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the PROJECTOR

10/25/04 1965 - 2004 rrc student newspaper

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News in brief

COMPILED BY ALANA PONA

Personal Safety Presentations

The Winnipeg Police Service community relations division is encouraging all students to attend a personal safety presentation at the Princess Street campus. The presentation is scheduled for Oct. 27 at 12 p.m. in the multipurpose room.

Spring-break in Mexico

The sign-up deadline for the spring break Mazatlan, Mexico trip, organized by the Red River College's Students' Association, is on Oct. 29.

Drop by room DM20 at the Notre Dame campus or room P110 at the Princess Street campus for more information.

Significant growth in distance education program

In the past five years, enrolment in distance education courses at RRC has increased by 194 per cent, according to the college.

As of June 30, the distance education office recorded 3,800 course enrolments, an increase of 29 per cent from the previous year.

"As someone who has worked in distance education for many years, I'm excited to see our tremendous growth in this area. Distance education is offering more flexible access to life-long learning for both rural and urban learners throughout Manitoba," said Jeff Zabudsky, RRC president.

Nineteen complete certificate and diploma programs are available in distance education programs through the college, as well as a significant portion of 11 other programs.

Workshops for students

BY ALANA PONA

Red River College students have an alternative when it comes to nights of exam anxiety.

The College's educational support services department is offering a series of workshops on strategies for success for students.

All workshops and registration will be held in D102A at the Notre Dame campus.

The workshops run Tuesdays from 11 a.m. to 12 p.m. and Wednesdays from 12 p.m. to 1 p.m.

Managing Test Anxiety
This workshop explores ways of coping and reducing symptoms of test anxiety.
Tuesday, Nov. 16
Presenter: Laureen Janzen / Stephen Kessler

Stress Management
This workshop discusses what stress is, where it comes from and what it does to you. The workshop explores ways to develop positive techniques for managing stress.
Tuesday, Nov. 23
Presenter: Debra Haysman

Note-Taking Skills
This workshop will offer strategies that will help you take notes in the classroom and improve your understanding in class.
Wednesday, Oct. 27
Presenter: Ron Hamerling

Job Search & Interview Skills
This workshop will provide useful information on the value of networking and selling yourself in marketplace.
Tuesday, Nov. 2
Presenter: Lisa Snider

Active Learning
This workshop will examine the benefits of active learning vs. passive learning.
Wednesday, Nov. 3
Presenter: Ron Hamerling

Memory Devices
This workshop will demonstrate effective memory tools that will help you study. Flash cards, brainstorming, diagrams, mapping and mnemonics will be used.
Wednesday, Nov. 10
Presenter: Ron Hamerling

8 Steps to Learning
This workshop breaks down the eight basic steps needed to master and learn materials, outlining several study techniques.
Wednesday, Nov. 17
Presenter: Ron Hamerling

Contact educational support services for more information.

Corrections Notice

In the last issue of the *Projector*, artist Mark's Ruwedel was spelled incorrectly. We apologize for the error.

We also extend our sincere apologies to digital multimedia technology students for incorrectly corresponding their names and pictures in the Speak Out! section of the last issue. Our apologies to Garrett Turner and Mike Wachs.

In the opinion piece by Mike Uhrich last issue, Red River College's Students' Association was incorrectly referred to as RRSA instead of RRCSA.

Writers wanted!

The next story meeting for the *Projector* is noon, Tuesday, Oct. 26, 2004.

Come to the newsroom (W102) and bring Trevor a birthday present.
Anything pink is good.
Perhaps mauve.
Oh yeah, and bring story ideas!

Free Anne Murray CD!
(Booyah!)

Stop by the newsroom to pick up the one and only copy.

Required laptops a letdown: students

Used computers constantly crash, breakdown

BY LINDSAY WINTER

Computer accounting technician students at Red River College's downtown campus feel they are not getting their money's worth when it comes to their laptop computers.

Nearly half of the 60 students in the year-long program are experiencing problems with their used laptops, which they are required to lease from the college at full price for their program.

CAT student and class representative Tammy Schmidt, 30, says it doesn't make sense to pay $1,500 for the now 18-month-old notebook computers—the same amount last year's class paid when the computers were new.

She says students should be offered a refund or buy-out plan at the end of the year.

"When you go to a store and buy a brand new computer, you would pay full price. When you buy a used computer you would pay a reduced price," says Schmidt.

The use of laptop computers is an integral part of the learning process, according to CAT's informational brochure.

Since September, Schmidt says many students have experienced technical problems, from their laptops crashing and freezing to the loss of saved information, making it difficult to keep up in class.

Computer services gives out replacement laptops, but Schmidt says because many people are having problems, it can take a few days to get a replacement.

CAT student Leslie Mawejje, 23, says he is on his fifth laptop computer, one failing during an exam.

"[During] a communications exam my [laptop] crashed three times and froze two times, all in a matter of one hour," says Mawejje, who finished the exam by hand.

"And this was the computer I got back the same day. The one they said was fixed."

Mawejje says students shouldn't be put through this stress, especially during exams.

"It kind of psyches you out, and makes you lose focus. I wouldn't feel as bad about spending the [money] if the computers they gave us worked. But they make us pay for laptops that don't work and then spend half a year trying to get them to work," he says.

PHOTO | LINDSAY WINTER

CAT class representative Tammy Schmidt

Barry Kornelson, a hardware support technician in the Buhler Learning Commons, says the computers are still under warranty from the leasing agreement with Powerland computers.

