

THE VOICE MAGAZINE

January 28, 2004
Volume 12 Issue 4



Where has all the fat come from?

*home study making you thick around the middle?
you're not alone*

Is there a doula in the house?

*Modern doulas continue the ancient tradition of women
helping women give birth and learn about infant care*

Plus:

*From my Perspective
Dear Heather
Canadian Fedwatch
Primetime Update
Flicks & Folios
and much more...*

THE VOICE

Jan 28, 2004

Volume 12, Issue 04

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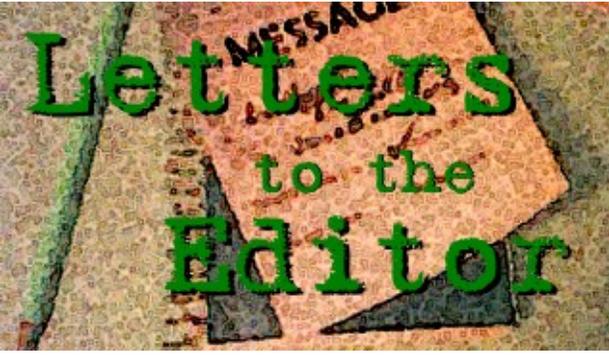
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We love to hear from you! Send your questions and comments to voice@ausu.org, and please indicate if we may publish your letter in the Voice.

Letter To The Editor:

I'm going to make this straight to the point - enough already from AUSU President Debbie Jabbour! Her remarks in *Alberta Views* magazine were notably uncalled for and unsettling. And now that AU has spoken back trying to pick up the pieces with damage control I would think that the AUSU President would be more in tune with what she was saying and what was going into print. But after reading her article in this week's *The Voice*, it has been proven that this is not the case, because I, as some other students, am offended yet again. Her comments on why students may find a course difficult were ridiculous! "Sometimes it is discovered that the student did not complete junior high math, or have never finished high school, or their first language is not English." Excuse me? Well, I'm finding my statistics course hard. And I hate to break it to you but not only do I have junior high math, but I also have high school math. I have a high school diploma which I happened to have honours in. And my first language? You guessed it - English. As a student at AU I just expected our AUSU President to have a little more maturity in her articles, responses, or even quotes when representing our University or its students. But what do I know? I'm just an average student struggling with some course work.

Nadine Boulos-Jarvis

I'd like to clarify one point. Dr. Abrioux's comments in last week's Voice were a direct response to my inquiry about issues which were raised in the Alberta Views article, but which have also been of concern to students for some time. He answered questions which I posed. AU did not approach The Voice to speak back on this issue and therefore the response probably could not be categorized as "damage control" (which implies that the university felt the need to publicly counter information in the AV article). I did not get the impression that AU was particularly concerned about the article when I made my inquiry as Dr. Abrioux had not yet read it (he had just returned from a trip).

This of course does not alter the intent of Dr. Abrioux's comments; I simply want to make clear that the subject matter of his response was in direct reply to questions which I posed, as stated in my introduction to his letter. My impression is that the misleading sidebar comparing Alberta tuition rates was of more concern to the university as it suggests that AU tuition is much higher than it is.

As to your other issue - who else thinks we should petition the university to get MATH 215 converted into a six credit course?

THE VOICE

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frequent contributions

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EDITORIAL PAGES

THIS WEEK

WHERE HAS ALL THE FAT COME FROM - The drawback to distance education that few students talk about, but many know all too well - the bulging waistline. How do you fight the flab that accumulates over months of home study? Shannon Maguire has some suggestions....

IS THERE A DOULA IN THE HOUSE - What is a doula, you ask? More than just a midwife, a doula provides the support and knowledge that expectant mothers need to make the most of the birth process, and the important first weeks of parenthood. This first part of our two-part interview reveals the history of the doula, and her place in our modern society.

TREES - Living far from home reveals all that you took for granted. Wayne Benedict recalls the trees of British Columbia and the quiet but vital role they play in the lives of BC residents.

Where you live...

AU students are situated all around the world, and on every continent [well, probably not Antarctica, but you never know!]. A reader suggested that it would be interesting to receive articles from AU students about the place where they live - sort of a city profile. If any reader wants to send in a brief article about their home town, city, or country, contact voice@ausu.org for details.

Council reporters wanted

The Voice needs reporters who are able to write clear, critical and balanced reviews of what goes on at AUSU council meetings. Meetings take place about once a month, and may be attended by teleconference from almost anywhere in the world. Inquire with the Voice editor at voice@ausu.org if you would like more information on this opportunity. Did I mention we pay?

Tutor Bios

I've been asked why I never run bios of AU tutors in The Voice. The reason is that AUSU already does these. Check out the AUSU tutor page at: <http://www.ausu.org/tutor/index.php>. A new tutor bio will be posted this week. If you know of a tutor you would like profiled, write Mac McInnis at mmcinnis@athbascau.ca.

Student Bios

Student bios are another issue. We do run those, and love to get them! If you are an AU student, willing to be profiled in The Voice, contact me at voice@ausu.org.

Tamra Ross Low - Editor in Chief

WHERE HAS ALL THE FAT COME FROM?

Shannon Maguire



During the time that I have been a student at Athabasca University I have noticed that I have put on a few extra pounds, even though I have not changed my exercise or eating habits. Like most people I was not happy about this extra weight, so I became determined to find out where it was coming from. I thought very long and hard about what it was that had changed in my life that would make me gain weight. Finally, I figured out that it was walking. That thing that most people do every day and often take for granted was actually providing me with a lot of exercise. Unfortunately, one of the reasons I don't walk as much anymore is because I am now a distance education student.

When I attended Capilano College in North Vancouver I had to go to class everyday. This meant that I had to walk to the bus stop and walk to and from class everyday. Now I don't have to go to classes, so I don't have to walk as much either. But that is not the only reason why I don't walk as much anymore. During this same time I had also moved from the big city of Vancouver, British Columbia to the tiny little town of Kingston, Ontario. Since this town is smaller I usually don't have to walk as much. For instance, in Vancouver I had to walk for 30 minutes to get to work whereas in Kingston I only have to walk for 10 minutes to get to work. Kingston is also unbelievably cold, so it is unfortunately not as inviting to walk in as the nice warm Vancouver weather is. I actually walked to the mall in Kingston the other day, which is a 35 minute walk, and I thought I was going to die before I got there. A bit of panic rushed over me when I reentered the heat and waited to see if I would actually thaw out or if I would be making a trip to the payphone to phone an ambulance. In the end I survived the ordeal and decided that I would try to walk more, but only on the moderately cold days and not for very long and with lots of layers of clothes on.

So how is my story of narrowly escaping death and gaining weight from a lack of walking supposed to help you? Hopefully, it has shown you, as it has shown me, that when it comes to maintaining a healthy weight every little bit of physical activity can help. While "the best activities for weight management are a combination of resistance training and aerobic training ... 2 to 3 times per week, 20-60 minutes per session at 60-90% of maximal heart rate" (YMCA), not everyone is motivated enough to exercise quite this much. It is unlikely that people who are physically inactive or who do not necessarily enjoy exercise are going to follow these guidelines. These people are more likely to look at the guidelines and think "if that is what I have to do to be physically active then I am not going to even bother trying". But Health Canada has begun to promote the concept of Active Living, which values all forms of physical activity and recognizes that any and all physical movement is good for our health and overall well being.

If you can't bring yourself to vigorously exercise 2-3 times a week you can still increase your level of physical activity by doing simple things like walking to places that are nearby instead of driving, using the stairs instead of the elevator, going out to dance socially and gardening. The more active you become the more you will improve your health and feel good about yourself. You may even begin to value physical activity more and eventually be able to work your way up to more vigorous exercise (Health Canada).

It seems as though I am not the only person who has been thinking about weight lately. The general public is being bombarded more than ever with ads for fad diets, low fat foods, exercise equipment and gym memberships. Most of the magazine covers you read lately seem to contain headlines like, "Buh-bye Pooch! Cosmo's Flat-Tummy Plan. Easy Workout and Food Tips (Cosmopolitan), 721 NEW IDEAS to flatter your figure" (Marie Claire), and "Lower-fat comfort meals" (Chatelaine). McDonald's has introduced a "Lighter Choices Menu" and now Subway has an Atkins (Atkins is a diet) wrap. There are also news articles about how fat Canadians are getting. 32% of Canadians are overweight one article tells us (Stubbs) and Canadian

Pharmacies dispensed more than 400,000 prescriptions for anti-obesity drugs in 2002, according to another (The Montreal Gazette).

The diet industry has even come out with pills and powders that will stop 66-75% of the calories in starch from entering your digestive system. Some fast food companies like Domino's pizza are even thinking about putting these starch blockers in their food (Huszar). The message being sent is clear; Canadians are getting fatter and it is time to do something about it before it gets out of hand.

If you are thinking that excess weight is not something that you need to worry about then I would disagree. Research has shown that obesity may put people at a higher risk of developing diseases such as cardiovascular disease, heart disease, diabetes, dyslipidemia, gall bladder disease, hypertension, hyperlipidemia, sleep apnea, cholelithiasis, venous thromboembolism and certain cancers (breast, colon, endometrial, ovarian and prostate) (Heart and Stroke Foundation, McCarger). A recent study, published in the *Canadian Journal of Public Health*, concluded "...that almost 10 per cent of all premature deaths in Canada can be associated with being overweight or obese..." (CBC).

While it cannot be emphasized enough that weight is a major health concern we must be careful not to put too much emphasis on the actual act of losing weight and not enough emphasis on achieving and maintaining a healthy weight in a way that will improve our health. There are numerous diets, treatments and surgeries that will make you lose weight quickly and easily. While these methods may be good for people whose weight has become completely unmanageable by any other means, I would encourage other people to look carefully at whatever weight loss method they choose. When you are looking at new weight loss methods keep in mind that just because it helps you lose weight does not necessarily mean that it is healthy. It is a good idea to research the method before you try it.

