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the VOICE

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QUOTE OF THE WEEK:

“Success based on anything but internal fulfillment is bound to be empty.”

--Martha Friedman



A Bug In Your Ear...

Notice to AU graduate students and those considering entering graduate studies at AU:

Athabasca University Students' Union is in the process of establishing an AU Graduate Students' Association.

Here's a sampling of benefits of belonging to a Graduate Students' Association:

- **Graduate student representation on University Committees**
- **University and government advocacy and lobbying**
- **Affiliation with provincial and national graduate students' organizations**
- **Assistance with university/student dispute resolution**
- **Information source**
- **Networking**

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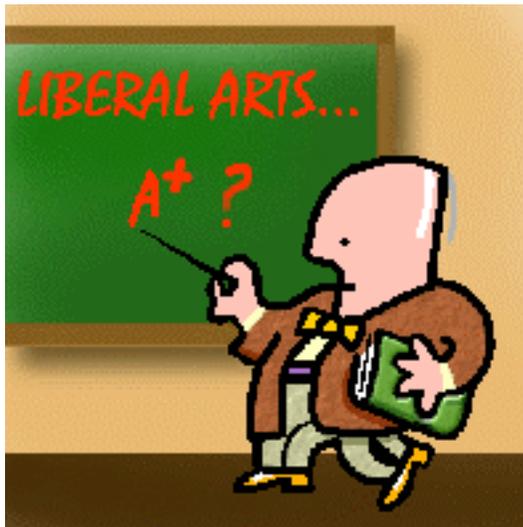
Shirley Barg, Vice-President

Athabasca University Students' Union

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Major in the Liberal Arts and You May Be Penalized

By Tamra Ross Low

University students should focus on the quality of their education, rather than the marks they receive for individual assignments. Feedback from a teacher indicating that the student is doing well should be sufficient. Marks are only numbers, and cannot be properly evaluated unless they are compared to those of other students in the same class with the same markers.

This is the idealized view of university. Most students enroll because they want to be educated and they want the skills to be successful in a future career, or to progress in a career already started. But to believe that marks are irrelevant to the lives of students is naïve. The very structure of university administration and the scholarship system make marks very important indeed.

Any dedicated student hopes to achieve a notation of ‘Distinction,’ or ‘Great Distinction’ on their diploma. The criteria for these honors varies from school to school, as does the actual title of the honor, but all schools have some means of recognizing their finest graduates. Similarly, many scholarships are granted to the students with the highest overall grade averages – either within the entire school population, or on a faculty by faculty basis.

This system would be appropriate if all students had the same opportunity to receive the highest marks. However, there is a great discrepancy in marking practices from faculty to faculty and some students, particularly in the liberal arts, may always be at a disadvantage regardless of their level of skill and how hard they work.

Consider first the technical courses, including basic computer programming, computer software training, math, business, and many of the sciences. In these courses, assignments often require the student to give precise answers to precise questions. There are clearly defined correct and incorrect answers, and the success of the student is determined by the number of correctly responses to these questions. It is usually possible in technical courses to receive a grade of 100% if all questions are answered correctly. Not easy, but possible nonetheless. Marks in the 90's are quite common.

Now look at the liberal arts courses – English, History, Psychology, Philosophy, Communications, and others. In these courses, assignments are usually essay based; there are no clearly defined correct answers, though there is specific information that is expected to be part of a correct response. Marks are based on the markers impression of the work, and how thoroughly the student answers the questions. Now if it were still possible to obtain a perfect score on these papers, the marking scheme would be fair, but this is generally believed to be impossible. Many tutors and professors confirm this.

I have spoken to many students in the Humanities, and have heard a number of strikingly similar stories. Often these students have submitted papers that their professors have praised as “one of the best” that they have seen. In three examples, students have been told that they received the highest mark that the professor has given on that assignment. These marks on these papers have ranged between 78% and 92%. When the professors giving these marks have been asked “What could I have done to improve my mark?” The answer is often: “Nothing.”

The problem is that many liberal arts professors have been educated that there is no such thing as a 100% essay, and instead have been trained to mark papers according to their own scheme and by comparing the papers of students within their classes to determine where each fits in. This is not specifically “marking on a curve,” but it is very similar. What constitutes a top mark varies from professor to professor. Some have stated that they will not give above an eighty percent (which means a mark of ‘A’ under the AU guidelines is not possible), while others will go as high as 85% or 90%.

Certainly a mark of 80% from a professor who will not grade any higher indicates a very high level of achievement and the student receiving this mark should be very proud. However, determining how a mark should be interpreted can be especially difficult for a distance student who has no idea what marks other students have received.

What is terribly unfair about this, is that an exceptional student in the liberal arts can expect at best to graduate with an average mark of about 87%, assuming that they receive top marks in all of their courses, and that their professors give top grades ranging from about 82% to 92%. If the student has the misfortune to have many tutors who grant top marks lower than these, then their average will be even lower. In my experience, English tutors are particularly low markers. It is not unusual for English students to receive marks of 79% for papers marked ‘excellent’.

By contrast, an exceptional student in technical courses may obtain an average mark of 95% or above. In the humanities, marks are discretionary, and based on the impression of the

marker. In the technical courses, marks start at a hundred percent, and are reduced as the student makes errors. This does not necessarily follow for all technical courses, but is a valid generalization.

What does this mean for liberal arts students? First, I have been unable to locate a single tutor in the liberal arts who says that they will give a mark of 95% for any paper, regardless of how good it is. Many say that 90% would indicate a paper that could not be improved. Given this, no liberal arts student can obtain a mark of 'Great Distinction' on their parchment, as this requires an overall average of 95% or higher. A mark of 'Distinction' (average of 85%) is perhaps obtainable, depending on which tutors the students gets.

Scholarships, however, are generally given to the student, or the few students, with the very highest marks. This means that when you have exceptional students in both the liberal arts and the technical faculties, the tech students will take the awards every time. It is possible that the liberal arts students in this case have worked harder and learned more, but the result will not change. The best these students can hope for is the respect and support of their professors and good recommendations for jobs and program applications. These are valuable benefits, but ones that the technical students will have similar access to.

Another issue that liberal arts students must face is a lack of uniformity in grade. If each tutor may set his or her own grade scheme, then two students with the same skill may be graded very differently in different classes. This discrepancy is inherently unfair, and may leave an exceptional student feeling like a failure if he or she does not realize that they are achieving well within the limits that their professor assigns grades.

Anyone who doubts that these discrepancies exist can study a list of awards recipients at a number of universities that do not grant separate awards by faculty, and see how often those in the technical or business fields are selected.

For the above reasons, I think that all schools should make awards of merit – including scholarships, special notations on the graduation parchment, and monetary awards – should be applied on a faculty by faculty basis, and that the criteria for these awards should be based on a careful study of the average marks achieved in that faculty over a number of years. Anything else penalizes students for choosing to study in a faculty that uses a discretionary marking scheme (although the scheme itself may be valid), instead of one that is more clearly defined.

Tamra lives in Calgary with her husband and two cats. A fulltime AU student, she splits her free time between her duties as an AUSU councillor, writing her first novel, and editing written work by other students and friends.



From My Perspective: A NEW JOB –PART II

By Debbie Jabbour

Starting a new job is exciting, but just a bit scary too. For me it means leaving something secure and familiar for a job that is new and challenging, one that requires implementation of a different and yet untried skill set. So I had mixed emotions when I was advised that I had been successful in my application and had been hired for the new AADAC

Addictions/Tobacco Cessation information line at Capital Health Link (http://corp.aadac.com/news/PDF/WNTD_BKGND_prov.pdf).

The line itself is not a new concept, AADAC has been operating an information 1-800 number for years. However they have now contracted it out to Capital Health Link, and have added a new dimension - tobacco cessation. As a relatively new venture, they are not completely sure what to expect. For callers seeking help with tobacco addiction, we are to be counselling and doing follow-up support, but for other addictions we are simply giving referral information and are to do no counselling.