But Kornelson says the laptop problem isn't costing the students money, it's costing them time.

The number of complaints this year is unusual, he says.

"We are seeing a fairly high number of failures with this typical model. Much higher than normal I would say. The [most common] problem is they don't turn on a lot of the time. According to [Hewlett-Packard, where Powerland gets the computers from] it might be related to a memory problem. [HP] issued a recall on certain memory modules," he said.

According to the HP website, the company issued a recall in June 2004 for parts of the Compaq Evo N1000c notebook, the model used by most CAT students.

Kornelson says the college was made aware of the recall last year but since most of the laptops were away from the college over summer the situation couldn't be resolved.

Both class representatives say they were not aware of the June recall.

"No, they hadn't told us. That's interesting," she says.

"Well why would they distribute these computers in September if there is a recall on parts of them?"

Peter Komarnicki, chair of accounting and computer education, says

the college was first made aware of certain issues in September.

"We thought the machines might not be robust enough. We thought we could be okay but it looks like it's not," says Kormarnicki.

Schmidt says both Kormanicki and program coordinator Robert Dearden, are working with the students to try and resolve the situation.

"Robert has been nothing but helpful," says Schmidt "And Peter is being exceptional. He is doing what he can."

Because HP requires documentation of the problems, class reps have written an e-letter about the computer problems, says Kormanicki.

Close to half of the students had signed the e-letter at press time.

College break-in serves as warning

BY RYAN HLADUN

Security is warning students to watch who they are letting into the college, after an audio-video projector was stolen from a second-floor classroom at the downtown campus.

The projector, valued at $5,000, was stolen out of room W215 over the Thanksgiving weekend.

Jim Drever, security manager at the Princess Street campus says students accessing the college after-hours with their swipe cards must be careful when letting others into the building.

"There is a real issue with students letting in other individuals who shouldn't be there, thinking they are students as well," said Drever.

"Obviously if a big scary-looking guy is hounding you to get in, you'd have trouble saying no. That's why you call [campus security] as soon as possible," he said.

PHOTO | TREVOR KUNA

He believes the break-in on Oct.11 was not the work of a student, but of someone who was let in by mistake.

Just after 12 p.m., a security officer found the audio-video projector missing from the second-floor classroom.

According to security, the suspect made a hole about a foot wide in the wall on the lower left side of the door. The suspect got inside by reaching through and opening the door from the inside.

The door does not lock from the inside due to fire regulations, according to security personnel.

They are not certain what was used to make the hole as no distinguishing marks were found.

"It is certainly likely it was kicked, but there were no footprints on the wall that would usually be left behind," said Drever.

Security personnel estimate up to 150 students were in the college throughout the day, and the second-floor room was not used.

Repairs to the damaged wall will cost $200, according to Princess Street campus co-chair Ron Barnes.

Drever said they believe they have footage of a male carrying a large item from where the suspect was believed to escape.

According to Drever, the college is now thinking about changing the way students access the college.

"We're looking into making it safer for students and staff, but still keeping it user-friendly."

But Drever said that the campus is a safe, secure environment and rates the security as "very good."

He added that much of the responsibility is on the students to be aware and report suspicions.

"We'd sooner get 100 phone calls from people with small problems than one call from someone reporting an incident that has already happened."

For more information, contact campus security.

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Oct 29: HALLOWEEN SOCIAL @ Notre Dame

Nov 3: Pizza Day @ Notre Dame

Nov 9: SA Annual General Meeting

Feel Free to contact us at:

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To find more out about the SA events. Join the SA Events Email List. Email saevents@rrc.mb.ca with "add me to the list" in the subject line.

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Notice of Annual General Meeting

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Green Lecture Theatre-Notre Dame Campus

- Approval of audited financial statements
- Appointment of auditors

The RRC Students' Asscociation is required to have its audited financial statements approved annually by at least 25 Re River College students. Your attendance is requested, along with one fellow student, to ensure we meet the required quorum of 25.

Fine Dining & Wine Tasting Scholarship Fundraiser

An evening of fine dining and wine tasting has been organized by a group of Culinary Arts Students on Thursday November 18th. The evening will feature a six course menu designed and prepared by the students as well as wines from Kenaston Wine Market.

Also featured is guest speaker Chef Cameron Tate of Culinary Team Canada who will travel to Erfurt Germany to compete in the World Culinary Olympics this October.

Funds raised this evening will go towards tuition for a culinary arts student who had to withdraw from the course and leave his place of employment due to an automobile accident this spring. Tickets are $75 each or $65 each for 2 or more.

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College and SA sign master operating agreement

Deal will protect students: Konowalchuk

BY ALANA PONA

Red River College's Students' Association has formally signed a master operating agreement with the college to solidify the working relationship between the two governing bodies.

The agreement outlines the operating practices that have existed between the SA and the Notre Dame campus administration for many years.

"It sets parameters," says Owen Desnoyers, the executive director for the SA.

"We have responsibilities and obligations to the college in terms of how we do things."

The MOA was signed on Oct. 4 by Norm Konowalchuk, the college's vice-president of administrative affairs; Pat Bozyk, dean of student services; Ryan Mariani, president of the RRC SA; and Desnoyers.

Konowalchuk says the MOA is important because the college and SA now have a clear understanding of their working relationship at the Notre Dame campus.

"It's all in black and white," he said.

The MOA covers several agreements, including the college's vending agreement with Coca-Cola, as well as financial and rental agreements, says Konowalchuk.