Now after all of this talk about fat, many of you are probably wondering if you would fall into the healthy weight, overweight or obese category. One method of determining the status of your weight is the Body Mass Index (BMI). Yes the BMI, the dreaded weight chart that haunts our memories of high school where most of us were probably first exposed to it. If you are one of the people who has an unpleasant memory of the BMI it is likely because it told you that you were overweight or underweight when you clearly were not. How can this happen you ask? This happens because the BMI does not take body composition into account, rather it determines your weight category on the basis of your height and weight alone. Our bodies are made up of fat, muscle and bone, and we cannot tell what percentage of each is in our bodies using only weight and height. The ideal percentage of fat for men is 12-15% and for women it is 18-25%. Since the BMI does not take body composition into account it is not recommended or accurate for people who are very muscular or extremely non-muscular (YMCA).

Don't start worrying if the BMI doesn't work for you because there is another method that determines whether your weight is creating a health risk by looking at where you carry your weight. Studies have shown that people who are shaped like pears (carry their fat on the hips and thighs) are less likely to develop heart disease, stroke, diabetes, high blood pressure and gall bladder disease than people who are shaped like apples (carry their weight around the abdomen and chest). In order to find out if you are an apple or a pear, and to find a copy of the BMI, visit: <http://ww1.heartandstroke.ca/Page.asp?PageID=1366&ArticleID=1710>

There are also more precise and complex methods of determining your percentage of body fat, including taking skin fold measurements, hydrostatic weighing and bioelectrical impedance. While they are more accurate these methods are not used by the average person as much as the BMI and the Shape Testing methods (YMCA).

If you think that you need to lose weight try to remember that it is more important to lose weight to improve your health rather than your looks. Many weight loss methods may take advantage of your desire to become thin immediately while still eating whatever you want, whenever you want. My advice would be to steer clear

of such a method and look for one that promotes weight loss through increasing physical activity and developing normal and healthy eating habits.

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This column focuses on a wide range of issues affecting post-secondary students. Students are encouraged to submit suggestions and educational topics they are concerned about, or personal experiences with courses or university situations they feel other students should know about. If suggest a topic or a course alert for Taking Notes, contact djabbour@ausu.org

Debbie Jabbour

Attending AU On Student Loans

Are you an AU student on student loan, or are you planning to apply for a student loan? If so, there are some important things you should be aware of.

To be considered full time, students don't necessarily have to be carrying a full course load of 15 credits per semester. You are considered full time if you successfully complete at least nine credits a semester (four months), or the equivalent of 60% of the full course load. Taking only three courses a semester can make full time studies more manageable, and you are still eligible for full-time funding. For graduate students a single graduate course per semester may qualify you for full time status (depending on the faculty).

What about course extensions? Undergrad students on student loan are expected by student finance to complete their courses in four months. However, you will receive one free extension at AU, giving you the equivalent of 6 months to complete the course. Extensions to a course are not considered when determining a full course load. Students on loan can still request course extensions, but they need to ensure that these extensions will not put them into the maximum course limit.

As a full time student, getting courses done on time can be challenging, and Athabasca University monitors the progress of funded students. If you are making no progress at all in your courses, you run the risk of having your student funding discontinued. If you find yourself heading for trouble - ask for help before it's too late. The registrar's office can advise you and connect you with counselling services if needed. AUSU also provides peer support through the study buddy program, mentor program, online forums, and coffee/study groups. For information go to: <http://www.ausu.org>

Funding for full time students is not available in every province, and different provincial funding agencies may have variations in their policies. AU's registrar's office tries to be as flexible as possible with funded full time students, but they do have to conform to provincial legislation, so make sure you are aware of the policies in your province.

AU's registrar's department has prepared a comprehensive information sheet that goes out with every student loan funding letter. It can be accessed at: <http://www.athabascau.ca/html/depts/registry/forms/pdf/funded.doc>



Last week I asked students about the commercials that anger them the most:

I miss the good old days of Tony the Tiger and the Snapple Lady. I haven't purchased a Snapple since she left. And you have to admit, at first it was annoying, but after awhile, Mentos really were the "freshmaker." Am I the only one now finding TV commercials not just annoying but actually being angered by those few seconds that appear on screen?

Take this as a prime example. You've got a car full of girls, dressed up for a night on the town. As they wait for the light to change green another car full of guys pulls up beside them. Eye contact is made, stereo's are cranked and the engines are revved. Looks like we could be in for quite a race. But wait! The girls decide to show off their hydraulics and the car starts bouncing. So naturally the guys must show off theirs as well. Could this be a commercial for a new *Fast and the Furious* movie? Oh no my friends, because next the Vanilla Ice wannabe all decked out with his bling bling looks to his passenger seat. And who do we have sitting shot-gun? Vin Diesel? No, try again. A Poptart folks. That's right and just when you think it doesn't get any worse then this - **BAAMM!** They can not possibly be doing well in business since these commercials have come out. I know personally I have not bought a Poptart since. In fact I can feel my blood pressure raising as I just think about the commercial.

Or, how about Goldfish? You know the cheesy snack that smiles back - until you bite their heads off? Anyone else getting a bad visual here?

The fun doesn't stop there however. Justin Timberlake had better have made a mint with his newest release, because I swear the first thing I hear when the TV turns on and the last thing I hear before it goes off is "bada da da da, I'm lovin' it". Justin, I'm sorry but I'm not lovin' this.

Hopefully one of these days commercial execs will wake up and realize the damage they are doing to their products and that their brilliant ideas really are not so brilliant. Get it? Oh, I'm sorry, is this better? *Can you hear me now?*

Nadine Boulos-Jarvis

I haven't been able to eat a Pizza Pop since they started the commercials with exploding pops covering slavering teenagers in tomatoey gore.

The worst ads are for Swiffer. From the "use it and throw it away" concept, which encourages consumers to keep on paying for a product they already own while simultaneously undermining a decade's education about the environmental costs of the throw-away lifestyle, to the persistent suggestion that women live to clean their homes, and that the road to fulfilment begins with the purchase of a better broom (Isn't that what every woman wants for Christmas?), these ads for the "revolutionary" maxi-pad-on-a-stick are wrong on so many levels.

I'm waiting until someone "invents" a broom that never needs refills and can be moistened with a bucket of water. Then again, what do I care? Unlike the moronic Swiffer-drones in the ads, I have little time for sweeping and I honestly don't care much what people think of my floor. But why did they have to murder a perfectly good Devo song?

There is my biggest peeve: commercials that make you hate the songs you grew up with.

Tamra Ross Low

If there is a commercial you hate, tell me about it for the next Sounding Off column. Also, I want to know what **ALL** course you think is the toughest, and why. Write voice@ausu.org with your replies.

IS THERE A DOULA IN THE HOUSE?

Sara Kinninmont



A doula? What's a doula, you say? Well, I was in that very same boat up until a year ago when my close friend, Rachel, became one. For those of you who don't have a doula for a friend, I'm going to share mine with you.

Sunday afternoon after a leisurely brunch, the two of us are sitting in Rachel's sunny living room overlooking Commercial Drive, sipping green tea and talking. Not unlike any other day, except today, I have a mini tape recorder hidden between the couch cushions, for the sake of ease, and I'm doing my best impression of a seasoned journalist.

Can you explain what a doula is for everyone who doesn't know?

A doula is a woman knowledgeable in labour and birth and pregnancy who has not necessarily experienced it herself, but has been around it, been trained in it, who accompanies women as their main support person, while they're in labour and giving birth. That's it in a nutshell.

In a nutshell. Okay. What is the origin of the word "doula"?

It's a Greek word that refers to the main female servant in a household, the one who does the birth care and is the most knowledgeable about female health and sexuality. It means to help or be a helper.

What are the main differences between doulas and midwives in terms of responsibilities?

A doula's role is to provide emotional support, informational support, and physical support to the mom. Midwives do provide that kind of care, but they don't necessarily stay with the mom throughout the whole labour, and they do more of the clinical stuff. They do tests, internal exams, they deliver the baby, deal with any complications, and they can prescribe medication. They have a lot more medical sort of knowledge.

Is there as much emphasis on pre-labour consultations?

There would be a different focus. In the same way that a woman has a doctor while she'd pregnant, she'd have a midwife instead. She'd go for an appointment with her midwife once a month throughout the pregnancy. Her care would be focused more on clinical stuff like the growth and development of the baby; whereas, when I meet with clients before the birth, we are discussing the actual birth itself. What do you want? What's your plan going to be? What are your preferences for pain medication? And comfort? We're getting to know each other.

That's what I was going to ask. How many times do you meet with the woman? Is it individual?

Two. Well, the initial time when we have an interview and figure out if we want to work together, and then after that two times. Then we talk more in detail about the birth plan and, depending on the mom and dad, if there's a dad, depending on what they need, their specific situation. I might provide different kinds of information or education.

I know you can't speak for all doulas, but can a doula complement a hospital-assisted birth, or do doulas, in general, prefer to assist primarily natural and/or home births?

Personally, I would prefer only to do home births, but that's totally my personal opinion. Some doulas agree and some don't. But, I hardly ever do them. I mostly do hospital ones because, like I said before, midwives do some of the work that doulas do, and so women who have a home birth usually have a midwife because they already get a bit of that work covered. There aren't as many home births happening, there is not as much work, and the more experienced doulas tend to get those home births. Our work is totally able to complement hospital births, and that's sometimes where it's most useful, where traditionally women are not empowered,

and where pregnancy and delivery is really medicalized as being treated kind of like an illness. Having a doula there can really help to switch the focus back to the mom and baby, and that this is a major life transition, and it's beautiful, and it's not necessarily medical, and it's not necessarily an emergency. In that situation, if the woman does really want a natural delivery, or has specific preferences, the doula can be there to help the mom to remember her preferences and to remind her about sticking to the birth plan even when the hospital staff might not be working in accordance with it.