Learning at a distance has made me aware of both the challenges and the benefits of non face-to-face communication, and I am intrigued by the possibilities of telephone and internet counselling. My training started on July 22 and I've completed a long and exhausting first of two weeks. It was like being in school again. I'm used to being in the learning mode, so this was not totally unfamiliar to me, although we often found ourselves on information overload. I found it extremely interesting most of the time, but it was physically difficult to sit for 8 hours a day - made me realize why I prefer distance learning!

Three full days were spent at the AADAC offices, where we received an intensive addictions overview. Much of the information was not new to me (in fact one session was almost a refresher for Psych 402 - Biological Psychology), but it was interesting to listen to people who deal with addictions on a daily basis. Although we are not to be offering counselling, it is essential that any person answering this help line have an understanding of addictions and be as non-judgemental as possible. Right from the outset we were advised that people calling for help are often so happy to actually connect to a "live" person on the phone - that they will often want to share all their problems with us. So we need to be prepared for almost anything. The majority of our calls will relate to smoking and alcohol, but we also will be giving information and referrals for other addictions, including drugs, gambling, internet, and more. Many of our calls will be from family members; mothers worried about a child's drug use; children who want to

help their parents quit smoking; adults in the 'sandwich generation' concerned about a senior's prescription drug use and/or drinking; a husband whose wife is gambling. Addictions come in many forms and are extremely complex.

The session on gambling addiction in particular was somewhat of an eye-opener. The psychology and physiology of gambling addiction is a field that is just beginning to be researched. Understanding gambling addiction and developing treatment strategies is at a stage comparable to where knowledge and understanding of alcohol addiction was 50 years ago. A couple of points made me stop and think: VLT's appear to have a hypnotic effect on some problem gamblers, prompting them to go on gambling binges that can last for days. In some extreme cases, VLT gamblers may become dissociated from reality, and AADAC has seen some dramatic examples of this. Most thought provoking of all, however, was hearing the statistics relating to youth gambling. There has been a sharp increase in teen gambling, particularly VLT's, and the AADAC counsellor giving the presentation suggested this may be related to the whole culture that has taught children to seek comfort and release in front of a computer or television screen.

We go "live" with our first call on August 6. I'm eagerly anticipating the day, and I hope I will be up to the challenge. As a musician I've always been aware of the power of the human voice. Now I will be taking that power and learning how to use it in isolation. This is not a simple task, since we rely heavily on visual cues in our daily communication. According to the NAIT training session on Call Centre techniques, 7% of a message is conveyed with words, while nonverbal (visual) behaviour makes up 55% of the message, and tone of voice the other 38%. Operating the AADAC line means that I will have lost more than half of my normal communication abilities and will be relying only on my voice to convey my empathy to clients calling for assistance.

As students learning at a distance we have had to learn how to communicate on a completely different level, one that excludes the visual. Non-visual forms of doing business are increasingly becoming the norm. Telephone, internet and email are used more often than face-to-face communication in many companies, and it is likely that this trend will continue. What does this mean for AU students? I've had some students ask me if our degree will be viewed as somehow less valuable than one achieved in a campus-based university. I think the opposite is true. Not only are we receiving an education that is equivalent in quality, we are learning how to utilize new technologies to the fullest, and most importantly, we are developing essential non-visual communication skills. These skills are highly marketable in the new global environment in which we find ourselves, and are a positive result of distance learning. I believe these skills will serve me well as I embark on a new career path.

Debbie is a native Edmontonian, a single parent with four daughters. She has worked as a professional musician for most of her life, and has enjoyed a rich variety of life experiences - with many more to come! Debbie is working towards an eventual doctorate in psychology, and currently serves as the president of the Athabasca University Students' Union.



FED WATCH!

By Karl Low

Summer Jobs

Even though Athabasca University has a non-traditional school year, the government programs for student jobs still fall mostly around the summer. While many Athabasca University students are already working full time, for those of you that aren't, there is always the possibility of getting a job in the federal government. If this strikes as something you might want to consider, you should check out the government's [Frequently Asked Questions](#) list for Student Employment Policies and Programs.

Of course, most people think that working for the federal government mostly means sitting around a stuffy office all summer long doing mind-numbingly boring work. It should be remembered though that there is also an International Exchange Program and Research Affiliate program that runs under the auspices of the federal government.

While it will still be work, at least you'll be getting paid reasonably well and can use the job to make some good contacts for your future.

Hey, Big Spender!

Statistics Canada has released a report showing the [change in education spending](#) per student from 1995 to 1999. The Province of Alberta has increased its funding per full time student from \$5,836.00 to \$6,871.00. So it seems that Mr. Klein has increased the amount of money per student available by just over \$1000.00 per head.

Of course, things are rarely exactly as they seem. If we take a quick stop at the Bank of Canada's [Inflation Calculator](#) and plug in the numbers, we can quickly see this increase drops down to under \$700 per student. This increase also takes into account the effect of teachers having to or threatening to strike such as in 1997.

That being said, some credit still has to be given to the Alberta Government as the increase per student was actually the highest, both in dollar and percentage values, of all the other provinces - if not by much. Given that we had some of the largest budgetary surpluses in the last couple of those years though, you couldn't be faulted for wondering why the differences are so close.

Especially in a province that Premier Klein claims is committed to the concept of life-long learning.

Bye, Bye Byrd

The WTO has [suggested](#) that the United States' Byrd Amendment is in violation of their negotiated trade treaties. The official ruling will not be passed until September, but very little change is expected in it. The Byrd Amendment, in case you are wondering, is an amendment that requires any duties or customs collected by U.S. Customs for alleged illegal dumping be distributed to the companies that have been hurt by the alleged dumping. WTO rules however make clear that the duties are to be sufficient penalty in and of themselves.

A native Calgarian, Karl is perpetually nearing the completion of his Bachelor of Arts with a Major in Information Studies. He also works for the Computer Sciences Virtual Helpdesk for Athabasca University and plans to eventually go on to tutor and obtain his Master's Degree.



OH&S Priorities of Labour & Capital: Which should be Superordinate in Setting Occupational Health & Safety Standards?

PART II

By Wayne E. Benedict

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Another aspect of OH&S standards setting that is detrimental to workers' overall health is the concept of Threshold Limit Values (TLVs); the idea being that there is a level of exposure to a given hazardous chemical below which humans can safely exist. Castleman & Ziem (1988) examine many of the problems associated with setting TLVs including: the reliance on health information supplied by the very industries producing and using the substance under study; the reliance on unpublished industry communications which opened the door to bias, vested interest manipulation, and skewed results; complete lack of scientifically accepted methods of data collection; conflicts of interest wherein "primary responsibility for reviewing documentation in

developing TLVs was borne by corporate representatives for major products of their own companies” (Castleman & Ziem, 1988, p. 194) and members of the TLV Committee retaining paid positions at major chemical corporations while simultaneously serving on the TLV Committee. It seems very likely that TLVs are set through a biased and unscientific process which set exposure limits too high to adequately protect workers (if indeed any safe exposure limit exists, as in the case of suspected carcinogens) in order to protect corporate profits and production.

The vast majority of research into the correlation between workplace exposure to hazardous conditions and the adverse affects on the health of workers is carried out by scientists who depend on the financial contributions of industry. The scientific community sees no problem with researchers accepting grants from industry but there is an inherent suspicion of a scientist (and his or her research results) who works with unions. Messing (1987), a researcher who performs research into workplace hazardous chemical exposure related genetic health effects, usually at the request of unions, describes how employers practically blocked her team’s access to important information and fettered the cooperation of other professionals in the field. She outlines how her team’s association with unions negatively affected the way their work was viewed by other scientists and surmised that it was likely due to scientific-social stigma against any researcher who would stoop so low as to work for non-lucrative labour organizations and the fear that that stigma (and the resultant lack of research funds and opportunities) would rub off on them personally. It is likely, therefore, that a pro-industry scientific community could affect the content of governmental policy discussions regarding OH&S standards setting by heavily influencing those discussions toward the perspective of industry. With scientific research funding so incredibly unequal for scientists studying issues from corporate vis-à-vis labour perspectives, it is impossible to declare the overall results as objective and unbiased.