Konowalchuk says the MOA protects students, the Ox and the Merchantile from the possibility of paying rent at the college.

"It avoids things like someone saying that we are charging rent on this space. Students are protected," he said, adding that the Notre Dame campus is owned by the provincial government.

> "This is a benefit. This illustrates the partnership between the college and the SA to show students that we are here and working with and for you guys"
>
> - RYAN MARIANI

"We still have a couple of separate agreements but they are very specific. But if we waited for the others to expire we'd never get it done," he said.

Mariani says the MOA is an assurance the SA will continue to serve and protect the rights of the students.

"We can and will continue to provide products and services in the same way we have in the past," Mariani says.

"This just assures that we are familiar and predictable. It is important to know that we cannot and will not change over night."

Mariani says the MOA isn't one SA executive's dream. The MOA has passed through the hands of many governing bodies over the past ten years.

In fact, discussions for an agreement began over ten years ago, with formal negotiations in 2003.

"This is a benefit. This illustrates the partnership between the college and the SA to show students that we are here and working with and for you guys," says Mariani.

"This is something for students to have more faith in the SA. We are rooting on behalf of the students."

A separate lease agreement is being drafted for the Princess Street campus. Unlike the Notre Dame campus, the downtown campus is owned by RRC.

Students win awards

MLC gives $3,000

BY ZURICK SCHERGER

The Manitoba Lottery Corporation has named the recipients of this year's employment equity education awards for 2004.

Six Red River College students are among the 28 winners.

The programs provide support to employment equity candidates who are attending their first year of full-time study in participating Manitoba post-secondary schools.

Chad Blixhavn, Heather Plamondon, and Kristopher Hartung (all three in business administration), Danielle Vanbeselaere (greenspace management), Fraser Somersall (mechanical engineering), and Felicia Winston (computer analyst/ programmer) each received $500 towards tuition.

The MLC, in an attempt to build on its representative and diversified workforce, created the awards to honour outstanding academic achievement for people who are visible minorities, persons with disabilities, aboriginal people, and women training to be in male-dominated occupations.

To be eligible for the awards, students must be in their first year of post-secondary education. Awards are based on grade point average, and applications must include a letter describing the applicant's future aspirations. The awards are also based on recommendations from the post-secondary schools involved.

"Manitoba Lotteries is committed to supporting our communities and the employment equity and diversity of our province. The organization is learning focused and it is important that we enhance employment opportunities by providing these awards," says Judith Hayes, director of organizational development and training for MLC.

Award recipients who are 18 years of age or older and successfully complete their first year of school are also eligible to be considered for summer employment by the MLC.

"As part of the program, recipients have the opportunity to work for the MLC during a summer work placement. This award is open to all of Manitoba, and sometimes it's hard for people from out of town to make arrangements but the option is still there," Hayes says. "Six or seven have taken the opportunity already, including one last year."

CAP student and scholarship winner Felicia Winston says, "I will definitely work for them this summer, hopefully in an area related to my training."

The importance of the award goes beyond the money for recipient Chad Blixhavn

"It's nice to see that they aren't an organization that just rakes in money. It's great when they can do more by helping students with these scholarships. I felt really happy when my mom said the award came in the mail."

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Safewalk under-used?

Take advantage of it: SA

BY MATT DIUBALDO

Red River College's Safewalk program is not used often enough, according to Students' Association president, Owen Desnoyers.

He believes many students are unaware of the program or are reluctant to use the free service, which is a joint venture of the RRC SA and college security.

Mike Delacruz, a first year creative communications student at the Princess Street says he would not hesitate to use the service if he knew how it worked.

"Besides word of mouth, I don't know anything about it (safewalk)," he said.

The SA hires RRC students to operate Safewalk at the Princess campus from Monday to Thursday, 6 p.m. to midnight. College security fills in the rest of the day and weekends.

"The program is managed by college security, but it really is a team effort," said Desnoyers.

At the Notre Dame campus, Safewalk is provided by college security. By using the safewalk phones located around the campus, students can arrange for an escort to their car or to the bus stop, according to Desnoyers.

Safewalk officer Jay Foster says the program is not about being brave, but being smart.

Foster believes many people feel ashamed about asking for an escort when leaving the college.

Foster says Safewalk is a valuable program, especially considering the location of the downtown campus.

"Being downtown at night, why would anyone want to take a chance with their safety?" he says.

Foster said there needs to be more promotion of the program and the options available to users of Safewalk. He said one woman was surprised to discover the officers would even make sure you get on your bus before returning to the college.

Desnoyers said the SA is ordering new safewalk jackets so officers will be more visible to students and staff.

"There's no reason why people should feel the least bit reluctant to use the service," said Desnoyers, who has used the safewalk program in the past.

First-year creative communications class representative Dan Hawryluk thinks all class representatives could help by talking to their classes and instructors. He thinks the SA should put posters up at both campuses and advertise the service in the *Projector*.

Students and staff at both campuses can arrange for a safewalk escort by contacting security directly or by using the safewalk phones located around campus.

Officers will meet students and staff and provide a safe escort to a person's car or the bus and ensure they leave safely.

For more information on Safewalk, contact campus security.

'Hillbilly heroin'

New drug hits 'Peg

BY DARRYL GUNTHER

OxyContin, or "hillbilly heroin" is definitely more serious than his urban cousins. The prescription drug, used for chronic pain, is the newest killer among drug abusers in Manitoba.