Can that almost be more satisfying then, when you're able to bring your work into a more medicalized setting?

I wouldn't say more satisfying. Definitely satisfying, but it's a completely different context and experience when it's in a home, and I think that's more satisfying because it doesn't feel like you're fighting. It feels like you're just going with a natural process.

As a whole then, doulas aren't against medicalized hospital births?

No. It's to support the mom, to support the woman in what she wants. If what she wants is to have lots and lots of drugs and an epidural, then your role is to support her to get that. Different doulas have different philosophies about it. We're hired independently by the mom and that's why we have the initial interview time, to be like, "okay, are we going to mesh well together? Does my philosophy of birth match yours?" Some doulas won't do births where the mom wants an epidural and drugs. They don't believe in it. I don't believe in it for me, but if someone else wants it that's my role. I don't necessarily agree with lots of women's choices, but if that's their choice then I want to support them to get it. And, I don't tell the woman what my choice would be if they ask me.

No, because that would influence their decision-making.

Yeah, and that's not what I want to do. If they say, well, what would you do in this situation? I say, I'm not able to tell you that. First of all, I haven't had a child. I don't know what I would do. And second of all, I don't want to get my personal opinions involved in their decisions. I tell them, "I don't need to tell you that."

Okay. When and why did you decide you wanted to be a doula?

When and why? When. Pretty much as soon as I heard that you could be a doula, and that people would let you come to their births. As soon as I heard that that was possible, I knew that's what I wanted to do. That happened a few years ago, when a friend of mine became a doula. I've always been really interested in birth and pregnancy and women's health and sexuality and motherhood. For years, I wanted to be more involved in that world, in the birth world, and never knew how. I'm not a doctor. I don't believe in that kind of stuff. I'd thought about being a midwife, but not really concretely. It just came at the right time.

What kind of schooling and/or training did you undergo?

Very little, unfortunately. There's not a lot of training out there. Initially, I did a 3-day workshop that was called Labour and Support Training Doulas through Douglas College, and they're the only school around here [Vancouver] that teaches doula training, and they are approved by DONA (Doulas of North America), as an educational doula training...

Facility?

Yeah, thank you. That's the word I needed. It's the only place to do it around here. It's not very extensive. You can't get a whole lot done in three days. There's so much more to learn and do. As soon as I took that, I immediately started reading books, as many as I could on pregnancy and birth and midwifery and doula work and natural childbirth. I took a few other courses also offered at Douglas College. I took a program to be a breast-feeding counsellor and a course on physiology and anatomy of the childbearing year. Douglas offers a few other on-going training things every year. They have a breast-feeding evaluation day and doula education day. They'll get speakers to come and do specific lectures on topics relevant to doula work that you may not have gotten through your training. So, there's always little bit of on-going continuing education provided, and, occasionally, we'll get different speakers coming through Vancouver that come to do a workshop or a 3-day course. There are also a few advanced doula training workshops out there where you get more specific training.

The onus is kind of on you.

Yeah. You don't have to do it by any means. There's no minimum or maximum amount of training that you need to be a doula because you work for yourself. Obviously, the more varied your education, I think, the better. There are a few other ways to get training. Gloria Lemay teaches doula practice. She's a midwife, but her training programs aren't acknowledged by the B.C. College of Midwives or by DONA.

But it's extra knowledge.

If you want to only do things that are approved by the schools, then you can go that route, but there are lots of other ways to get education.

A mentorship-type atmosphere would be a valuable asset then?

Yeah, you really learn by doing it. There are quite a few doulas in the Lower Mainland that have been doing it for ten years or so, and will offer to be mentors to newer doulas, to be available for phone calls or questions. There's a really really tight network of doulas around, and we all have an on-line email list. It's really easy to get support from each other.

Is DONA the governing body for doulas? Are you registered? How does it work?

You can buy a membership, an annual membership, to be a member as a doula. Through that you get access to education and information, and you help support the network of doulas. You can apply to get certified through them, which I'm in the process of. It's a really long process. You have to collect quite a lot of documentation and write essays. It's good though. It's thorough. It makes you really think about why you want to do this.

Do you have to have a certain number of births to qualify?

You have to have documentation, which means evaluation forms filled out by all the professionals you work with at each birth, for three births, and that's often difficult to do. I've been at six births, and I don't have all the documentation yet because sometimes the doctors leave, or the nurse leaves. The nurse at the last birth I was at refused to do it.

Oh, that's nice. Why?

Well, she said, it was the responsibility of my school to do my training, and that I should have brought my instructor with me. She didn't understand that I'm already trained. I tried to explain that to her. I tried to explain what DONA is, and why I'm doing this, and what her signature on this form means. I told her, "I don't want you to be misinformed about what I'm asking you to do." She wasn't listening. She was really difficult to communicate with. She just said, "No. I don't do that. I don't train you." So, anyway, it gets complicated to get the documentation. It takes a while. If you're a certified doula through DONA, DONA is the most well known body of doulas, and there are certain standards of care and codes of ethics that all the doulas that are members of it sign, stating they will work under those standards and codes. They're really useful for parents and potential clients to look at.

It's a frame of reference for them.

Yeah, like, what are your boundaries? How do I know that you're going to be a professional? That this relationship's going to work? They can look at the standards and ethics that we agree to work by.

Plus, a lot of people really like to see some sort of certification, some sort of piece of paper.

Yeah. So, I work under those standards of care even though I'm not certified.

But you're in the process.

Yeah. I'm a member of DONA.

To continue the question. Locally, we have a group, a provincial group called Doula Services Association, the DSA, and that's our local network of doulas. You also buy a membership to that. The DSA provides on-going workshops and education. It's a really great opportunity to network with other doulas and get to know each other and have fun. They also have a referral line. You can look up doula in the phone book and there's a referral hotline number. If you call it, there's a message that says something like "this is what a doula is, and if you're interested in possibly talking to a doula leave your information here." We have a referral co-ordinator, this really great fantastic volunteer, who listens to those messages every day, calls people back, and hooks them up with doulas.

Like a dispatcher for doulas?

Yeah. Each mom that calls the hotline gets given three names and phone numbers. Then it's up to the mom to contact the doulas and arrange interviews. It's great. I don't have to market myself at all. The phone calls just come to me. The referral co-ordinator gets to know each doula, and there are lots of us, I don't know how she keeps it all straight, she's very organised. She'll know what area of the city we live in, which hospitals we're willing to work at. If we have births happening at the moment or if we're willing to take more clients, that sort of thing.

For a continuation of this interview, see next week's Voice...

VOICE MERCHANDISE INTRODUCTORY SPECIALS!



The same Voice mugs and fleece jackets that you have seen pictured as prizes on the Annual Reader Survey page, are also for sale at great introductory prices.

Own your own Voice logo merchandise, and let everyone know that you are a student of Canada's premier distance education provider!

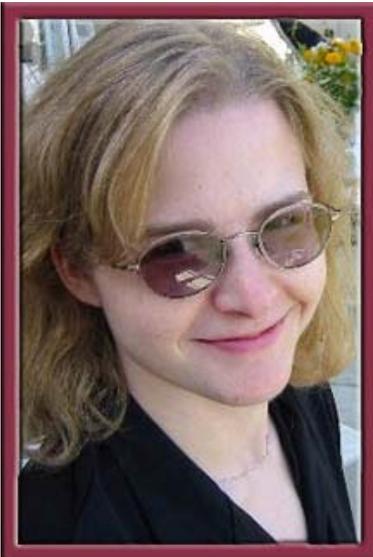
The Voice coffee mug is a white fired ceramic with a two colour Voice logo on both sides.

The Voice logo fleece jacket is soft, cozy arctic fleece in moss green with navy trim and a matching navy embroidered Voice logo on the breast. It features a full zip front, slash pockets, and a drawstring waist cord. Worn alone, it's perfect for spring and fall, and with a wind breaker on top, it's a light, cozy winter jacket.

Because these jackets are a special purchase, we only have the one colour combination, but they are available in roomy small, medium and large sizes. Don't delay, quantities are very limited.

Mugs are just \$8 each, and the jackets are \$35 each until the end of January. Contact voice@ausu.org for information on shipping costs and for ordering information.





Dear Heather,

I'm planning a trip next year with my older brother. We're going backpacking and hostelling all over Europe, something I've dreamed of ever since I was a kid. The problem is our other, younger brother: we know his feelings will be hurt if we don't invite him, but we're certain he would spoil the trip. He's not the outdoorsy type and complains if he has to walk to the corner store, so hiking with him would be a nightmare. This is totally not his type of thing, but whenever we plan anything he always wants to be included, and he holds a grudge for years if he isn't. We're all adults, but sometimes I still feel like he's four years old, tagging after me and wanting to hang out with me and my friends! If it was any other vacation we wouldn't mind so much, but this is a dream vacation, the trip of a lifetime. How can we save our vacation and our brother's feelings too?

-Lori, Edmonton

Dear Lori:

It sounds like your little brother never really outgrew his need for validation from his older siblings. He needs to learn to make friends and plans of his own. So, it's tempting to say you should stop protecting his feelings and just plan your trip, thereby forcing him to grow up and develop a thicker skin. However, if, as you say, he's very sensitive and tends to hold a grudge, then the fallout from that approach may not be worth it. Worst of all, the guilt could spoil your enjoyment of your vacation. So for now, you may be right to work around his issues and try to make everyone happy.

You say you wouldn't mind taking him if it was any other vacation, and that gives me an idea. Why not keep your backpacking plans a secret for a little longer, and plan a trip with him first? Choose something you would both enjoy (or at least something he would enjoy and you could tolerate), and take just him, not your older brother.