Scientific bias can also be seen in the case of physicians employed directly by industry—company doctors. Many interviewed workers see the role of the company doctor as being an agent of the firm, a quack, a pawn, or a part of management with questionable motives (Nelkin & Brown, 1984, p. 138). Workers feel that company doctors are employed, not to give medical care, but to protect the firm against lawsuits and compensation claims, reduce insurance premiums, minimize sick leaves, and/or deny the need for costly investments in workplace engineering controls. Worker suspicions have been confirmed in many regards. One study undertaken by Vivienne Walters (1982) was based on interviews of 23 doctors employed by 10 companies in the province of Ontario. She found that company doctors are under contradictory pressures from unions, corporate managements, and individual workers. These pressures covered four main areas of contention: the regulation of absenteeism; the certification of workers’ fitness to work; WCB claims; & occupational health hazards. Most of the physicians interviewed displayed ideology similar to that of management; possibly due to their shared residence in the dominant upper-class. Company doctors take direction from and communicate as equals with members of management while workers are seen as mere patients who they deem as being ignorant of medical, health, and business concerns. Many company doctors treat the health records of workers as “tools” that can be used to “catch-out malingerers”.

Various methods have been used by capital to blame the worker-victim for his or her own injuries and/or health problems. Bio-medical surveillance (Atherley *et al*, 1986) is used to

identify and weed out the so-called “hyper-susceptible” worker, who *might* be prone to exposure-related health injury, stress disorders, cumulative trauma disorders, or other conditions which would cost the employer in compensation. This information, garnered through dubious methods, can be used to discriminate against individual workers and, it is feared, could ultimately result in a permanent underclass of unemployable people (Reasons et al, 1981, pp. 161-166). Similarly, workers who are injured as a result of workplace safety hazards are labeled “accident-prone” (Nicholas, 1976, pp. 129-145 & Reasons *et al*, 1981, pp. 155-161). The similarities between the concepts of hyper-susceptibility (health hazards such as chemical exposure) and accident proneness (safety hazards) are that both theories place the blame for workplace accidents, injuries, and illness on the worker instead of on the hazards of the job over which the employer and the state have control.

All sides would agree that there is a high level of uncertainty pertaining to the actual toxicity to humans of many of the chemicals used in industry today. The safety of workers depends on where the burden of uncertainty is placed by government regulators—should OH&S regulations err on the side of workers health and safety (higher standards) or on the side in industrial economics (lower standards) (Murray, 1986, p.235)? If the burden of uncertainty sides with the employers, in other words, standards are kept low unless and until adverse health affects are scientifically *proven*, then workers will be made ill or die as a result of exposure to noxious substances while the scientific community debates and researches the issues, often for years or decades, until arriving at scientifically acceptable consensus on an acceptable toxicity-exposure value or TLV (if indeed one even exists). Further, as I am very well familiar with through my own place of employment, any regulation—OH&S or other—is not worth the paper that it is printed on if the mechanism of enforcement is ineffectual or altogether absent—such a situation provides employers with fiduciary incentives to regulatory non-compliance.

So what should the law require: the employer to provide a safe workplace or the worker to be responsible for his or her own safety? The former implies that the employer is responsible for the safety of its workers (engineering controls), while the latter implies that the employee carries the burden of his or her own personal protection (personal protective devices). It should come as no surprise to the reader that I find Schneiderman’s statements mentioned at the beginning of this essay to be far more convincing than Viscusi’s for all of the reasons outlined *supra* and that the precepts of a liberal democratic society such as Canada’s demands that employers protect the health, safety, life, and limb of all of their employees to the furthest degree possible. I believe that the neo-conservative, right-wing concepts of cost-benefit analyses, hyper-susceptibility, accident-proneness, free-market premium risk pay, and the like are all theories of justification, created by sophisticated manipulators of public opinion to preserve the status-quo hegemony inherent in a system of capital accumulation. The ability of the dominant classes (doctors, capitalists, politicians, scientists) to define and set the OH&S standards that will, or will not, protect the subordinate classes (labour) is a glaring flaw in the capitalist system and the general ignorance of workers to issues which are used to set policies that define their safety is a sorry testament to the class inequities of our present society.

Prescriptively, I would suggest that societal justice demands legislation be written which would shift the legal burden of proof away from the injured or sickened employee who presently must overcome the formidable hurdle of proving that his or her condition is work-related, onto

the employer to disprove beyond a reasonable doubt that the illness or injury is related to the individual's work. Such a change in legal doctrine would provide capital with a powerful financial incentive to provide the safest possible workplaces so as to avoid costly compensation claims and it is clear that nothing can motivate capital as effectively as money can. It is presently much cheaper for capital to avoid regulatory compliance, refute workers' claims for compensation, lobby for less regulation, and replace worn-out input liabilities (sick, injured, or killed workers) with fresh ones. OH&S standards should be set with the burden of uncertainty favoring worker health and safety, even approaching the "no-risk" principle (Tucker, 1984, p. 95). Further; methods, resources, and the political will for prosecutorial enforcement of existing and future OH&S laws is an absolute must: internal responsibility systems based on the erroneous concepts of labour-management equality, shared OH&S interests, and persuasion as opposed to prosecution as the means of enforcement will never provide labour with adequate levels of workplace health and/or safety.

Resources

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DEATH?

By Laura Seymour

Years ago I wrote a poem about a heart-wrenching incident in Toronto. I was living in an illegal basement of a house; I often went to the backyard –an overgrown weeded area and worked on it. It gave me a little escape from a gloomy basement (how many of us like the idea of being below ground?)

One day I was tidying up the back and found a fresh addition...a dead blue jay. Although my mother taught me that a bird in the house is an omen of death, I wasn't sure what this was. I didn't think the incident was trivial... it seemed too emotionally charged. I was trying to say something to myself. I just wasn't sure what. I called the Humane Society and asked them what I should do. Were there rules on burial? Procedures to follow? They sent a man in a truck who unceremoniously picked up the bird and chucked it into a box. He snapped it shut, said, "Nope. No procedures" and walked away. I stared blankly. Was that all the poor little thing was worth? A stiff body thrown into a human's box. I wrestled with it for a while and finally the poem came

out. It probably wasn't very good, but it helped me to say goodbye to the bird that had probably swooped over my head many a time.

I added another chapter to this incident and the question of death today. I went onto my patio, the construction men hammering and buzz-sawing next door. I began to sweep up my patio. I watered the plants I put in so late. Would they make it and yield anything edible? Would flowers pop up and bloom?

I turned to examine the other side and found my friend the bird. Poor little thing. It must have flown into the wall and died. At least I *hope* it died like that –quickly. It was so ironic. It's little body was a stiff as a board, yet its feathers were groomed and baby skin soft. I felt like something was wrong. The scene just wasn't right.

My mind twisted everything around, rehashing the paranoia of the omen of death. My girlfriend, currently pulling some military duty in Ontario had emailed me the day before I found the bird. She recounted a disturbing dream. I was the star, there were blackbirds in it; a woman we both knew was in it as well and they were concerned about me. Did she tap into some vault of information -- somehow knowing or sending the dead bird there as an omen? Many people snarl...why would someone astral project and then dream something as trivial as a dead bird? I don't know. Why would someone *know* there is going to be a plane crash but not be able to give details to the control tower about which plane? The staff at any major airport will tell you the same story occurs many times per year. Details are almost always missing and as a result no one can ground all the planes. Often there are a slew of calls just prior to a crash. Details are often vague. "A large plane"...it's an American company". Yet there are too many options and the staff sit helpless.

Does this bird mean something? I don't know. The details are too vague. I wish I could reach out and see into a cosmic ball and find out what it all means. I'm sure many of us do.

Consider this article a tribute to the life of the little bird that died by my patio...in lieu of another attempted poem.

Laura Seymour first published herself, at age 8. She has since gone on to publish a cookbook for the medical condition of Candida. She is working toward her B.A. (Psyc).



It's the End of the World as We Know It: And I Don't Feel Fine

By Darren L. Kereluk

After a productive meeting with my colleagues on AUSU Council, I decided to peruse the news of the day offered by my ISP, SaskTel/Sympatico. Imagine my surprise when I read that Lance Bass of the “boy band” *N Sync will be [flying](#) as part of a Russian Space Agency mission to the International Space Station.