"It's a serious problem and we are just starting to track it," said Zenon Lisakowski, spokesperson of the Addictions Foundation of Manitoba. The drug is linked to 17 deaths in Manitoba in the last two years.

The drug was developed as a time-release painkiller, by the pharmaceutical company Purdue Pharma, to help relieve cancer patients and other severe pain sufferers for 12 hour intervals.

OxyContin first became popular with young abusers in rural areas of the U.S., where it acquired the nickname "hillbilly heroin," or "poor man's heroin".

"What we noticed first, is they needed a longer detox," said Lisakowski.

The drug is reputed to be more addictive than crack cocaine. The tablet form, once crushed, dissolved in water, and injected, gives the user a high much like high-grade heroin but with worse consequences. The pharmaceutical strength of OxyContin also increases the chance of an overdose.

Lisakowski said that almost 2,000 of the 10,000 clients treated annually at the AFM used OxyContin. Nearly all of OxyContin addicts are using it in conjunction with other drugs, such as cocaine, alcohol, or marijuana.

A 40-milligram tablet of OxyContin costs less than $3 at a pharmacy. To acquire a tablet on the street, it will cost $35 to $60.

The price of heroin on the street is $50 to $75 for a single hit, but a moderate to heavy user will require three to five hits of heroin in a 24-hour period, costing a total of $150 to $300.

OxyContin, because it is a pharmaceutical, has a consistent dosage, lasts longer per hit, and is less expensive to purchase. With OxyContin though, there is a much higher risk of addiction, and stronger, longer withdrawl symptoms.

Authorities are attempting to find better ways to monitor the distribution of the drug, which is legal, provided it is properly prescribed.

"Kids tend to end up using it as the thrill of the night. We got some, let's try some, let's do some' and the downfall is, it is so addictive."

Local couple a part of the campus

Buhlers have donated $500,000 to downtown college

BY LINDSAY PAYETTE

Anyone who stops to take a look around Red River College's Princess Street campus will notice one dominant last name - Buhler.

John and his wife Bonnie Buhler are the couple who have donated $500,000 to the college to provide students with the learning commons and the library at Princess Street.

RRC president Jeff Zabudsky says the rooms wouldn't have been possible without the couple's donation.

"I mean, overtime we would have been able to, but not so fast-tracked," he said.

Zabudsky added the school was able to enhance technology in the college for students as a result of Buhler's donations.

The learning commons is a glass room at the south end of the campus. It is wired for laptop computers at each table and includes several breakout rooms that can be used by students for work and meetings. It also has a help desk where students can ask for technical, equipment and academic assistance.

"I'm very pleased with the way the money has been spent," says John Buhler, who says he decided to donate money to Red River College because he knows the importance of getting a good education.

"My kids aren't getting my inheritance. I have to do something with the money I'm making," he says with a laugh.

Buhler has also donated money to various health-related charities.

He has contributed millions of dollars from his own pocket to fund the Victoria General Hospital, and the Health Sciences Centre, among others.

In 2003, he donated $6-million to the Canadian Museum for Human Rights, which will be built in Winnipeg.

"Me and my wife have been blessed with good health and success and we want other people to have that same chance," he said, adding his donations are only possible because of the success he has experienced in the business world.

John Buhler was born in Morden, Man. in 1933. He came from a poor Mennonite family and was the middle of five children. Although he spent 12 years in school and took Grade 9 twice, he never passed. As a teenager, he worked as a cab driver and various other jobs.

It was when he purchased Standard Gas Engine Works, now Buhler Industries Inc., from his father-in-law that the world opened up for him. Within the first year, he tripled his business.

He is now CEO and chairman of Buhler Industries Inc., which is located on Regent Avenue in Transcona. It is a multi-million dollar farm equipment manufacturer and supplies people all over the world.

Currently, Buhler Industries Inc. employs over 800 people.

"My goal was always 1,000 (employees), I guess I'm a failure," he said with a chuckle, although he did employ that many at one time.

At the age of 71, Buhler is beginning to think about retirement.

"I figure I only have 19 years left, I should probably be thinking about something."

PHOTO | TREVOR KUNA

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Mentoring a worthwhile experience

RRC cultural and diversity office looking for mentors

BY JILLIAN BROWN

You don't understand other cultures from a book," says Red River College President, Jeff Zabudsky.

"You must have the experience of working with them."

This belief prompted Zabudsky to become a mentor for the cultural and language mentor program.

The cultural and language mentor program is an opportunity for non-immigrant students or staff to pair up with an international, immigrant, or refugee student new to the college. Volunteer mentors have the chance to learn about a different country, culture, and language, while helping their mentorees practice English and become comfortable with Canadian culture.

Lauren Phillips, assistant manager of the Diversity and Immigrant Student

Support, says the mentor program started as a support for the foreign students who felt isolated due to language and cultural barriers.

However, the program is as equally beneficial for the mentor. She says it is a humbling experience to hear stories from other cultures and to learn what foreign students go through to come to Canada.

"I have so much respect for the refugees that are here," says Phillips. "There are lots of heroes in the college and this program is a good way to get in touch with them."

Zabudsky's mentoree is an African refugee from Sierra Leone, a country recently affected by civil war.

The president is glad to help his partner succeed in his time at Red River:

"The strength of the college is built upon the enrolment of new Canadians. They add vibrancy and real health to the community," he says.