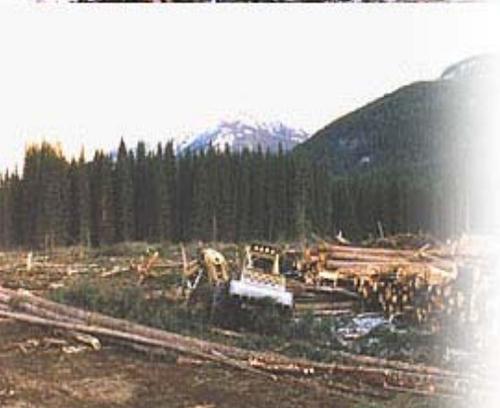
It doesn't have to be an extended vacation- even a long weekend will probably do. Then, when you announce your backpacking plans, he'll be less hurt because you'll have already taken a great trip with him (though you may need to remind him of that fact). He might even be flattered that you chose him first. It will seem like your older brother's 'turn' to travel with you, something that should appeal to his (somewhat juvenile) sense of fairness.

Whatever happens, if this really is the trip of a lifetime for you, and if you're certain your younger brother's presence would ruin it, don't give in and let him tag along. You've known him all his life, and if you think you'll regret inviting him, you probably will. Don't let him spoil it for you, either by coming along or by giving you a guilt trip: you are under no obligation to bring him with you. In fact, giving in will reinforce both his sense of entitlement and his use of guilt to manipulate you on future occasions.

Whatever happens, I hope you have a wonderful trip!

Heather

E-mail your questions to Heather at advice.voice@ausu.org. Some submissions may be edited for length or to protect confidentiality: your real name and location will never be printed. This column is for entertainment only. Heather is an AU student offering objective advice to her peers; she is not a professional counsellor and this column is not intended to take the place of professional advice.



TREES

Wayne E. Benedict

As a British Columbian living in the middle of the Canadian prairies I find that there are two aspects of my former province that I miss the most; the first is the Rocky Mountains and the second is the trees. Although I was surrounded by trees my entire life, I didn't often take particular notice of them.

Like most British Columbians, I made my living from the forests, either directly or indirectly, and their essence is always near at hand. Even throughout Vancouver's urban sprawl the scent of trees wafts about. Live trees are numerous throughout the residential neighbourhoods and the sweet smell of forest products radiates from the chip-trucks and rail-cars moving to or from the wharves. The odour and proximity of trees in British Columbia are so plentiful and ever-present that one can't help but take them for granted.

Now that I am living in Saskatoon, I notice the absence of trees. Not that there is a dearth of trees here. To the contrary, there are trees of great variety; but not fir, spruce, pine and cedar—those trees to which my mind relates and for which my senses long. I am not alone in this strange craving; fellow law students and former British Columbians Aurora Johannson and Clayton Miller have informed me that they also miss the trees. Aurora says that on driving back to BC, the first thing she does upon entering the vast forests of the Rocky Mountains is to roll down the car window and breathe deeply of the conifers.

One might think that in the midst of winter there would be nothing to smell of forests. Right now the wind and snow are blowing outside my home (a typical Canadian prairie winter day) and if I were in BC's interior the same would be true there. However, for me the desire to smell wood is particularly strong in the winter months and this is likely attributable to the fact that I spent countless hours felling and bucking trees in the dead of winter.

The pictures that accompany this article were taken on a winter day in 1987 when I was working on a logging show located on the northwest side of Williston Lake, BC. There is nothing like the smell of freshly cut wood when the air is so cold that it hurts to breathe.

I can recall that winter like it was yesterday because it was particularly cold and brutal. I was staying in a logging camp several miles from where the landings were located. The weather was so cold that year that my gasoline-powered pick-up truck wouldn't start in the mornings even when the block-heater was plugged in. I had to leave it running twenty-four hours a day so that it would be warm and ready for me when I started my workday at 4 am. An entire winter of that resulted in my having to replace its engine in the spring.

Between bouts of bucking the landings off, I would re-enter the truck and stick my head under the dash-board so that the heat would blow on my

plastic hardhat. It would cause the ice that had frozen my hair to the hard-hat liner to melt so that I could remove it from my head.

About two weeks before Christmas that year the temperature dipped down to minus 50°C. That morning I went to buck the first logging trucks of the day so they could begin their cyclical travels between the landings and the scale. When the first truck was ready to leave and the driver eased it into motion, its universal-joint shattered like glass. The metal had become brittle from the cold and it disintegrated into small shards when torque was applied.

That was the last of a long list of cold-related mechanical breakdowns that caused the closure of the logging operations until the New Year when the weather had warmed up—slightly.

I find it odd that with all of the experiences and brutally hard work that I incurred working in British Columbia's forests, that my most poignant memories are of the sweet smell of wood and trees. When I stumbled across these pictures today I could instantly recall the odour of spruce needles and wood chips. Only after delving further into memory do the related experiences return.

The first thing that I will do when I return to BC is stop my car and hug a conifer of the Rocky Mountain foothills—notwithstanding my lifelong allergy to trees...

Wayne E. Benedict has a varied career history and strong links to the Canadian labour movement. He is working part-time toward his Bachelor of Human Resources and Labour Relations at Athabasca University. He is a fulltime first-year student of the University of Saskatchewan College of Law. For a more detailed writer bio, see The Voice writers' feature page under 'About The Voice'. If you would like to send article-feedback to Wayne, he can be reached at wayneben@sasktel.net

The Friends of CBC

Lonita Fraser

The FRIENDS of Canadian Broadcasting is a not-for profit Canada-wide group of volunteers advocating Canadian content in radio and television broadcasting, the film industry, and to fight for a strong CBC. They act in a watchdog role, on public policy initiatives, and in research activities directed toward their priorities. They depend on individual donations to fund their activities, since they don't allow donations from organisations licensed through the CRTC (Canadian Radio-Television Telecommunications Commission), and they welcome interested volunteers to aid them in their efforts - either by donation or pitching in more directly.

You may not be familiar with this group, but if you're a watcher of Canadian television you might be familiar with one of their projects - the "Tell Canadian Stories" spots airing on many stations across the country. They aim not only to increase our awareness of the lack of Canadian content on prime-time television, but also to point out that we should be telling our own stories, that we are best suited to showing the world who we are.

"Seeing who we are, how we feel and what we believe is a task worth the investment. It is also a task best met by Canadians." (FRIENDS)

The "Tell Canadian Stories" campaign: <http://www.tellcanadianstories.ca>

FRIENDS of Canadian Broadcasting: <http://www.friends.ca>

CANADIAN FED WATCH!

NEWS ACROSS THE NATION...

By Karl Low



Finally Getting the Message?

It seems that the Provincial Government of Alberta has finally decided it might be a good idea to put some money where its mouth is. Alberta Learning has promised Athabasca University 1.5 million dollars to "redevelop high-enrolment courses for online delivery."

In this round of pay-outs from the Alberta Access Fund, Athabasca University is in the enviable position of receiving the highest donation of any single institution in Alberta, and almost double the amount received by the next highest institution, the University of Calgary.

About time, I say, as the last time the government provided money to universities from the Access Fund, AU received absolutely nothing.

Of course, adding this to last year's funding means that the government's total contribution to AU now works out to \$4318/FTE (or Full-Time equivalent student), as you can calculate yourself looking at AU's 2002-2003 annual report [PDF file] on page 20 and adding this additional 1.5 million.

What that means in reality then is that we are now almost, but not quite, at the funding levels enjoyed by AU back in 1998-1999, or at least, almost until you adjust the dollar amounts for inflation. And until you remember that this funding is coming in the 2003-2004 year, where AU's enrolment has likely gone up much more than the total government grant since last year.

So while it's certainly nice to see something, it's still difficult to see how the Alberta government feels it's putting a priority on life-long learning and educating the people of Alberta. From what I can see, it was a higher priority back in 1998.

Of course, 1998's funding was decided in an election year.

Now if only every year was an election year.

Waste Not, Want Not

In New Brunswick, the Provincial Government is announcing over \$50,000 to go into a research project that will investigate turning potato peelings into bio-ethanol fuel.

The idea is that, if an efficient process is created, since New Brunswick has a large industry based on potatoes, this will serve as a secondary industry that is both environmentally friendly and provides a source of employment for those in New Brunswick.

Of course, I hope the research project will also look at ways to help people in New Brunswick actually use bio-ethanol fuel, as it is not something you can simply put into your gas tank and expect the same type of performance.

In environmental news on the other side of the country, Alberta is starting a rebate program where people who replace their old furnaces between now and March 31, 2004 can apply for a rebate credit of up to \$400. It is hoped that by encouraging consumers to switch to more energy efficient models, Alberta can lower its total energy demand, and thus lower energy prices so that the government does not have to continue to bail out the consumers that it foisted its ill-conceived privatization venture upon.

Or in other words, yet another band-aid to try to cover up a program that was poorly thought out to begin with.

The bright side of this furnace rebate program is that it actually stands to do some real good over the long term, unlike simply providing the energy companies with huge tax-payer written cheques.

Now, \$400 is obviously not enough to fully cover a professional coming in and installing a new furnace. In fact, it won't even pay for the furnace, to say nothing of the installation.. But for those already doing home renovations this would be a welcome boon. I wonder if Premier Klein will be taking advantage of it?

Minister Wastes Breath

The Ontario Education Minister, Gerard Kennedy, has put out a press release directed to Ontario High School students.

The gist of the release is that with the change from a 13 year to a 12 year school system, many students may find it difficult to impossible to gain all the credits they need to graduate in time, and the Ontario Government wants to help out.