It is not the idea of him going to the ISS that bothers me, but the fact that 20 million clams US will be spent to make this “vital part” of space research a reality. In the end, what will this accomplish other than to inflate a few people’s already swollen egos?

Yes, the RSA needs the hard currency to fund its participation in the ISS, but is sending Lance Bass there really the answer? Is it not possible for resources to be found within Russia, or within the world community that will ensure that Russia has a full opportunity to participate in the construction of the ISS? It is a pretty sad day when publicity gimmicks of this nature are needed to fund scientific endeavours and exploration.

And as for Lance Bass (and his sponsors), if he has so much money that is burning a hole in his pocket, what about the needs of the people here on earth? According to the Canadian Department of Agriculture’s “Nutritious Food Plan”, the average daily cost of food is \$ 6.02 per person¹, Mr. Bass’ jaunt into space could conceivably buy meals for a whopping 14,230 Canadians for one year!² On the other hand, if housing was more of Mr. Bass’ forte, then for the same amount of money, he could provide basic housing to 8200 people for 1 year.³ Yet the lure of space is much more important, it seems, than the needs of the people on Mother Earth.

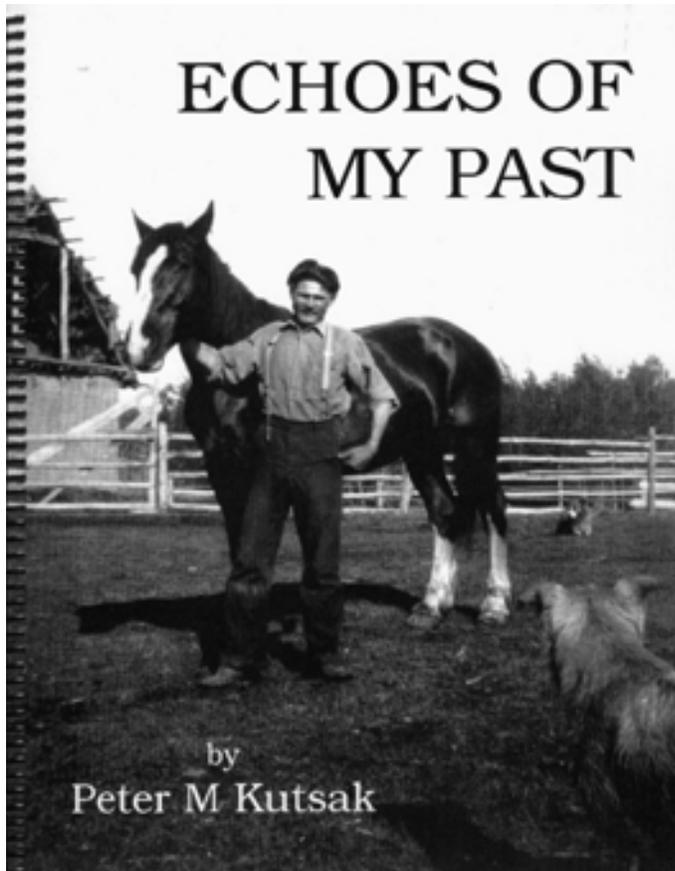
There are so many things that need to be done to help the less fortunate on this planet, that this endeavour into space proposed by the RSA and Mr. Bass and his “people” just boggles my mind. I know that each of you as good AU students do whatever you can to support people in your communities, and I thank you for it, but when I see this kind of waste of resources when there are so many people here on earth that could use the hand up (not a hand out), it angers me. In the end what will happen is that Mr. Bass will get his 20 million clam ride into space, and

¹ Based on 1994 data for food located at <http://www.cfc-efc.ca/docs/ccsd/00000323.htm>, and allowing 3% per year for inflation.

² Based on an exchange rate of \$ 1 USD = \$ 1.56331 CAD, obtained at: <http://www.xe.net/ucc/convert.cgi>

³ Same source for food data, but inflation rate calculated at 5% per annum to provide a really “basic” form of accommodation.

there will still be malnourished people on earth who could have used the money to buy some food and perhaps arrange for a roof over their heads, but do the beautiful people care? Well, I leave that up to you to decide. In my perspective, to quote a famous song by the group REM, “It’s the end of the world as we know it...” and I don’t feel fine. As for Lenny Bruce, with this kind of thing going on, he should be afraid... very afraid.



Sharing the Memoirs of My Father’s Life

The New House

By Shirley Barg

My father, Peter Kutsak, turned 83 last January. Eight years ago, he sat down in front of a computer for the very first time in his life and taught himself how to use Word Perfect. Over the next four years he typed up pages and pages of notes, written with his age-wobbly hand, of his memories and life experiences. To him, it was a labour of love for his family. He had left school after completing the eighth grade and as he says, “In comparison to today’s standards of education, I rate my status as nearly illiterate.” Although he struggled at times

for the right words, before his book was printed, those doing the editing changed very little of what he had written. Peter Kutsak’s words and stories reflect him as a man. They’re full of life and spirit, honesty and humour, hardship and elation.

As a storyteller, Peter’s words come alive on the pages and through them the reader is transported back to homesteader days in eastern Saskatchewan, to the front lines in World War II, and to post-war life in Saskatchewan.

Over the next few weeks, with his permission, I’ll share some of his stories with the readers of The Voice.

**From *Echoes of my Past* by Peter M. Kutzak
Copyright 1999**

The New House

The building of the new house did not happen by chance. Lord knows how inconvenient it was for ten people to live in a two-room house. As little children, we heard so much about the intention to build a new house and about the improvements it would make in the day-to-day life of our family. Finally, we could see that with all the talk, a new house was about to take shape.

First, the logs for the new house had to be cut. The required length of the logs was forty feet, as that would be the length of the new house. Since the bunks of the wagon or sleigh are about eighteen feet apart, the breach between the front and rear runners had to be extended at least up to twenty-eight feet. That was accomplished by disconnecting the rear set of sleigh runners completely and spacing them back the required distance and attaching them to the front set with a length of chain. After the first few logs had been loaded, the hind breach was then tied to the logs to avoid uneven tracking. The logs were hauled one and a half miles.

At home, the logs were unloaded and the bark peeled off to speed the drying process as well as to deter the infestation of termites in the wood. The logs had to be seasoned for one year before they were ready for building. Tato and my older brothers did the logging, while my assignment was to peel the bark off the green aspen logs.

The log structure, a one-and-a-half storey building, did not take long to shape up. The logs were too heavy for manual lifting and so were skidded up ramps with ropes using one horse on each end of the log, alternating the thickness of the logs on each corner. Then came the roof raising.

A few winters previously, permits were taken out for cutting spruce lumber in the forest eight miles north of our home. The lumber had to be dried in the summer months, then sheltered through the winter. It was then planed into shiplap and flooring. The lumber was then ready for construction.

The doors and windows had been built by the Western Manufacturing Company in Regina. This had been done through the cooperation of Mama's brother, Ed Kutzak, who worked for that company. He took it upon himself to supply all the doors and the windows. For that service he had been repaid with pork, beef and chickens from our farm, to be shipped to him upon his request. Finally all the material was ready to begin finishing the new house.

The time came when the structure was ready for clay plastering. I have heard talk of barn and house raising "bees" in the pioneer days. A bee in those days was a gathering of neighbours to help with a big project. Well, we did not have a house-raising bee, probably because the house was constructed in various stages. But now the plastering was arranged to be done in work-bee fashion.

The family had been digging and hauling clay in readiness for the occasion. Straw was stockpiled and barrels of water were brought by stoneboat to the site. The neighbour ladies had prepared food in their homes, and now it all had been brought to our place to feed the hungry workers before, during and after the plastering.

Neighbours from the district left everything they had to do around their own homes and gathered with a jubilant spirit, eager to get on with the task. The neighbours had brought wheelbarrows, forks, pails, ropes, and ladders in readiness for the work.