Students' Association president Ryan Mariani also signed up to be a mentor. He is partnered with a student from China, a choice he made when filling out the application. He says that he felt a Chinese friend would allow him to connect with the majority of the international student population.

"It's a great opportunity for me to learn about someone else's culture, language and social skills," Mariani says.

Mariani and his partner have agreed to do a language exchange, but he jokes that he'll only be able to handle learning one Chinese-Mandarin word per week.

So far, the program has paired up 18 foreign students with a mentor.

Currently, there are ten students without a match, and Phillips is actively recruiting partners for them.

There is no formal training or preparation needed to become a mentor.

Partners are expected to meet a minimum of one hour per week. The exchange is casual; the pair decides when and where they meet and what they each hope to gain from their meetings.

Anyone interested in becoming a mentor can drop into Building D, Room 105 at the Notre Dame campus, or call 632-2404.

Lauren Phillips can be reached at lmphillips@rrc.mb.ca.

Food bank offers a helping hand

BY KELLIE J. THOMSON

Natalie Anthony's arms and shoulders are sore from carrying bags of groceries.

The part-time Red River College nursing student is the new coordinator for the campus food bank that opened its door for the season on Oct. 15.

The Food Bank, run by the Students' Association, provides food kits to about 25 students in need of assistance.

Every kit is donated by Winnipeg Harvest, and includes fresh bread, frozen or canned meat and tuna, vegetables, dry foods, and soup.

If specific items are available at Winnipeg Harvest, they will be given to those who need them.

"People can request items such as diapers, baby formula and hygiene products," says Anthony.

Sharon Zhang, a first-year English student says this is her first time using the food bank.

The student and mother of one appeared pleased with the service she just received.

"I'm so excited," she says with a smile, lifting her bags of food. "This is my first time and I've got so much."

On Dec. 10, RRC food bank users will receive a food kit with twice as many groceries, says Anthony. She says many students' financial resources run low over the Christmas break.

"Over Christmas time there tends to be a higher need for the service," she says.

The RRC food bank is always in need of extra food, clothes and plastic bags. Donations can be left in the drop box outside Students' Association office located in room DM20 at the Notre Dame campus.

Registration forms for the food bank must be filled out the Tuesday prior to the food bank dates, and before 12 p.m.

It is mandatory for students to bring their student number and six-digit health card with them, says Anthony.

Students at the Princess Street campus will only need to fill out the form once and Anthony will contact all registered students to confirm their next pick up date.

According to the food bank coordinator, students are required to pick-up their own groceries on the scheduled dates, and those who cannot make the pick-up should leave a message on the food bank line.

Pick-ups can be made between 2 p.m. to 4 p.m. in the food bank's trailer, which is located outside building F at the Notre Dame campus.

Dates for the pick-up are as follows:

Oct. 29, 2004
Nov. 12, 2004
Nov. 26, 2004
Dec. 10, 2004

For information on the food bank call Natalie Anthony at 632-2375.

Where are they now?

BY ALANA PONA

They're the brightest in the biz. They're Red River College alumni. Each month, Alana Pona introduces you to a RRC grad making a difference.

This month, we introduce you to Mark Torchia, the director of clinical research at St. Boniface General Hospital.

For Mark Torchia, life has always been about improving patient care.

The director of clinical research at St. Boniface General Hospital dedicates his life to turning laboratory-based research into life saving treatments.

"It's what drives me," he says.

Torchia, a graduate of the biochemical technology program at Red River College, says he has always kept his education closely linked to patient care.

"As a kid, my father died when I was young, when I was five or six years old, so whether or not that affected me it was always there," he says.

Torchia says RRC built the foundation for where he is today, despite going to the University of Manitoba after graduation for his master's and doctorate degrees.

"It was a platform for me to wrap my head around. It prepared us. If you made it through you worked your behind off," he says with a laugh.

"Every day we were doing something applicable to what you hoped your job would be."

Since then, Torchia has remained a believer in the educational process offered by the college.

"Some people are not satisfied with just knowledge. That's one thing. To apply it and do something – that is what Red River College is good at," he says.

Torchia has applied that knowledge in the medical field here in Winnipeg, wearing many hats in the areas of science and laboratory research.

Not only does he hold his position at St.Boniface General Hospital, but he is also the chief scientific officer for Monteris Medical Inc. - a medical device development company focused on the discovery, development, and commercialization of an automated laser interstitial thermal therapy system for the treatment of tumors, according to the company's web site.

He also teaches in the faculty of medicine at the University of Manitoba.

In fact, Torchia says 40 per cent of his work is administrative, 20 to 25 per cent is research and 20 to 25 per cent is teaching.

"Once you have learned something, you have to teach it to someone else...that is my philosophy," says Torchia.

For the past 20 years, Torchia has been making presentations on the importance of science class to high school students.

Torchia says the experience has been rewarding on many levels.

PHOTO | TREVOR KUNA

Mark Torchia graduated from biochemical technology

"On the educational side, I've seen a lot of students I presented to in Grade 7 or 8 up in medical school," he says.

"It is very satisfying to see them. I always like to think that something you said could have benefited them."

Torchia brings this positive mentality to the office. He says his life is "never boring" and he "always faces new challenges each day."

"Every day is different. I'm disappointed if I don't learn something new," he says.

But Torchia remains confident, despite days when the laboratory can't immediately think of ways to help every patient.

"We can't solve all the problems but at some point – we will."