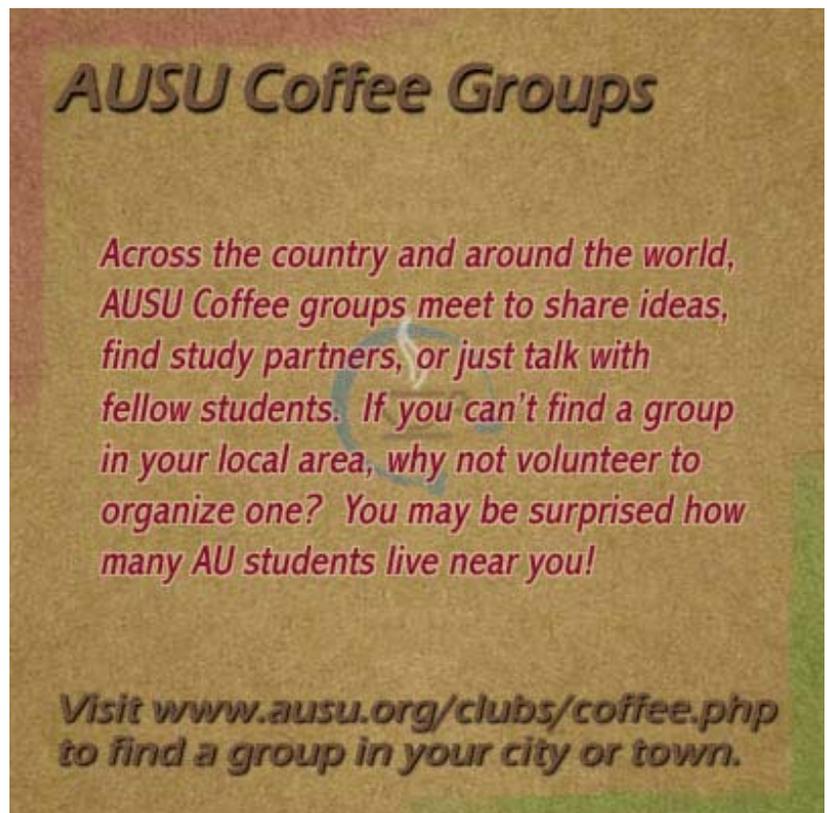
Specifically, he is encouraging students to remain in school and take advantage of the resources they are putting into place.

While the intent is laudable, the action is probably not the most effective. After all, how many students who are looking at dropping out of High School will happen to find themselves poking around the Government of Ontario's web-site and reading a political speech from the Education Minister?

Probably a better use of his time rather than a speech is setting up some way to identify those students at risk and presenting the programs directly to them.

Or does that make too much sense?

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.

A poster for AUSU Coffee Groups. The title "AUSU Coffee Groups" is at the top in a large, dark, serif font. Below it, the main text is in a smaller, red, serif font, reading: "Across the country and around the world, AUSU Coffee groups meet to share ideas, find study partners, or just talk with fellow students. If you can't find a group in your local area, why not volunteer to organize one? You may be surprised how many AU students live near you!". At the bottom, in a dark, serif font, it says: "Visit www.ausu.org/clubs/coffee.php to find a group in your city or town." The background of the poster is a textured, light brown color with a faint circular logo in the center.

AUSU Coffee Groups

Across the country and around the world, AUSU Coffee groups meet to share ideas, find study partners, or just talk with fellow students. If you can't find a group in your local area, why not volunteer to organize one? You may be surprised how many AU students live near you!

Visit www.ausu.org/clubs/coffee.php to find a group in your city or town.

Primetime Update

Week of January 23

Amanda Lyn Baldwin

Missed your favourite shows? No problem. Primetime update gives you the rundown.

Friends

Another rerun...apparently this week we've got a whole hour of fun though.

Friends airs on Thursdays at 9:00pm Alberta Time, on Global (channel 7 in Calgary)

Survivor - ALL STARS

Not even a week left guys...right after the Super bowl. Don't miss it or you'll miss out on some hefty comments.

Survivor will air on Thursdays at 9:00pm Alberta Time, on Global (channel 7 in Calgary) THE SEASON PREMIERE WILL BE ON SUNDAY, FEB. 1, 2004, IMMEDIATELY FOLLOWING THE SUPERBOWL.

The Bachelorette

Last week, we got reacquainted with Meredith Philips, we met 25 guys, and I introduced you to the 15 who stayed.

This week those 15 men move into the house, and no time is spared as we meet Jeff in the living room where the dating situation is explained. This week, there will be two group dates and one individual date given to the guy who (last week) received the white rose (Rick).

The first video invitation is given and Marcus, Brad, Matt, Chad, Ryan M, Sean and Harold will hit the dirt with Meredith. More specifically, a limo takes them to a helicopter which flies them to Coyote dry lake where they spend time on ATVs and in a huge motor home.

On little bits and pieces of alone time we learn that Ryan M seems really serious about Meredith already and has the audacity to share this with the rest of the guys. We also see Meredith get completely freaked out by Harold, who can't stop talking about babies.

The 2nd date is the individual one with Rick entailing an evening alone at Beverly Hills mansion. Meredith tells us she chose Rick for the one-on-one because she felt a little spark with him. After a nit-picking Rick peels the basil off his chicken, Meredith kicks his butt at bowling, and according to the wager since she won, she can kick him off (which I doubt she'll do).

Rick gets the first kiss in the limo, and we see all the other guys sneaking a peak out of the front windows of the house.

The third video invitation comes and Todd, Ian, Lanny, Robert, Ryan R, Elliot, and Damon get to go on a Rodeo Date complete with horse-back riding on a ranch. However, Meredith is not comfortable around horses and immediately has a panic attack. After coming to grips, the competition for one on one time begins with a bunch of cows. Whoever herds the white one the fastest gets the one on one with Meredith. Todd wins one-on-one time and claims that his shirt (which is black with pinkish-red flowers on it) was the reason he won, likely because the cow was scared of him.

During the groups' bonfire and music time (hehehe) Lanny requests some alone time. The two sit on the straw in a horses stall with a blanket to share. Cute.

Before the rose ceremony, Meredith tells viewers that her expectations are exceeded. She does cut the list down to 10 though, and here's who's left:

Rick, Todd, Chad, Brad, Sean, Lanny, Ryan R, Matt, Ian, Ryan M

Was it just me that thought that Marcus was going to explode? Some guys just can't handle rejection, even after only one date. As always, cheesy bummed out music plays as the losers leave the stage

Next Week: Compatibility tests, guys frustrations' explode, and is rejection is too much for one guy to handle?

The Bachelorette airs on Wednesdays at 10:00pm Alberta Time

The Apprentice

Last week, there were two episodes, and in both the girls won a competition. Dr. David was the first to be fired, followed by Jason, who erred in making a decision not to talk to the boss before starting a new project. Both times, Sam went with the guys to the boardroom, where he was criticized by all.

This week, Sam and Nick return to the suite after Jason is fired, were Sam refuses to leave the doorway until someone comes to greet him. In the midst of his pouting and demanding egotism, his team decides to let Sam lead the next project (in hopes that he will fail and be fired).

On the other side of the coin, the women try to solve the ongoing Omarosa problem. However, when they confront the mouthy black chick about the situation she leaves, and the other girls go ahead and criticize her.

Meanwhile, Trump's office calls, and the teams must be ready to go to Westchester airport at 8am. The new task involves negotiation. Both teams receive a list of items to negotiate for the lowest possible price. The team that saves the most (off the retail price) wins.

Items include: a gold bar, a golf club, 5lbs of squid, cigars, an instant camera, and a leg wax (one member, both legs).

On the guys' side, Sam is the project manager who designates an office team and a field team. Sam sends the field team uptown to make an immediate gold bar purchase on the assumption that gold will be more expensive in the afternoon, however Sam refuses to give field team the phone number for the gold bar place.

HIGHLIGHT: Trump comes to see Sam, and suggests that "maybe the team made you team leader to get rid of you?" Later in the challenge, Sam gives the field team a phone number for a golf store that doesn't even sell golf clubs.

On the girls' side, Jessie is the project manager. She divides group into two teams in an attempt to minimize the Omarosa conflict. However, the talents that the girls use are minimal, and their most successful tactic is flirting with the guy at the jewelry place.

SCOREBOARD:

Total retail 1379.33

Girls – saved 22%

Guys – saved 9%

In response to the results Trump announces that "[he] may never hire another man again." As the girls score another win, Trump treats them to dinner at 21 club (at the Fred Trump table).

The guys go to the boardroom for their third loss where we learn that Sam hasn't earned the respect of his teammates, particularly Bowie and Kwame.

In return for their criticism, Sam holds Bowie and Kwame partially responsible for the team's loss and the three of them face off against Donald Trump. It is announced that Sam has proven to be as unsuccessful as a leader as he is as a follower, and he is fired.

The highlights for next week include a party for Sam's dismissal, the men turn to deception to try and win their challenge, and the women know that sex sells...but if they win the battle, will they lose the war?

The Apprentice airs on Wednesday evenings at 9:00 pm Alberta Time

However, this week (Jan. 29th) it's on Thursday night.

If there are any other shows you want updates on, or any comments you wish to make, please email me at abaldwin@shaw.ca!

2003 Tuition and Education Amounts Certificate

Update from Athabasca University Financial Services...

Athabasca University Financial Services is pleased to announce that the official 2003 Tuition and Education Tax Credit Certificate (T2202A) forms will be made available on-line to all eligible students.

The forms will not be mailed out and instead are on-line in printable format for all students to access. Please visit AU's web site at:

www.athabascau.ca

for further details on obtaining your tuition and education tax credit information for your 2003 tax return.



DIE ANOTHER DAY

Movie Review

By Laura Seymour



Pierce Brosnan is starting to get a little older and has said publicly that he isn't sure he'll do another James Bond film, but I'm not sure that matters. It's been an amazing ride, and *Die Another Day* isn't an exception.

The film crackles to life with Bond in North Korea bearing diamonds in exchange for highly specialized weapons. His photo is snapped the second he gets off the plane and a high-tech scanner from the North Korean bad guy runs his image through an unknown scan system. Of course the MI-6 identification comes up moments after the premise of our film is set. He is a British agent—a licensed killer. And that's exactly what Bond does.

Then, after a thrilling chase on hovercrafts over mine fields, we careen into, arguably, the worst Bond song ever. Madonna, who pulls off a nice cameo, provides the dreadful tech-style song. The credits are also - I think - supposed to be the usual naked women in silhouette but they are made to look techie again and it sucked! The problem is that "Cubby" Broccoli's widow seems to have futzed with the formula as the film series' new producer. And she screwed it up in an obvious attempt to appeal to a new generation of viewers. But I would argue that Bond films always do well - there was nothing wrong with the formula.