I remember I was not big enough to handle the man-sized job on the plastering lineup. I do recall, though, that I played my part in the work bee. My brother Bill and I were on detail to mix the mud plaster. We rode our horses, Queena and Kayda, in circles around and around through the mix of clay, straw and water to form a sticky mud. Bill would add more straw or water until the mud was fit for plastering.

Handing the clay plaster was not easy. The straw that was added made the mud stringy and difficult to pick up with a fork. Some struggling and pulling was required to fill the wheelbarrows before wheeling the heavy load to the plastering site. There, the workers would fork some of the mud into pails and hoist them to the upper height on the scaffold. Others would plaster the walls from the ground up.

Occasionally word would come from the plasterers that the water in the mud had drained off, making it too stiff to handle. Bill and I then had to add more water and ride the horses over the mud again to moisten it. To finish, I washed the mud off the horses when the plastering was complete. It was amazing how quickly the big job was done when there were many people to do it.

Photo credit: Shirley Barg



Free Health Benefits for Children in Low-income Families

From information provided by Alberta Human Resources and Employment

July 2002

The Alberta Child Health Benefit (ACHB) provides children in low-income families with free:

- Dental care
- Prescription drugs

- Eyewear
- Emergency ambulance services
- Essential diabetic supplies

More families are now eligible for coverage through the ACHB because of increased income eligibility levels, which took effect July 1, 2002. These income levels are associated with the number of children in the family:

- 1 child for family net income of \$ 22,397
- 2 children, \$ 24,397
- 3 children, \$ 26,397
- 4 children, \$ 28,397
- more than 4 children, add \$ 2,000 for each additional child

Enrolment in the ACHB is free. Eligibility for the program is based on the family's net income from their previous year's Income Tax Notice of Assessment (line 236). Once their applications are approved, qualifying families receive ACHB benefit cards that allow them to access approved services and products directly from service providers at no cost.

To get an application form:

1-877-4MY-KIDS

1-877-469-5437

www.gov.ab.ca/hre/achb



Disordered Perceptions

By Julia Christensen, Ubyssy

Universities are becoming increasingly aware of a quiet disease plaguing many of their students—disordered eating. Here, one woman's story takes us through the complexity of her disorder and the challenge of recovery. (photo credit: CUP photo)

(CUP) Olivia remembers feeling fat by age eight or nine. It marked for her the beginning of a long battle with bulimia and anorexia—a battle that the 23-year-old has only recently begun to recover from. Her story is a long one and as universities across

Canada are discovering, is shared by many students, particularly women. Disordered eating, in fact, is more prevalent on campus than off.

In the seventh grade, Olivia began taking diet pills. In the ninth grade, Olivia made herself sick for the first time with a friend who also "felt fat."

"She and I had friends that felt pretty good about how they looked so we sort of confided in one another about how we always felt fat and were very angry with ourselves," Olivia recalls. "She was particularly angry because she thought that I was thinner. Anyway, we had eaten a chocolate bar and we went to the washroom and I was able to make myself sick and she was not. She told me that I was lucky, so I really started to think about it in that way."

For about a year and a half Olivia was making herself sick on a regular basis. Living in her parents' house, she had to be very secretive about what she was doing.

"You just very quickly learn what bathroom you have to use and what meals to skip if you have to be there with mum and dad," she recalls.

The purging continued "to the point where by the time I was 16, I was kind of scaring myself. I was really disturbing my stomach with the purging and there were a few times where I had just purged so much in one day that I just passed out. I would wake up in the morning and it was like some kind of hangover and I would just feel so bad and would then just not eat all day. And that's what purging will do to you, the guilt will start a starving cycle whether you mean for it to or not just because you feel very disgusted with yourself that you could bring yourself to do this."

The fear led Olivia to visit her school library in search of information that might help her figure out the reasons behind her purging. Reading through the various books on eating disorders available there, however, left her feeling even more lost.

"I remember looking up what it was to be bulimic and I didn't really fit what they had in the book," she says. "I wasn't a binger, I didn't have these really wide swings in weight...for me, that was a way to tell myself I didn't have a problem. I nonetheless was very disgusted with myself but I remember, in a way, kind of feeling very sad because I wanted to open up a book and have someone tell me exactly who I was and what my problem was because I didn't know why I was doing what I was doing. I just knew that I hated how I looked."

But in grade 12, something changed in Olivia's life. She fell in love. She describes the time as an incredibly happy period in her life—one when she was completely distracted by the relationship. Her mind was preoccupied and her weight was no longer a concern. The purging stopped completely and she learned to view and use her body in new ways. She became sexually active in her relationship and "discovered this new, wonderful capacity for [her] body that [she] hadn't had before."

Upon graduation, Olivia and her boyfriend made the joint decision to move from their hometown in Ontario to Vancouver to pursue studies at University of British Columbia. It was a time of

great change in both of their lives and, ultimately, caused them to grow apart. The relationship ended shortly after the school year began, leaving Olivia very hurt, and very far away from home.

"[I] found myself all of a sudden, again, preoccupied with my body and how I looked," Olivia remembers. "I was just very worried about how [my ex-boyfriend] perceived me, how anybody perceived me. I felt unattractive. I found myself going back into an age 15 way of thinking where if I don't make the basketball team, it means I'm fat. If I don't make a part in a play, it's because I'm fat. If I fail a test, it's because I'm fat. Even though he told me he was very attracted to me for a year and a half, I began to sort of edit my past and believe that really he had never found me attractive all along."

"I just hated the person that I was," she says. "And for the first time, I really lost my appetite. It was frightening, but it was like a godsend. I felt in control of everything. I liked the idea of simplifying my day into 'I have an apple at this time, I have a bun at this time'. Everything was just too complicated with this break-up and new friends and being away from my family and being in my first year of university. There was something very satisfying about knowing at night when I went to bed what I would eat the next day, all day. I gained a strange satisfaction from it, knowing that that was taken care of and I could check it off my list."

Olivia certainly wasn't the only girl in residence who was struggling with disordered eating. She saw habits around food and exercise in other girls that were painfully familiar to her. Girls suffering from anorexia stood out especially, she says.

"I remember watching one girl who was so thin, I don't know how she even functioned, and I saw her return string beans and accusing the cashier of telling her they were steamed, when really they had been cooked in oil. And she was livid. She was just absolutely furious and I remember thinking to myself that I had to remember to always ask them whether [my food] was steamed or cooked with oil, because I just thought to myself I don't want to eat vegetables cooked with oil if this woman won't."

Quietly, Olivia was descending into despair. As she starved herself, her depression manifested itself. Starving, she says, has an impact on the body that a lot of people don't realize.

"The temporary high you get from feeling like you're losing weight and you're controlling your weight very well, the high you get from feeling hunger is always counteracted with a bitterness that comes from somewhere deep inside—it's your body being angry with you for being malnourished, especially if you're pushing it to go to class and to still go out with your friends who you no longer want to go out with because you're just so tired and all you do is think about food...everything else fades away."

Her behaviour did not go unnoticed, however. Her friends in residence were becoming increasingly worried about her, noticing her weight loss and the change in her eating patterns. Instead of comforting her this only made her panic. She began to put what little energy she had into "acting" happy. But inside, Olivia's life was caving in. A scholarship student who was

accustomed to excellent grades, she received some disappointing grades on her second term mid-term exams.

"I couldn't get anything done," she recalls. "It took me five hours to do something that would normally take me one hour to do. My brain couldn't work."

Her poor mid-term grades made her very frustrated with herself and the need to do well in school became more important to her than losing weight. She started to eat again and her brain came to life. She tried hard to scare off any thought that she was unattractive and poured herself into her schoolwork and her friends. Things got better.

In second year, however, her eating disorder returned and was worse than ever. Olivia's main motivation was no longer to be thin so she could meet an ideal of physical beauty—instead, she wanted to be thin so she could "melt away." She had reached a frightening low.

"I took the idea of simplifying my diet to an extreme—I just wanted to simplify my entire body. I wanted bones and skin, it was too complicated to have everything else, I hated it," she says.