U of W hopes for greenspace, shops

BY JAY VOGT

If the University of Winnipeg has their way, Spence Street will be turned into a car-free area, alive with bistros, shops, and recreational facilities, converting the University of Winnipeg into a congregational point for the inner city.

The project has been in the university's plans for two decades without seeing any results. However, this latest proposal could help to change all that.

According to Katherine Unruh, director of communications at the university, prior proposals by the university to shut down traffic to Spence Street were always part of other plans and for some reason, just never got going.

"We are in the preliminary stages right now but with all the movement occurring downtown, the timing is right for this project to go forward," said Unruh.

She also noted the great opportunity for students and the public to take a leading role in the Spence Street development.

"I feel the project will offer students and community members in the area an opportunity to actively participate in a project that could dramatically improve Winnipeg's downtown," she said.

"I think the student's involvement in the process will give them a great educational experience in which to learn from and give an opportunity for community members to pitch their ideas for the project."

> "The more people that come downtown the safer the place will become and the better for all involved."
>
> - COUN. HARVEY SMITH

April Legaspi, a first-year student at the university said the idea to develop stores on Spence would help bring life to the campus.

"The area around the campus isn't very inviting and I think that this is exactly what the university needs to do to encourage students to hang around the campus after class."

The project will need money from the city to help offset some of the costs.

Coun. Harvey Smith, whose district includes the university, says he is confident the university will have no trouble getting the necessary funding for the project because of U of W's new president Lloyd Axworthy.

"They have Axworthy, with the political weight that he carries and the respect that he has, they'll (the university) get the funding."

Smith says the project is worthwhile for students and the community alike. He says there currently exists an imaginary barbwire fence around the university campus that separates it from the rest of the community.

This needs to change, and Axworthy wants that to change, says Smith.

"The more people that come downtown the safer the place will become and the better for all involved."

Attention ladies!

BY MICHELLE DOBROVOLNY

Eighteen women on average die each year in Manitoba from cervical cancer. Statistics show most of these women hadn't gone for a pap smear in over five years, if they had ever had one at all.

"People don't really like doing it, but it's extremely important," says Red River College's registered nurse, Lynn Demke. "Cervical cancer is easy to detect and easy to treat."

In an effort to raise awareness about the issue, the Manitoba cervical cancer screening program has established Oct. 27 as Pap test day. Health facilities throughout Winnipeg will be offering the test, no appointment required.

"Our mandate is to increase the number of women who get pap tests and so reduce the number of women who get cervical cancer," says Alison Bertram Farough, health promotion specialist with the screening program.

"There's a variety of reasons women don't get pap smears. This is just one of the ways. It's just addressing one of the issues."

In 2003, the program's first year, 117 women dropped in at seven clinics. Bertram Farough says last year's attendance was a success. "The beauty of it was that 75 per cent of the women were underscreened," she says, meaning they had reached women who haven't gone for a pap smear in five or more years and who were most at risk.

According to the screening program, yearly tests are necessary once you become sexually active or reach 18 years of age. Following three normal tests, pap smears can be performed every two years.

Pap Test Day is meant to give women who may not have a regular doctor the opportunity to get the test done. It's also a convenient option for women who forget to plan ahead for an appointment.

PHOTO | MICHELLE DOBROVOLNY

Pap test day is Wednesday, Oct. 27, 2004

A female micro-computers student, 31, who doesn't want her name printed, suggests having the tests offered at the college would be ideal since its difficult to find time during the day to visit her doctor. "It's taking time from school," she says. "If they have something here, that would be better."

Some other female students, who also wished to remain anonymous, would prefer to see their own physician, no matter what.

"I would rather go to my doctor," says a female graphic design student, 25. "I don't like the idea of mass pap smears."

A 36-year-old business administration student says she won't be going for a pap test on Oct. 27 either.

"I've been using the same place for six years. I go to my regular doctor once a year. She knows your history, it makes a difference."

However, the screening program is addressing the needs of women who get pap tests with different doctors. The group oversees the Manitoba cervical cancer screening registry automatically records the results from all pap tests as of April 2001.

The registry makes past tests accessible to all health care providers and can help them in making a more accurate diagnosis. Bertram Farough also sees the registry as a means to "empower the woman" since patients can also view their own records should they wish to see results themselves.

Pap tests are only effective in diagnosing cervical cancer. They are not used to detect sexually transmitted infections, although Bertram Farough says this is a common misconception. The screening program tries to dispel the confusion in its pap smear information pamphlet.

Numbers show young women are less likely to get cervical cancer, but also that women over 40 are less likely to go for regular pap tests.

"Women over 30 are more likely to get cancer, but it's still important for everyone to get the test done," says Bertram Farough.

She hopes Pap test day will remind women to look after themselves.

"The intent of the day is to jump start women into thinking about their health," she says.

"This is one day where we try to get women thinking about themselves."

Every woman should know about Pap tests. Have you had yours?

Pap Test Day
October 27, 2004

You should have a Pap test at least every two years.

What is a Pap test?
A Pap test is a test that may find changes in the cervix. Treating early changes may prevent cancer of the cervix.

What is the cervix?
The cervix is an opening at the bottom of the uterus (womb). Babies come through the cervix when they are born.

Do I need Pap tests?
If you've ever had sex, you need to have Pap tests.

How often should I have a Pap test?
Most women need a Pap test once a year for three years. If those results are okay, then you need a Pap test only once every two years.

When can I stop having Pap tests?
At 70 years of age you may be able to stop. Talk to your doctor or nurse.