A bunch of high-tech gadgets turn into a plot, but the never-been-caught Bond is suddenly hostage for more than a year and tortured. Thrown into baggy clothes, a mop-like wig and an unbelievably tidy moustache and beard, Bond's suave and debonair appearance is suddenly challenged. Moments into the film he is released and taken back to MI-6 secret headquarters where he can be checked over and allowed to recuperate. At that point the new female "M" (Dame Judy Dench) mercilessly tells Bond his freedom came at too high a price. The ratfink they traded him for is free and won't be tried for his horrific crimes. M's hatred for Bond is obvious, and Judy plays the role well. She decides to revoke his status and send him out to pasture. Does it work? Are you kidding?! Bond decides to escape the confines of the detention area and turns up sopping wet in one of his favorite hotels.

Right away he's ahead after a shave, shower and fresh tailored clothes. He immediately traps the manager of the hotel, who is a Chinese agent, and bargains for money, transport and a new passport.

In beautiful sunny Cuba he bumps uglies with gorgeous Jinx (Halle Berry). She says she got her name from being born on Friday the 13th, but in reality she's a lovely NSA agent. She's also the first woman who almost got a spin-off series from the Bond films. She is decidedly strong. Decidedly sexy. She is a strong woman in a film series filled with women with silly names and small acting parts.

Also a delight is a lovely sequence with British comic champion John Cleese as the new "Q". His witty repartee with Bond is adorable. His latest gadget is - well invisible - an Aston-Martin car that arrives in an underground "launch pad" unseen. As Q explains, tiny cameras placed around the vehicle project back what they see. Of course there are a few logic problems with that idea. What if someone is walking past the car? (which if you watch *does* happen!)

The Chinese connections get him to Iceland to a hotel made from ice. Lush! It belongs in a picture book. On a frozen lake, it also houses newly reconstructed bad guys who've had DNA reconstruction. Their Korean appearance is now typically blue-eyed blond. Quite a transformation! Now Bond's nemesis is racing his high-speed racing craft and inventing mirrors on satellites to trap the power of the sun at a moment's notice. He does all this by not sleeping. His ruthless right hand man is Zao played by Rick Yune.

Bond's bad guy is Gustav Graves (Toby Stephens). His fellow, good-girl MI-6 agent is Miranda Frost (Rosamund Pike)... or is she?

The film includes a few amazingly good scenes but has an absolutely awful animation sequence of Bond riding the waves from a makeshift avalanche. It's pretty cheesy, which is a tremendous let down in a film history of amazing fast-paced sequences.

On the whole the film is a great romp, Halle Berry is fun and the bad guy is, of course, caught by the great Bond after a hair-raising finish that makes the special effects guys shiver...'cause they spent more time on making it look good.

On the whole I'd say the film is great, but when I bought the DVD I fast-forward past the horrible opening song.

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



Library FAQ's continued

Contributed by AU's The Insider

Q: I tried to use Business Index ASAP and noticed that it has been superceded by Business and Company Resource Centre. I tried to search it for journal articles but didn't find any. Can you help?

A: The default search in Business and Company Resource Center is a "Company Search." To locate journal articles you must click on Articles under "Additional Search Options."

Q: I was looking for financial information about several companies and wasn't sure where to look. Do you have any suggestions?

A: There are a couple of different ways to find financial statements for companies. To locate information about Canadian publicly traded companies try using SEDAR <http://www.sedar.com>, a site jointly operated by the Canadian Securities Administrators (CSA) and the Canadian Depository for Securities (CDS). A link to this site is provided in the Digital Reference Centre under Internet Searching: Web sites by subject. In addition, Business and Company Resource Center also contains financial information about Canadian and International companies. It is possible to search by company name, industry code, or ticker symbol.

Changes to sociological abstracts

Submitted by Elaine Magusin of the AU Library

Sociological Abstracts will no longer be available through the EBSCO platform as of January 2004. AU Library will continue to subscribe to the database but it will be available through Cambridge Scientific Abstracts instead. Currently there are links to both versions on our Web site.

Aboriginal art program unique in Canada

Students earn degree by teepee building

Ginny Collins

WINNIPEG (CUP) -- Students at Brandon University are in the process of earning their degree in the ancient Aboriginal arts of teepee building, beading, carving and tanning.

This Bachelor of Fine Arts degree in visual and Aboriginal art studies is the first of its kind in Canada, offering integrated Western and Aboriginal art instruction. The program is studio-based and offers four-year majors and minors in Aboriginal Art, ceramics and painting as well as a major in Digital Media and Design.

Last year BU had 92 students enrolled in its Fine Arts program. When it announced that it would be running the new program, enrollment increased by 100.

Scott Grills, the Faculty of Arts Dean, said this shows quite a need for this kind of degree in the province of Manitoba.

"192 students is still not as high as we would like it but this shows that there is a demand for this program," he said.

In the summer of 2003, Brandon University received funding from the provincial government to go ahead with the project and since then Colleen Cutschall, professor of Visual Arts at BU, has been working to set up the new courses that will be offered.

Last semester the university ran a course in indigenous technology where the students were involved in a teepee-painting project. In the future, Cutschall said she would like to see the students take those skills further by developing teepee furnishings such as backrests for the inside of the teepee.

"The students have to go out and harvest their own supplies [to make the furniture], like willow branches," said Cutschall, who has been with the university for 19 years.

She added that the challenges that they face when offering these types of courses is usually seasonal. They are limited as far as what they can offer in the winter semesters because some supplies will only be available in the spring or summer months.

"Something in the spring or summer session would work better and it would be more condensed," she said. Other courses offered include ceramics and aboriginal painting. Grills said that because the program is studio based, the students have the advantage of learning practical artist's skills.

"In other programs they may learn more about art history or theory but here they will get the skills of a working artist," he said.

Although the class sizes are generally small for the time being, the university expects that their showcase of student art, taking place in mid-March, will peek people's interest in the program and increase enrollment. At the event, the students will be showcasing their creations including ceramic pipes, blankets, beading and their teepee. The show will be their first big event as a department.

In order to expand the program, the university is also in the process of hiring for four full-time and one part-time staff to teach different aspects of Aboriginal Art. The university is conducting national searches to fill the positions.

AUSU THIS MONTH



TUTOR BIOS

AUSU provides tutor bios on the AUSU website, so that you can learn more about the person on the other end of the phone.

Tutors are selected for inclusion on the Tutor Bio pages by nomination from students. If you have had a tutor that you want to know more about, write Mac on AUSU council at mmcinnis@ausu.org

and tell him who you want to see featured next.

AUSU IN PERSON DISCUSSION GROUPS

Getting together physically with fellow AU students adds to your university experience. Other students will be able to understand and relate to the joys and frustrations of distance learning. It's also a way to stay abreast of information relating to AU and the Athabasca University Students' Union.

See the Coffee Groups web page on the AUSU site, at <http://www.ausu.org/coffee> for a list of groups.

Anyone interested in starting up a group in your area (anywhere in Canada, from small towns to major centres) please contact SANDRA at smoore@ausu.org.

NEEDED – VOLUNTEER MENTORS FOR NEW STUDENTS

Do you remember your first few months at AU? Do you remember all the questions you had and the confusions you encountered? Every month at AU there are close to 1500 new registrations and these new students will be in the same boat you were once in. How about helping these students out by offering to be an AUSU mentor? AUSU mentors are "experienced" AU students who are willing to provide a little guidance and support to new AU students. If you are interested in participating in this new venture of AUSU's or if you'd like more information please contact Sandra Moore at smoore@ausu.org

CHAT WITH AUSU ONLINE

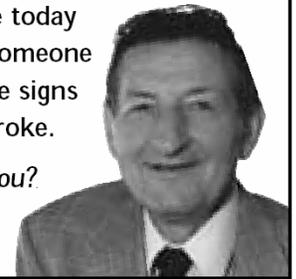
If you have a question for AUSU, or would like to get to know your council, drop by the chat-room [accessible through the 'Message Forums' option on the AUSU home page www.ausu.org. You will need an AUSU web site account.] **Times are MST**

Mondays at 8:00 PM Councillor Karl Low

Walter Gretzky, Stroke Survivor

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STROKE WARNING SIGNS

WEAKNESS

Sudden weakness, numbness or tingling in the face, arm or leg

TROUBLE SPEAKING

Sudden temporary loss of speech or trouble understanding speech

VISION PROBLEMS

Sudden loss of vision, particularly in one eye, or double vision

HEADACHE

Sudden severe and unusual headache

DIZZINESS

Sudden loss of balance, especially with any of the above signs

Call 911 or your medical emergency number immediately.



1-888-HSF-INFO
(1-888-473-4636)
www.heartandstroke.ca

The Indicators - Registrations in retrospect Contributed by AU's *The Insider*

"We should be pleased with the current individualized study registration levels for January 2004," writes Dr. Stephen Murgatroyd, Executive Director of External Relations, "which suggest a 10.7 per cent growth year-on-year in line with our targets. Though we do remain concerned that we are not meeting all of our access targets, and that graduate registration (where we seek a seven per cent growth year-on-year) is slightly below target, with less than expected registrations in the MBA and the MDE - so we still have work to do.

"We should not be complacent, however, since the market for courses is becoming more competitive and student expectations for service remain high.

"One good trend is the growth of group study registrations - not fully reflected in the report, but known to be strong. We have recently been looking at the contribution these registrations make to our revenue and have found that it is significant - it takes approximately two group study students to equal one individualized study student in terms of revenue contribution, though this varies significantly by collaborating partner.

"Our international registrations for undergraduate courses are down this year - its now around three per cent of registrations.

"In short - it looks basically good, but challenges us to focus our energies where we know we have to grow our student base more.