Olivia also found that her desire to eat had completely disappeared. No longer was she plagued with thoughts of food while she starved. She was terrified to eat, afraid that eating anything at all would cause her to immediately put on weight. The complete absence of any food craving at all scared her enough to seek therapy for the first time.

By this time, Olivia was almost 22 years old. It had been almost six years since she first began purging. Her body was tired. Her heart was tired. Hating herself and putting her body through such hell was becoming far too hard. For years she had been convincing herself that her weight was the cause of her unhappiness. But when she began being honest with herself, she realized that starving was the cause of her misery. And she was sick of starving.

But getting help proved to be the most difficult part of the eating disorder, especially telling her parents. She knew she couldn't tell them that the problem began in university. She was tired of lying and she knew that lies weren't going to help her get better.

"I knew that telling [my parents] meant telling them that for years I had been miserable under their roof and, for years, dinnertime, which was so nice for them, was so fantastically stressful for me."

Her parents were shocked and confused. Olivia's mother didn't know what bulimia was, so she had to explain it. There's a lot of shame around bulimia, Olivia says, because this type of disordered eating is "the ultimate in having your cake and eating it too. It's greed, it's everything that women are not supposed to be—this is why it's done in secret, this is why it's done with purging as well, to punish yourself for all that you've eaten."

"I had been very good at hiding this for a number of years," she says. "That's how I grew up in their house, that's how I developed as an adult with them was hiding all of this. Telling them this was telling them I was a different person than they thought I was."

Olivia's recovery has been a long, trying process. It's been over two years now that she has been seeking therapy, on and off, and she still isn't comfortable with her body. She still doesn't love herself in the way that she desperately longs to. But she is no longer purging.

Through the recovery process, she has been forced to look at her past in new ways, in an attempt to understand what led her down the path to disordered eating. She has become a firm believer that eating disorders are addictions—much like alcoholism, or drug addictions. They are all unhealthy ways of coping with stress, she says.

For Olivia, the key to her disordered eating might have been a childhood trauma. While there are other factors, this event in particular profoundly affected her self-image.

"I wanted control over this feeling that I was a bad person. It was easier for me to grow up thinking that if I was thin, I would be a good person," she said.

"It was easier to do that than to fundamentally look at why I believed that I was a bad person. It became much easier to say you're bad because you're fat. It's amazing how many women with disordered eating use that kind of language. I think that eating disorders are about control, but I think it's often about controlling this feeling that there's something wrong with us, but we don't know how to pinpoint it. It's very easy to cut it into either fat or thin."

Upon reflection, Olivia sees the many stresses of her university career as being particularly detrimental in the progression of her eating disorder. It makes sense.

Recent figures show that many university students, most of them women, are impacted by eating disorders. More disturbing is that the numbers on campus are higher than the national average.

Dr. Kathryn Pedersen, a counselor at University of British Columbia's Counseling Services, says the high levels of stress many students experience at university put them at greater risk for a wide variety of negative coping mechanisms, like alcohol and drug abuse, disordered eating and over-exercising. "People experience feelings, women experience feelings, and it's a way to cope with stresses, with the way that society is viewing young women, with really traumatic experiences...there is no relationship between disordered eating and intelligence."

Pedersen says that studies indicated that 25 per cent of university women in Canada suffer from disordered eating of some sort, and a study done recently at UBC shows similar figures.

"I think the biggest [factors are] age and the life tasks that [these women] are facing," Pedersen adds. "In our society, women are taught that we're supposed to be thin, to be attractive...The media associate looks with relationships when really there isn't any kind of a correlation between what a person looks like and the quality of the relationship they end up in."

Pedersen both stress that disordered eating has to be seen as a continuum—that one needn't meet clinical definitions of eating disorders to, in fact, have a problem with disordered eating.

"You might have somebody who's just weight preoccupied on one end of the continuum and somebody who's about to die from anorexia on the other end. [We] have found that almost all eating disorders do start with a diet," Pedersen says.

"When you are so worried about being a good friend, a good daughter, a good girlfriend, you shouldn't have to worry about being a good anorexic or a good bulimic." Too many definitions box people out, only letting you recognize your problem as disordered eating if you meet certain criteria, she adds.

Dr. Deborah Schwartz, a psychiatrist at University of British Columbia's Student Health Services, says that current classification systems often mean that people fall through the cracks.

"One of my biggest pet peeves is having a young woman come through my door and tell me they saw a dietitian or they went to a counselor and the counselor said 'don't worry there's nothing wrong with you' and meanwhile this person is starving to death."

Like Olivia, Schwartz is a firm believer in an addictions model when treating disordered eating.

"The alcoholic can't stop drinking, but when the alcoholic gets the right treatment, they can abstain from drinking alcohol and learn to live a really happy life. Food is much more of a complex addiction than that because you have to eat. What is the right amount? The right types of foods?"

Looking at it from that view, the incredible frustration felt by people trying to recover is apparent—while recovering from any addiction is more than difficult, people trying to recover from eating disorders can't rid themselves of food. In fact, that's the whole problem.

There are many causes behind disordered eating. The common perception that eating disorders are fueled simply by the desire to look a certain way, or meet a certain ideal, just skims the surface.

Pedersen adds that the normalization of dieting makes it easy for disordered eating patterns to continue.

"Disordered eating is socially sanctioned in most environments [in North America]. A lot of people could be on a continual diet, if you could call it that, and think that's normal...Another thing is how healthy is exercise when its whole reason is to burn off so many calories...rather than to experience life a little fuller, to work your body, to be healthy? It's about something else."

Pedersen and Schwartz all agree that group therapy is the most effective form of treatment for those seeking recovery from disordered eating. Pedersen says these groups can help break down the barriers created by shame during recovery.

"I think sitting in a group you realize there's a lot of shame, first of all, behind disordered eating, especially bingeing and purging...and you're sitting in a room with other people who feel the same way, who've done the same things...[and] you think, I'm probably like that too and I'm doing this

to myself. So there's this empathy that people get for themselves and for other women going for the same thing."

Both Pedersen and Schwartz, who run the two support groups for disordered eating at the University of British Columbia, are extremely passionate about their work. And it's good to see. Working with an issue that is so complex, and so varied in each individual, can be extremely frustrating. But Pedersen says she never loses hope.

"I never let hopelessness get the better of me—I wouldn't be in this position if I did. And in the women who come to the support groups, I see a tremendous amount of hope. Once women realize how disordered eating is impacting their lives and they start to take steps away from it, it's amazing what those women can do."



COMMENTARY AND FEEDBACK! LETTERS TO THE EDITOR

Thanks to all of you who have been providing us with such great feedback on The Voice. Please continue providing your opinions, comments and support; any submissions can be sent to tmoore@ausu.org

Accepted letters to the editor have not been edited, nor do they necessarily reflect the opinions of The Voice staff, AUSU, or Athabasca University.

Tammy Moore

LETTERS TO THE EDITOR:

I have recently received several 'Letters To The Editor' in regards to the missing archive files. I thank you for your patience during this time of transition regarding our webpage, and I would like to assure all of you that the Archives will be updated and included shortly after our new site becomes available.

Thank-you for your support and concern,

Tammy Moore, Editor



ENLIGHTENING INFORMATION!

WRITE FOR THE VOICE!

Contact Tammy Moore at tmoore@ausu.org for details on writing for The Voice, providing a sample selection of writing and preferred genre.

Alberta Roots Music Society Presents: Courtesy of Community Networks Group

The Drum Brothers

Sunday, August 25, 2002 @ Bonnie Doon Hall, 9240 - 93 Street
Doors open at 6:00 PM > Music 7:00 PM and goes until 10:00 PM
Tickets are \$12.00 advance / \$15.00 at the door. INFOLINE: 942-2087

Who the heck are the Drum Brothers?

The Drum Brothers have been performing since 1994 when they gave their debut performance at Missoula's inaugural First Night celebration. They have performed around the Northwest and in Canada, and have been featured Artists at the World Rhythm Festival in Seattle. The group includes band members Matthew Marsolek, Nathan Zavalney, Michael Marsolek, and Lawrence Duncan playing a variety of world instruments including: West African jembe and dunun drums, udu and frame drums, didgeridoo, choroi and transverse flutes, nanga and gangoqui bells, and acoustic guitar.