Should I attend one of the October 27, 2004 Walk In Pap Test sites?
If it has been more than two years since your last Pap test, you should make an appointment with your doctor or come to a walk in site on October 27.

When was my last Pap test?
If you can't remember when you had your last Pap test, call (204) 788-8626 or toll free 1 (866) 616-8805. Or call your doctor.

Where can I learn more about cervial cancer screening?
Contact the Manitoba Cervical Cancer Screening Program at (204) 788-8626 or toll free 1 (866) 616-8805.

www.cancercare.mb.ca/MCCSP

Walk-In Sites
For Oct. 27 - No appointment neccessary at these locations

DOWNTOWN/POINT DOUGLAS
Aboriginal Health and Wellness
215-181 Higgins
9am until 4pm

Aikins Community Health Centre
601 Aikens
9am until 4pm

Health Action Centre
425 Elgin
9am until 4pm

Hope Centre Health Centre Inc.
240 Powers
9am until 4pm

Klinic
870 Portage Ave
10am until 8pm

Mount Carmel Clinic
886 Main St.
10am until 8pm

Nine Circles Community Health Centre
705 Broadway
10am until 8pm

Peace Village
598 Ellice
9am until 4pm

Women's Health Clinic
3rd floor
419 Graham
10am until 8pm

RIVER EAST
Access River East
975 Henderson Hwy.
10am until 8pm

ST. BONIFACE/ST. VITAL
Centre de santé Saint-Boniface
(for Winnipeg Francophones and/or women living in postal codes R2H, R2J, R3X)
D1048-409 Tache
9am until 4pm

Youville Centre
8-845 Dakota St.
9am until 4pm

SEVEN OAKS/INKSTER
Nor'West Co-op Community Health Centre Inc.
103-61 Tyndall
10am until 8pm

ST. JAMES- ASSINIBOIA/ ASSINIBOINE SOUTH
St. James Street Medical Centre
1600 Portage Ave.
9am until 4pm

Tuxedo Park Family Medical Centre
250-2025 Corydon
9am until 4pm

RIVER HEIGHTS/FORT GARRY
River Avenue Community Health Centre
385 River Ave.
10am until 8pm

Univeristy Health Service
University of Manitoba
(for UofM students only)
9am until 4pm

Manitoba Cervical Cancer Screening Program
CancerCare Manitoba
Manitoba

Aid worker's long road to recovery

BY JILL SEXSMITH

Jason Pronyk sits down and massages his temples. His challenging career as a humanitarian aid worker brings him to Winnipeg as a guest speaker for the Quest series for global citizenship conference at the University of Winnipeg.

After a long day on the discussion panel, he asks for two more Advil before we start our conversation. "I'm sorry. I haven't slept in a week. This combined with not eating and traveling," he says as he washes the pills down with a soda.

Pronyk, 34, of Winnipeg, is a survivor of the August 2003, suicide bombing of the United Nations headquarters in Baghdad, Iraq. Despite multiple injuries, Pronyk still considers his line of work inspiring and a privilege. The past year has been one of recovery and continued commitment to aid work.

"I suffered a depressed temporal lobe, multiple skull fractures, a severed right ear and multiple fragments were embedded in my arms, shoulder, brain, scalp and chest," he said. At one point in the panel discussion he describes the blast as a "galaxy of flying debris."

For Pronyk, the past year has been what he calls, "a deep and multi-layered recovery process." The first layer in that process was trying to piece together what happened.

"I awoke in a surgery ward after a second brain surgery in Kuwait. I opened my eyes and asked a colleague what happened. She told me, Jason, suicide bomber. We went through a dead or alive checklist, if you can imagine that."

Twenty-two people were killed in the blast including Christopher Klein-Beekman, a Canadian man who was sitting beside Pronyk when a truck outside exploded.

The second part of the recovery process has been physical.

"Therapy had been f@**ing awful and ongoing. It's not like being a car where they can say you need your tires changed or you need to get a grease lube."

Pronyk continues to have reconstructive surgeries, not all of them have been successful.

"You could say I have a parallel medical life."

Pronyk also had difficulties recovering his belongings.

"I lost everything," he says.

He managed to find his Canadian passport "blood soaked and penetrated by flying glass."

Pronyk says there is also a mental element to his experiences in Iraq.

"I've had an excellent support network but there is tremendous scope to make sure the experience is completely processed. Basically, when I hear a bang, I jump."

He says even encountering people he may not have seen since the explosion can also difficult, "it's as if you're walking into ghosts."

> "I awoke in a surgery ward after a second brain surgery in Kuwait. I opened my eyes and asked a colleague what happened. She told me, Jason, suicide bomber. We went through a dead or alive checklist, if you can imagine that."
>
> - JASON PRONYK

Pronyk has being doing aid work since high school. A three-month program that took him to southern India, as part of the Canada World Youth Program, "sparked an interest in looking beyond my world," he said.

Pronyk credits, his family, peers, and education to shaping his sense of moral duty.

"Over time, I've reduced ideas of religious and social justice to an understanding that there is a higher power."

During the conference he quotes, Edmund Burke, "The only thing necessary for evil to triumph is for good men to do nothing."

Pronyk came to the conference to discuss strategy but stresses, "it's really about being good to each other."

In the past decade, he has worked for various local, national, and international development organizations. Pronyk considers his work with Sudanese refugees to be his greatest accomplishment.

