me aback momentarily when he asked if I "had the tick". I was about to respond that I certainly hoped not, when I realized he was asking the time! The next day we had to head back home to Edmonton, but the consensus was that we had generally had a great time. But was the Calgary Stampede really superior? Next week I will share my perspective of Edmonton's Klondike Days.

SPEAKING MY MIND

Certificate/Diploma Students Denied Participation

By Mark Gueffroy

Athabasca University (AU) students enrolled in a Certificate or Diploma program cannot participate in the annual Convocation Ceremony at AU. The University's web-site states, "*Your name, as recorded in the official student record, is used on the parchment. Graduates of university certificate or university diploma programs are listed in the convocation program, but do not participate in the ceremonies.*" Further information can be found at www.athabascau.ca/html/depts/registry/convocat.html.

The fact that graduates of a Certificate or Diploma program cannot participate in the Convocation Ceremony greatly disturbs me, and I am quite disappointed with the AU administration on this matter. Although they do make this matter available to the public through their web-site, I was not aware that I would not be able to participate until another student mentioned it to me.

Do you, as a Certificate/Diploma student, consider this an issue? Are you disappointed that you will be unable to take part in Convocation, or do you think that the matter is irrelevant and the author of this article is overreacting? Your opinion is appreciated, so please express it-send your response to The Voice and it might be published (voice@ausu.org), or send it to the author, who is always open to the views of other students (markgueffroy@hotmail.com). You could also email Debbie Jabbour, the VP Academic for AUSU, with your concerns, as she is gathering information on the matter to determine if the issue is important enough for her to pursue resolution. Her email address is debbie@ausu.org!

COUNSELLING SERVICES AT ATHABASCA UNIVERSITY

The student life is not an easy one, particularly for AU students who are often working full- or part-time and/or trying to raise a family while squeezing out blocks of study time where possible. AU recognizes the challenges facing its students and provides a variety of support services through its counsellors - Julia McDonald, Julia Nielsen, and Ken Dickson, as well as through its other Student Services areas.

When students have been out of school for many years or even decades, the return to formal learning can be confusing and overwhelming at times. Counselling Services has a number of Study Skills resources, which it makes available through AUSU. Students can also book an appointment with a counsellor to work through specific difficulties they are experiencing in their studies. This can be done by contacting Rhonda Guay or Monica Wolanuk in the Counselling Services intake unit either by phone (1-800-788-9041, extension 6723), by e-mail (counselling@athabascau.ca), or by using the Online Counselling Appointment Form on the AU Student Services web site (<http://www.athabascau.ca/html/services/counselling/apptForm.htm>).

In addition to helping students strengthen their study skills, counsellor also offer learning support in exam preparation, reducing exam anxiety, time management, overcoming procrastination and other areas of a student's life that may be interfering with greater academic success.

Proper alignment between program choice and career aspiration is important if a student is to maintain a strong sense of purpose and motivation in their studies. Career interest exploration and testing, career vision re-evaluation, appropriate program choice, and occupational information and awareness are other areas where AU's counsellors can assist students in a more rewarding AU experience.

The problems that students run into often become more difficult to resolve successfully because students do not access the learning support services available to them while there is still enough time remaining. Counselling Services is raising its profile through articles like this so students

will have a greater chance of academic success by using our services as soon as the need arises. Don't ignore the problems that obstruct your academic progress. Such problems typically do not go away. Rather, they tend to get worse as less and less time remains to resolve them or learn new skills to overcome them. Call us as soon as you recognize that our learning support services could benefit you.

So, check out the Counselling Services web site at <http://www.athabascau.ca/html/services/advise/conserv.html> or contact us by phone or e-mail if we can assist you in achieving greater academic success, because your success is our goal. Phone: 1-800-788-9041, extension 6723; E-mail: counselling@athabascau.ca



ENLIGHTENING INFORMATION:

APPLY TO JOIN THE STUDENT SERVICES COMMITTEE OF AUSU OR ONE OF IT'S SUB-COMMITTEES!

The Student Services Committee, and four of it's sub-committees, are currently seeking volunteers for Committee Member positions. Positions may also be available on the other AUSU committees. For further information, please contact the Student Services Committee Chairperson, Mark Gueffroy, by email at mgueffroy@ausu.org, or contact the Edmonton office of AUSU at (800) 788-9041 ext. 3413.

WHAT MAKES BEING CANADIAN A PRIVILEGE? PRIME MINISTER JEAN CHRETIEN RECENTLY WAS QUOTED AS SAYING, 'BEING A CANADIAN IS A PRIVILEGE!' WHAT MAKES BEING CANADIAN A PRIVILEGE FOR YOU?

Please send your response to advice75@hotmail.com and your answer may be included in a future article in The Voice!"

GOT PROBLEMS? NEED ADVICE? LOOKING FOR AN HONEST OPINION?

Send your comment, question, or concern to The Voice's Advice Columnist at advice75@hotmail.com

WRITE FOR THE VOICE!

Fill on our online application at www.ausu.org/voice/write.html or contact Tammy Moore at tmoore@ausu.org.