In addition to the group's live performances, Drum Brothers are prolific educators, leading classes, residencies, and workshops in drum making, rhythm, and world music around the Northwest. Drum Brothers first album, *Power of Rhythm*, was released in 1997.

For tickets and info., please call: (780) 942-2087. Tix are also available at:

- > Blackbyrd Myoozik 10442 82 Ave. @ 439-1273
- > Cleas Bookshop 11217 Jasper Ave. @ 453-2663
- > Myhre's Music 8735 118 Ave. @ 477-1586
- > Sound Connection 10838 124 St. @ 425-8721
- > Tix on the SQ. 3 sir Winston Churchill SQ. @ 420-1757

Visit: www.drumbrothers.com

The KAIROS REGIONAL GATHERING 2002 Pleasantview Bible Camp, Lloydminster, Alberta (Canada)

Contributed By The Community Networks Group

October 4-6, 2002

We invite you to join us at a regional KAIROS meeting in the fall of 2002. We are bringing people together who share common values and vision for strengthening regional ecumenical justice networks. The meetings will include opportunities for networking with others from a different church or faith community, people who share your passion for justice on an issue as well as opportunities to find resources and support from KAIROS at the regional and local level for your ongoing work. There will also be opportunities to discuss justice and network building commitments you might make together as a region. And as always, worship, community and renewal!

For more information about this regional gathering, please contact:

Infoline: Lana Schramm: lanas@telusplanet.net
Phone (780) 766-3058

About KAIROS...

KAIROS is a national partnership of eleven Canadian churches and church-related organizations dedicated to offering a faithful decisive response to God's call for respect of the Earth and Justice for its peoples. KAIROS gives national leadership in the Church and community on a host of justice issues from refugees to Aboriginal land rights to human rights, from climate change to international debt to Canadian health care. We do this work together as churches with partners in the Global South, Aboriginal communities and local activist groups.

KAIROS: Canadian Ecumenical Justice Initiatives
129 St. Clair Avenue West, Toronto, ON M4V 1N5
Tel: (416) 463-5312 / Fax: (416) 463-5569
Visit our web site @ www.kairoscanada.org

Youth Entrepreneur focused organization introduces Media Center on website

What: The Canadian Youth Business Foundation (CYBF) has introduced the addition of a media center to their organization's website. Members of the media are able to collect necessary information in a one-stop style. Everything from client success stories and recent press releases to national events and FAQ's are available.

When: This service is available immediately! The information contained in the media center will be updated to reflect new and exciting developments within the organization and with partners.

Where: The media center can be accessed by logging onto www.cybf.ca and clicking on the media center icon on the main page.

Why: This service is designed to provide timely and efficient information pertaining to the CYBF and the clients it serves.

Contact: For more information please contact Jaime Hurlbut, Marketing Specialist with the CYBF at 416.408.2923 ext 2301 or toll free 1.866.646.2922 ext 2301

The Canadian Youth Business Foundation (CYBF) is the only national organization in Canada that enables young entrepreneurs to pursue their aspirations of building successful enterprises by providing business assistance not otherwise accessible to them.

Founded in 1996 by the CIBC, the Royal Bank, and the Canadian Youth Foundation, the CYBF was initially created in response to high youth unemployment and underemployment. It has evolved into a leading organization that encourages and supports Canada's high entrepreneurial activity and aspirations.

Modelled after The Prince's Youth Business Trust, a foundation that since 1986 has helped some 35,000 young entrepreneurs in the U.K., the Canadian Youth Business Foundation enhanced the model significantly - making it unique and distinct from any other program in the world.

Announcing [The Sustainable Times Webzine...](#)

"Jobs vs. the Environment?" Get with the Times! That cliché has been recycled as more and more businesses, individuals and communities find ways to create jobs *and* protect the environment. That's right people, welcome to [Sustainable Times webzine](http://www.sustainabletimes.ca), (<http://www.sustainabletimes.ca>) the internet site about solutions.

We tell real world stories of struggle and success, and explore practical alternatives to the way we now do business. Featuring original [articles](#) from Canada and the [Third World](#), the Sustainable Times webzine is for those seeking down-to-earth answers to our most pressing problems.

The Times is about what's right, not just what's wrong. The Sustainable Times webzine edition is published by [CUSO](#), a Canadian international development agency that works for sustainable development in Africa, Asia, Latin America and the Caribbean. You can 'Write the Times' at:

1657 Barrington Street, Suite #508
Halifax, Nova Scotia (Canada) B3J 2A1

Tel: (902) 423-6852 / Fax: (902) 423-9736 E-mail: Times@chebucto.ns.ca

[The Barcelona Forum 2004](#)

Contributed By The Community Networks Group

The first **Universal Forum of Cultures** is a new international event which will bring thousands of people to **Barcelona** from all over the world in 2004. The Forum's principal aim is to contribute to a renewal of thought and attitudes, providing a new platform for moving towards a new coexistence without conflict and in a world fit for living in.

The first Universal Forum of Cultures will take place in 2004 in **Barcelona**. It opens on the **9th of May**, Europe Day, and closes on the **26th of September**, coinciding with the local festivities of La Mercè, the city's patron saint. The Forum will last 141 days!

The [Barcelona Forum 2004](#) is co-organized by the Barcelona City Council, the Catalan autonomous Government and the Spanish Government, with **UNESCO** as the main partner. The Agenda for this major gathering is based on the Universal Declaration of Human Rights and the working principles of the United Nations.

In agreement with Unesco, the **Barcelona Forum 2004** is structured around three core themes: **cultural diversity, sustainable development and conditions for peace**. Join us at the Barcelona Forum 2004 as move forward towards a world that is sustainable and more humane.

Breaking Bread... For Women In Afghanistan Contributed By The Community Networks Group

Breaking Bread... For Women in Afghanistan is a volunteer fundraising project to support much needed education projects for Afghan women and girls. You can participate in this unique cross-Canada fundraising initiative by **Hosting a Pot Luck Dinner** with nine of your friends.

As Host you are asked to invite your friends to your home, request that they bring a dish to share for dinner and ask each participant to donate \$75 towards education in Afghanistan. Each Pot Luck Dinner will raise \$750 (tax receipts available) and will pay the salary of a teacher for one year in Afghanistan.

Do some good... Become a host for "Breaking Bread" -- enjoy the company of your friends, some excellent food and share the opportunities to participate in facilitating REAL CHANGE for Afghan women and girls...

For more information on **How to Host the Pot Luck Dinner**, please call: 1-416-366-2516 or e-mail: info@breakingbreadforwomen.com (or) visit: <http://www.breakingbreadforwomen.com>

Employment Opportunities Rooftops Canada / Abri International

Contributed By The Community Networks Group

1) Overseas Job Posting: Senior Technical Advisor Cooperative

Social Housing, 2 years, full time, Johannesburg, South Africa

Starting Sept/Oct. 2002

Deadline for applications: August 16, 2002.

Rooftops Canada /Abri International requires a Senior Technical Advisor work with the Social Housing Foundation to build skills in the emerging South African co-operative and social housing sector. The Advisor will help ensure that training materials and programs are developed in all areas of housing development and management.

The Advisor will also work with several pilot co-op/social housing projects emphasizing special needs housing. The Advisor will initially be based with in Johannesburg with travel to other parts of the country. The Advisor may later be based in another city to work with specific housing projects and organizations.

Candidates should have in-depth relevant experience in the Canadian co-op/social housing sector including: the design and implementation of training programs for co-op/social housing development and management, and special needs housing. This is a two-year contract position based starting October 1, 2002 or earlier. Salary/benefits will depend on experience and CIDA norms. Interested candidates should submit their resumes and a covering letter before August 16, 2002 preferably by e-mail to:

Barry Pinsky, Rooftops Canada, 2 Berkeley Street, Suite 207, Toronto, ON M5A 4J5.
Phone: 416/366-1445 ext 243 Fax: 416/366-3876. E-mail: barry@rooftops.ca.