The following chart compares total registration numbers from April, 2003 to January, 2004 with figures from 2002/2003. Look for more on performance indicators in future issues of Insider.

Undergraduate registrations				
		2002-2003	2003-2004	Percentage change
Mode				
Individualized study		33,773	37,397	10.7
	Grouped	4,914	4,178	N/A
	Independent	195	89	N/A
	grouped			
Total grouped		5,109	4,267	N/A
Challenge		601	599	-0.3
<i>Undergraduate total</i>		39,483	42,263	7.0
Individualized study new/returning				
New students		17,480	19,155	9.6
Returning students		16,293	18,242	12.0
Graduate registrations				
		2002-2003	2003-2004	Percentage change
Program				
MDE		1,961	1,732	-11.7
Master of Health Studies		2,044	2,492	21.9
MBA		4,638	4,449	-4.1
MA Integrated		721	1,093	51.6
MSc CS		444	677	52.5
<i>Graduate Total</i>		9,808	10,443	6.5

This report compares recorded registrations for April 2002 to January 2003 and April 2003 to January 2004. Please note that not all January seminar supported registrations have been processed.

For the purpose of this report, undergraduate 6-credit courses are double counted and graduate registrations are prorated up to 3-credit undergraduate course equivalents (MDE and Nursing Graduate Programs @ 1.67, the MAIS and MSc CS @ 1.82 and the MBA @1.25). These figures are for internal tracking purposes only and should not be counted as official FTE's.



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Voice Events Listings

On and off campus events worldwide

To list events in your area, e-mail voice@ausu.org with the word "events" in the subject line.

SEATTLE, WA

Justice Education Forum

Justice Education Forum, sponsored by the Office of Jesuit Identity at the University of Seattle, will take place Thursday, February 05, 2004 (5:00 PM - 7:30 PM). It is also scheduled for Thursday, May 06, 2004 (5:00 PM - 7:30 PM), and both events take place in the Student Center at the Leroux Conference Center (STCN 160).

The Justice Education Forum gathers Seattle-area leaders from many sectors and Seattle University alumni, faculty, staff and students for presentation and discussion about key justice issues facing our city, region, and state.

Contact Eddie Salazar at jef@seattleu.edu or 206-296-6133 for more information. An RSVP by email is recommended.

<http://www.seattleu.edu/events/detail.asp?SID=113>

[7](#)

SEATTLE, WA

The Great Theologians Series

The "Great Theologians Series" sponsored by the School of Theology and Ministry at the University of Seattle, will take place Sunday, February 01, 2004 (6:30 PM - 8:30 PM). It is also scheduled to take place Friday, March 05, 2004 (7:00 PM - 9:00 PM) and Friday, June 25, 2004 (7:00 PM - 9:00 PM). All scheduled dates are at the Pigott Building (Pigott Auditorium).

The School of Theology and Ministry brings renowned theologians to Seattle University to address the postmodern quest for renewed spirituality and the building of a responsible global community. Contact Sue Hogan at sueh@seattleu.edu or 206-296-5583 for

info: <http://www.seattleu.edu/events/detail.asp?SID=155>

[6](#)

REGINA, SK

InFringement Festival

From February 6-14, 2004 a festival of student-directed and produced one-act plays known as the

InFringement Festival will take place at the University of Regina. For more information, see the U Regina events calendar:

www.uregina.ca/cgi-bin/WebEvent3.05/cals/webevent.cgi

CALGARY, AB

SF and Social Change Symposium

Futurevision is a unique gathering designed to bring writers, readers and critics of SF (speculative fiction) together to debate just how much science fiction and fantasy has contributed to social change. We have Robert J Sawyer, Candace Jane Dorsey, Timothy J. Anderson on board. We're looking forward to you joining us February 6-7, 2004.

<http://www.mtroyal.ab.ca/events/sf/>

CHARLOTTETOWN, PEI

Women in Leadership Panel

The Women in Leadership Panel Presentation profiles Canada's regional female leaders. Successful women from a variety of industries will share their personal tales from the trenches and provide insight on leading a prosperous career. Designed to inform and inspire, members of this panel share their journeys to success with women who are embarking on their career paths. This event takes place January, 28th 2004 from 4:30 p.m. to 6 p.m. in the Student Centre (Main Hall) of the University of Prince Edward Island. You can contact David Mossman at (250) 386-8500 or mdave@womeninleadership.ca for more information. <http://www.upei.ca/cgi-new/view.cgi?id=1487>

FREDERICTON, NB

George Elliott Clarke Reads *George and Rue*

On Friday, Feb 27 at 7 p.m., George Elliott Clarke will be reading from "George and Rue: A Novel in Blackened English" at the University of New Brunswick's (Fredericton) Ganong Hall Lecture Theatre. Free Admission.

<http://www.unb.ca/news/event-details.cgi?id=822>

TORONTO, ON Kodak Lectures

The Kodak Lectures is an ongoing international lecture series programmed by the School of Image Arts at Ryerson University in Toronto. Since 1975, a veritable who's who from the world of image making has graced the stage at Ryerson, including Dutch photographer and video artist Rineke Dijkstra, Canadian "cyborg" Steven Mann, German artists Bernd and Hilla Becher, and Oscar-nominated Canadian filmmaker Atom Egoyan. You may contact Robert Burley at (416) 979-5167 for more information. A list of the presenters can be found via their website.

<http://www.ryerson.ca/news/events/imagesandideas/>

BURNABY, BC Teaching in Japan

Simon Fraser University (Burnaby, B.C. campus) presents "Teaching in Japan", a three hour workshop providing an overview of teaching in Japan. Bring your questions and be better prepared for your upcoming experience, or come to explore. This event takes place February 7th, 2004 from 9:30 a.m. to 12:30 p.m. at the Harbour Centre Campus, 515 West Hastings St., Vancouver. Fees for this workshop range from \$50 to \$120. Telephone 604-291-5117 or email japanese@sfu.ca for more info.

<https://my.sfu.ca/cgi-bin/WebObjects/mySFU.woa/3/wo/WYyTpus7WmcJEbi9kdPtt0/5.0.7.3.11>

PETERBOROUGH, ON Rooke Lecture Series

The ROOKE Lecture Series presents Leonard Conolly, speaking on A Doll's House, at the Peterborough Public Library on January 29th, 2004. Leonard Conolly, Professor of English Literature at Trent University, is an expert on drama and a noted Shaw scholar. He has published numerous works on drama, including Bernard Shaw and Barry Jackson.

LOS ANGELES, CA The Karma of Questioning: Buddhist Studies in the Form of Philosophy

Taking the Buddhist concept of karma as the exemplary issue, this talk will address the question of how critical philosophical questioning might be practiced within the context of Buddhist Studies. The presenter, Dale Wright, is a Professor of Religious Studies and Asian Studies at Occidental College. He teaches in the areas of Buddhist Studies, History of Religions, and Philosophy of Religion. The event, Sponsored by the Center for Buddhist Studies, Asia Institute, takes place Feb 27th, 2004 from 3 p.m. to 4:30 p.m. at UCLA (243 Royce Hall, Los Angeles, CA).

<http://www.international.ucla.edu/buddhist/showevent.asp?eventid=1175>

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Scholarships and Awards

The Laurence Decore Award for Student Leadership

Value: \$500

Number: One

Deadline: March 1

Conditions: Nominees for the Laurence Decor Award for Student Leadership must be an Alberta resident currently enrolled in a minimum of 18 credits, a full-time student, for this academic year. Selection is based on the student's involvement in student government, student societies, clubs, or organizations. In addition, candidates may be involved in community, provincial, or national organizations. Members of the University community nominate candidates. The nomination deadline is March 1.

Funding source: Alberta College & Technical Institute Student Executive Council in honour of Laurence Decore, former Edmonton mayor and provincial political leader.

Announcement date: June

<http://www.athabascau.ca/html/depts/registry/studawrd.htm#ld>

Millennium Scholarships National In-Course Awards

Value: \$4000 to \$5000

Number: One

Deadline: June 1

Conditions: Applicants must be a Canadian Citizen or Landed Immigrant and enrolled in a recognized undergraduate program of at least two years duration leading to a first degree, diploma or certificate. Students must be enrolled full time with a minimum of an 80% (12 credits per four month term over two terms) course load. Students must have a GPA of at least 3.3 and have completed their first year of studies by May 31 of the application year.

Students cannot be in receipt of any other scholarships in total of more than \$3,500, based solely on merit, if applying after their first year, or; \$3,500, based solely on merit, after their second year with a total of no more than \$5,000 to date.

Funding Source: Canadian Millennium Scholarship Foundation

Applications and further information are available from:

<http://www.awardforexcellence.ca/index.asp>

<http://www.athabascau.ca/html/depts/registry/studawrd.htm#incourse>



ACADEMIC CONFERENCE ON LEGISLATIVE DEMOCRACY COMMISSION ON LEGISLATIVE DEMOCRACY

Feb 5-6

The Commission on Legislative Democracy will hold an Academic Conference on Legislative Democracy, Feb. 5 - 6. The conference will be held in partnership with the Centre for Canadian Studies and take place at Mount Allison University in Sackville, N.B.

Jean-Pierre Kingsley, Canada's Chief Electoral Officer, will be guest speaker, and the conference will attract leading political science academics from New Brunswick, Canada and the United States. Confirmed participants in the conference are Dr. André Blais, Université de Montréal; Dr. Joanna Everitt, University of New Brunswick-Saint-John; Dr. Alan Siaroff, University of Lethbridge; Dr. Munroe Eagles, University of Buffalo; Dr. Chedy Belkhdja, Université de Moncton; Dr. Paul Howe, University of New Brunswick; and Dr. Bill Cross, Mount Allison University.

Topics of discussion will include: Types of electoral systems; Issues relating to group representation (such as women and minorities) and electoral boundaries in various electoral systems; Outcomes of electoral reform; The New Brunswick and Canadian experiences with direct democracy, and; Citizen engagement and participation in Canadian and New Brunswick democracy.

MEDIA CONTACT: Marie-Josée Groulx, director of consultations, Commission on Legislative Democracy, 506-457-6770 or 506-470-6522.

<http://www.gnb.ca/cnb/news/ld/2004e0018ld.htm>

ATLANTIC UNDERGRADUATE UNIVERSITIES BIOLOGY CONFERENCE AND AQUACULTURE CONFERENCE

Mar 5-7

The annual Atlantic Undergraduate Universities Biology Conference and Aquaculture Conference is being hosted by the University College of Cape Breton (UCCB), in Sydney, Cape Breton on March 5 - 7, 2004.

The AUUBC conference gives undergraduate students from the Atlantic Provinces the opportunity to meet and exchange ideas while experiencing a traditional academic environment. Students present the results of their research before their colleagues probably for the first time. This conference covers all of the disciplines that comprise the biological sciences. As well, the AUUBC conference is also held in conjunction with the Aquaculture conference. Aquaculture presentations and posters are held at the same time as the AUUBC conference, allowing individuals to attend either aquaculture or AUUBC sessions.

If you are interested in attending this conference, contact your local APICS biology committee representative. Follow the links on the website to get more information about registration, abstracts, instruction for presenters, schedule of events, accommodations, UCCB and who to contact if you need more information. Watch for posters in January, that will provide further details on the conference.

Deadlines: All abstracts must be submitted by February 9, 2004 and registration closes February 23, 2004.

<http://discovery.uccb.ns.ca/auubc2004/>

INTERNATIONAL CELTIC CONFERENCE

Oct 14-17

From October 14-17th, 2004, the University College of Cape Breton will host the International Celtic Conference, Forging a Future for Celtic Languages and Cultures, under the direction of Robert Morgan, Laurent Lavoie, Hector MacNeil and Pierre Siguret.

During the 20th century, in America and Australia a significant number of languages have disappeared, the inescapable consequence of the assimilation since the seventies. The same has happened with the Celtic languages. Our conference is organized by four professors who wish to promote a genuine interest in Celtic languages. Professor Hector MacNeil teaches Gaelic language, Professor Robert Morgan is an historian, specialist of Cape Breton History,

Professor Laurent Lavoie favours the maintenance of minority languages and teaches French and Professor Pierre Siguret is a scholar in French with an intense interest in Breton.

Call for papers: We are asking for papers from scholars from everywhere. The organizing committee will invite participants with the best proposals. Different applied methodologies will be presented around the question from psycho-linguistics, social linguistics, theories of language acquisition, community development and cultural promotion. Specialists of Celtic languages will be invited together with scholars on such threatened languages as Maorie and Mi'kmaq.

Entertainment: Each night there will be live entertainment: Celtic music, songs and poetry perpetuating the formidable Gàidhlig heritage still surviving in Cape Breton and in the various Celtic countries of the world.

For further information or contributions to enhance the intellectual and economic success of the conference, you may visit our website at <http://www.uccb.ca/index1.htm> or email celtic.world@uccb.ca

TRANSPORTABLE ENVIRONMENTS 2004: 3rd International Conference on Portable Architecture and Design

April

Ryerson University in Toronto, will host the international academic conference; Transportable Environments. This will be the third in a series of conferences concerning portable architecture, buildings, landscape and design. It is being organized and co-chaired by Associate Professor Filiz Klassen of the School of Interior Design, Ryerson University and Professor Robert Kronenburg of the University of Liverpool, School of Architecture and Building Engineering, UK. The event takes place during April 2004, at the Eaton Auditorium, Rogers Communications Centre on 80 Gould. Contact Filiz Klassen at (416) 979-5000, ext. 6937 for more information.

<http://www.ryerson.ca/portable/>

NARRATIVE MATTERS 2004

May 20-May 23

Organized by faculty and students from St. Thomas University and the University of New Brunswick, and featuring an array of keynote addresses and pre-conference workshops, Narrative Matters 2004 will take place from May 20 to May 23, 2004, at the Sheraton Hotel in Fredericton, New Brunswick, Canada. The conference is a unique experience in which theorists and practitioners, researchers and students from a variety of backgrounds and disciplines will have the opportunity to enjoy conversation and together explore the importance of narrative - or story - in countless aspects of human life. <http://www.stu.ca/conf/narrative/>

ideaCity

Jun 16-18

ideaCity, a "meeting of minds", is an annual conference held in Toronto, Ontario. It brings together some of the most interesting and fascinating personalities of our time, for three days of stimulating conversation, performances, thought-provoking ideas, and other social events.

The conference is not centred around any one discipline or industry, and there are no keynote or panel discussions. In fact, scripted speeches are forbidden; as the website states: "Everyone is in on the common narrative." Rather than the usual Q&A sessions after a speaker has completed their talk or performance, the conference has adopted the practice of long breaks between sessions (and nightly parties) that invite conversation between speakers, performers, and attendees.

This year's presenters are:

Michael Adams - (President and CEO, Environics, Author, Sex in the Snow)

Henry Aubin - (Investigative Journalist, Author, The Rescue of Jerusalem)

Robert Bateman - (Artist, Naturalist)

Jane Bunnett - (Modern Jazz Musician)

Ken Finkleman - (Writer, Director, Producer; The Newsroom)

Richard Greenblatt and Ted Dykstra - (2 Pianos, 4 Hands.)

Derek Hatfield - (Sailor, "Around the World Alone" yacht race)

John Ince - (Lawyer, Advocate for a more sexually 'healthy' culture)

Robert Kennedy Jr. - (Defender of the Environment, Lawyer, Author)

Laura Kipnis - (Cultural Theorist and Author Against Love: A Polemic)

Anita Kunz - (Editorial Cartoonist, Rolling Stone, The New Yorker)

Mers Kutt - (Inventor of the world's first personal computer)

Sook-Yin Lee - (Musician, Actor, Filmmaker)
James Lockyer - (Lawyer; Association in Defence of the Wrongly Convicted)
Joseph MacInnis - (Physician, Scientist, Businessman, Deep-sea diver, Author, Environmentalist)
Lewis MacKenzie - (Commander, UN Peacekeeping Mission to 'Sector Sarajevo'; Author)
Gabor Mate - (Physician, Author, When the Body Says No: The Cost of Hidden Stress)
Jaymie Matthews - (Astrophysicist, Mission Scientist, The MOST project)
Paul Moller - (Founder, Moller International; inventor of the Skycar)
Terry Mosher - (Political Cartoonist, The Montreal Gazette; Cartoon Editor, Maclean's)
Robert Munsch - (International Best-Selling Children's Author)
Cleo Paskal - (Travel Writer, The National Post; Producer, Channel 4; Contributor, The Independent)
Irene Pepperberg - (MIT Media Lab; Expert, Animal-Human Communications (Grey Parrots))
Lola Rasminsky - (Avenue Road Arts School Founder; Advocate for Arts Education)
George Rizsanyi - (Guitar Craftsmen to the Stars)
Harry Rosen - (Founder, Harry Rosen Inc.)
Eva Vertes - (Scientist, Researcher, student at Princeton; made a significant Alzheimer's discovery at the age of 15.)
Paul Wells - (National Affairs Columnist (and 'Back Page' occupant), Maclean's).

"In an age that seems to swing wildly between wide-eyed optimism and dire pessimism, perhaps our greatest challenge is to sustain a capacity for idealism. ideaCity is one small effort to establish a forum for the high ground of ideas and idealism." (ideaCity website)

This year's conference takes place from June 16th to the 18th in Toronto, Ontario. For more information regarding the conference, contact jenniferm@citytv.com or call 416 591 7400 x2475, or visit the conference website at <http://www.ideacityonline.com/>

Provided by Lonita Fraser

Contributed By AU's *The Insider*

- **LEARNTEC 2004** - Feb. 10 - 13 - Karlsruhe, Germany - 12th European Conference and Specialist Trade Fair for Educational and Informational Technology. Details: <http://www.learntec.de>
- **ICDE 2004** - Feb. 18 - 21 - Hong Kong - 21st ICDE World Conference on Open Learning and Distance Education. Details: <http://www.ouhk.edu.hk/hk2004/>
- **AMTEC 2004** - May 25 - 28 - Laurentian University, Sudbury, Ontario - In Touch with Technology - Come and learn more about newest learning technologies and techniques. Meet leading developers and distributor of quality educational products. Details: <http://www.amtec.ca/site/conferences/conferences.shtml>.
- **InfraEDUCA 2004** - June 25 - 27 - Pragati Maidan, New Delhi - The exhibition will be synergetic platform showcasing recent developments in Basic & Primary Education, Higher Education, Coaching Institutes, Specialised Courses, Vocational Training & Career Prospects, Distant Learning Systems, International Universities and Programmes, E-Learning Tools and Educational Kits, Computer Education, Government Schemes and Programmes etc. Details: <http://www.friendzexhibitions.com/infraeduca2004/index.htm>.
- **N.A.Web 2004** - Oct. 16-19 - Fredericton, NB, Canada - The Tenth Annual International Web-Based Teaching and Learning Conference - Details: <http://naweb.unb.ca>

Know of a conference that is not on this list? Contact voice@ausu.org with the details and we'll list it in Conference Connections.

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AUSU GROUPS AND CLUBS COMMITTEE

The AUSU Clubs Committee is looking for student members who can commit just a few hours a month to answer email, and be part of a group committed to fostering and promoting student clubs and coffee groups at AU. Anyone interested in finding out more about this committee can email the chair, Lonita Fraser, at lfraser@ausu.org.

RED DEER COFFEE GROUPS

Red Deer Athabasca University students meet at the Chapter's Starbucks on the last Thursday of every month. From 8 pm to 9 pm, the goal is to share ideas that will help us all be successful AU students and collectively resolve our specific issues. Contact Ryan, lowrystcol@hotmail.com

THE VOICE

c/o Athabasca University Students' Union
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800.788.9041 ext. 3413

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