2) Overseas Job Posting: Technical Advisor Social Housing

Terms: 3 months, Johannesburg, South Africa
Starting Sept/Oct 2002
Deadline for applications: August 16, 2002.

Rooftops Canada /Abri International requires a Technical Advisor to work with the Gauteng Province Department of Housing in Johannesburg. The Advisor will guide the development of the business and operational plans for a new social housing institution that will own and manage 6000 housing units. This will include 2500 existing social housing units and several large new developments. All of the housing will be in the Greater Alexandra Area, which is the target of a presidential reconstruction and urban renewal project.

Candidates should have in-depth senior level experience in the Canadian social and/or co-op housing sectors including: conceptualising, developing and managing large social housing institutions; and, familiarity with all aspects of housing development, management and finance. This is a three-month short-term contract position based in Johannesburg starting as soon as possible in Sept/Oct 2002. Candidates should be open to one or two follow up missions of about three weeks during 2003. Fees/benefits will depend on experience and CIDA norms. Interested candidates should submit their resumes and a covering letter before August 16, 2002 preferably by e-mail to:

Barry Pinsky, Rooftops Canada, 2 Berkeley Street, Suite 207, Toronto, ON M5A 4J5. Phone: 416/366-1445 ext 243 Fax: 416/366-3876 / E-mail: barry@rooftops.ca

Please visit our web-site: www.rooftops.ca

ART EXHIBITIONS

Call for Submissions

Mujeres - Women: A journey of the Senses

Curatorial Statement - Vision

To share with Edmontonians the artistic - craft work that is being produced by **Canadian women of Latin American ancestry** living in Edmonton.

Exhibit Statement

This arts & crafts exhibit planned for the Spring of 2003 aims to build bridges of understanding between communities and its artists / artisans and will challenge stereotypes of traditional women's roles within Latino - Canadian culture and women in general.

The intention of this exhibit is to share with Edmontonians the creative endeavours of Canadian women of Latin American ancestry. The exhibit will be open to the public at large and members of the Latin American communities. Products will be available for sale directly from the artists / artisan.

Thematically, 'Mujeres - Women: A journey of the senses' will emphasize the commonalities between artists / artisans and the public at large and will foster a dialogue between artists - artisans, the public, and the Latino-Canadian community, particularly among women & youth.

Call for Submissions

We are inviting Canadian women of Latin American ancestry living in Edmonton to submit their best fine art work and/or top quality crafts to partake in this arts & crafts exhibit. Submission can include: video, poetry, stories, photography, sculpture, calligraphy, printmaking, textiles, metals, glasswork, clays and leathers. Submissions will be selected by a Steering Committee using a broad criterion, based on quality, presentation, creativity, complexity, visual appeal, and variety, uniqueness and utilitarian worth.

Entry Fee & Deadline

A non-refundable entry fee of \$55.00 is levy for all applicants. This entry fee helps cover in part the cost of producing this event. Applicants will be notified by mail one month following closing deadline, which is **October 01, 2002**.

Venue & Engagement

No venue has been selected but it's anticipated that a high profile facility will be chosen to highlight these works. The arts & crafts exhibit will include an opening (Friday) evening with a keynote speaker on its main theme, some light entertainment and a full day (Saturday) for show & sales.

For further information & to request an application form, please call:

Paz Walton, Artistic Director @ 479-6435

Leo Campos A., Executive Producer @ 474-6058 / Cell: 995-6819



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People
need an ally ...

Your donation
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clothing helps
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DIABETES
ASSOCIATION

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**Contributed and produced
by:**

**The Community
Networks Group** (c)

What We Do

Canadian Diabetes Association (CDA) is a non-profit, charitable organization with over 150 branches across Canada. CDA volunteers and staff work directly with people with diabetes and their families at the grass roots level. The CDA Collections Program collects clothing and reusable household items as an entrepreneurial fundraising venture. The funds raised from this program assist in promoting diabetes research, education, service and advocacy.

What We Accept

We gladly accept donations of:

- Clothing
- Linens

- Toys
- Small Appliances
- Jewellery
- Shoes
- Luggage
- Sporting Goods

Canadian Diabetes Association
 403.509.0070
 403.509-0072 (fax)
 1.866.811.0070 (outside of Calgary)

[Email Us!](mailto:info@diabetes.ca)
www.diabetes.ca

Global Village Backpackers Banff

Our hostel opened June 1, 2001 right in downtown Banff. Formerly the Woodland Village Inn, we are a unique hostel as all our rooms have ensuite bathroom facilities. We have a hot tub, sauna, internet access, kitchen facilities, pool table, tour desk, TV room, bike rentals, laundry facilities, lounge and a large outdoor courtyard patio.

A majority of our rooms are spacious 4-8 bed dorms. We also have, what we call, semi-private rooms. Each has a double bed in a loft above a 4 bed dorm. You share the washroom facilities with the dorm.

Room rates

October 1, 2001 - April 14, 2001

Dorm Beds	\$25.00	\$22.00
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Semi-private	\$55.00	\$51.00
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Weekly rate in a dorm room	\$129.50 (non-refundable)
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All prices include taxes and linen. Discounts are available to travelers carrying YHA, ISIC, VIP or GO cards.

2001/2002 Ski packages

3 Nights/2 days - only \$169

3 Nights shared accommodation

2 days ski passes (Lake Louise/Sunshine Village/Mount Norquay)

Transport to/from ski hills
Free pancake breakfast daily.

6 Nights/5 days - only \$369
6 Nights shared accommodation
5 days ski passes (Lake Louise/Sunshine Village/Mount Norquay)
Transport to/from ski hills
Free pancake breakfast daily.

We require credit card details to guarantee reservations.
We welcome group bookings. Please call the hostel directly for details.

Cheers

The Staff at the Global Village Backpackers Banff

449 Banff Avenue BOX 398

Banff AB Canada T1L 1A5

1-403-762-5521 Toll-free in North America 1-888-844-7875 fax 1-403-762-0385

Are you an Artist? AUSU supports the arts!

AUSU is interested in purchasing original works of art from students for use in promotional purposes. These promotions may include: gifts from AUSU to graduates at convocation, tokens of appreciation for volunteers, special presentations, etc.

The works of art must:

- be created by an AU Student
- be within a value range \$0-\$500.
- be accessible or easily transportable to Alberta

If you are an artist of any kind who creates a product you feel we would be able to use for such a purpose, please contact djabbour@ausu.org. Supply a brief description of the art object, a picture if you have it, and its market value.

WRITE FOR THE VOICE!

Contact Tammy Moore at tmoore@ausu.org for details on writing for The Voice, providing a sample selection of writing and preferred genre.

‘Learning is Learning’: Challenge for Credit Option Exists for AU Students

Many students may not be aware that AU recognizes prior learning and encourages students to use the challenge for credit process if they feel they have knowledge or expertise in a particular subject area.

The process is not easy, but it is not insurmountable, and it can save the cost and time of taking a course if prior knowledge exists.

“We want to raise students’ awareness about the option and let them know that they don’t need to re-learn material or spend money on a course they don’t really need to take,” said Joan Fraser, director of the Centre for Learning Accreditation.

“Learning is learning and a student shouldn’t be penalized if that learning was not done within the confines of bricks and mortar,” she said, adding that those students with significant life or work force experience are typically those who pursue the challenge option.

Challenge for Credit is handled by the Registrar's Office. Students are encouraged to check the course description to see if a challenge is permitted for the course they are interested in. If so, then the student must investigate a number of things prior to deciding whether to proceed.

First, and most important, the student should discuss the matter with the course coordinator. The coordinator will be able to give a better idea of the depth of the materials covered in the course, and the student's chance for success should he/she opt to challenge.

The AU calendar outlines the challenge steps, notably completing the Challenge for Credit Application and accessing the course materials, which further allows the student to review the materials and determine if the challenge is viable. There is a non-refundable challenge for credit fee (check the web site for the current fee), but it should be noted that no withdrawal is allowed once the application has been completed.

"It (the challenge for credit) is something that's there for you – use it," Fraser said.

Anyone with questions about the process is encouraged to call Joan Fraser at (780) 675-6481 or check AU's website at www.athabascau.ca.