"I lived at the base of the Nile for two and a half years where I worked closely with the refugee community, designing a resettlement program where these communities were taken across the Nile and given land, agricultural resources and opportunities to become self sufficient. We constructed those communities, we built them from nothing."

Pronyk has since returned to New York with his wife Laura where he continues his work with the UN in a policy role. Together, they have lived in Pakistan, Turkey, Argentina, Canada and the U.K. The couple met while studying at the University of Oxford.

The recovery process is ongoing and he continues to put the pieces of his life back together.

"We have an apartment. We have a puppy and a more normal life than we've had for a while."

news idea? news@theprojector.ca

Harvest kick starts fall campaign

Students encouraged to volunteer, donate food

BY BROOK JONES

Winnipeg Harvest is asking Winnipeggers to continue to donate food to the less fortunate this October.

The launch of the Share Your Thanksgiving food drive for Winnipeg Harvest officially kicked off on Oct. 5, but former executive co-ordinator David Northcott says Winnipeggers should continue to donate to the food bank.

"People who share their assets are adding to the collection that makes things better," says Northcott.

Winnipeg Harvest collects and distributes surplus and donated food to those in Winnipeg who are struggling to feed themselves and their families.

In 2003, Winnipeg Harvest distributed food each month to 15,300 households or 32,320 people – which would make for a sell-out crowd occupying every seat at the Winnipeg Stadium, acceding to their web site.

Thanksgiving is the traditional time of harvest for some families, a time that many celebrate a good crop and good fortune with family and friends, however, this holiday can be bleak for 32,000 Winnipeggers, half of which are children.

According to its web site, 47 per cent of people receiving donations from the food bank are children.

Winnipeg Harvest special events co-ordinator Bruce Michalski says this particular food drive is favorable among citizens of Winnipeg, as it has the potential to raise 500,000 pounds of food in October for families in need.

"Winnipeg Harvest is fortunate that the public is responding so well to our month long campaign," said Michalski.

Food bins are located throughout Winnipeg as a means of collecting non-perishable food items for Winnipeg Harvest.

Brown paper grocery bags were distributed for *Winnipeg Free Press* subscribers in early October as a means of collecting food donations.

Winnipeggers looking to lend a helping hand can fill their Share Your Thanks food drive grocery bags and drop them off at grocery stores that collect food on behalf of the food bank, or food can be droped it off at Winnipeg Harvest.

For more information call Winnipeg Harvest at 982-3663.

PHOTO | BROOK JONES

Harvest distributes food to 300 outlets.

Harvest distributes this food to about 300 community food outlets, in Winnipeg and rural Manitoba, which then distribute the food to people in their neighborhood.

In its first year of operation, Harvest distributed 200,000 pounds of food. In 2003, it moved almost 7 million pounds. That amount of food would fill the Winnipeg Stadium waist deep six times over.

50 per cent of Harvest volunteers are people who need to use a food bank

47 per cent of people receiving food from Harvest are children

The ten most wanted food items are:

1. Canned meat and fish
2. Baby food and baby formula
3. Cereal
4. Rice
5. Pasta
6. Canned fruit and vegetables
7. Canned soup
8. Canned stews
9. Peanut butter
10. Spaghetti sauce

CUP News

Boston student called up for military service

Keith Billings, 19, likely headed to Iraq

BY JASON ABBRUZZESE
THE DAILY FREE PRESS
(BOSTON UNIVERSITY)

BOSTON (CUP) -- For many students, the beginning of October is filled with the stress of midterms, papers and projects. But Boston University student Keith Billings no longer has to worry about that because he has something much more important on his mind -- war.

Billings left Oct. 14 to serve as a specialist in the United States army. Where he will be going with the army, however, is unknown.

"I'm pretty sure I'm going to Iraq," he said in an interview.

About three weeks ago, Billings said he was called out of the U.S. army reserve into active duty. Iraq seems to be quickly becoming the most likely answer as to where he will end up.

Billings said he was the only member of his unit selected to join another group that was preparing to be shipped out.

"I have no idea who I am going to be serving with," he said. "I have been pulled out of my unit and put in a unit from Maine."

While Billings has never seen combat before, he said discussions with fellow soldiers have helped prepare him.

"I talked to other soldiers who served (in Iraq), so I got first-hand experience of what's going on there," he said. "People came back and started telling me stories."

Nancy Billings, Keith's mother, said she is worried about him and is already looking forward to his safe return.

"We're concerned," she said from her home in Grafton. "We want him to be safe. We just let him know that we believe he'll go over there and do the best that he can and face whatever comes at him and that he'll be OK."

Student Cheryl Stevens, a friend of Keith Billings, said she was grieved to hear the news of his departure.

"I was pretty upset," she said. "He's a great guy. He shouldn't have to go when he's still in college."

Keith Billings, who was called up last year for only two weeks, said he would miss the simpler aspects of life at Boston University.

He'll miss "waking up late on the weekends," he said. "I'm going to miss the freedom here. I'm going to miss my friends, the good food -- I'm not looking forward to the food."

Billings joined the reserve shortly after the terrorist attacks of Sept. 11, 2001, and said he felt it was a responsibility he should fulfil.

"I joined as soon as I could; when I turned 17," he said. Sept. 11 "reminded me that sometimes there's a price of freedom."

"I wanted to earn my right to live here. Now I'm just getting my chance."

Although Billings' patriotism drew him to the reserve, he said he was not thrilled to be leaving.

"I never really wanted to go," he said.

While leaving has been hard, Billings said he has found support from friends and professors.

His friends "kind of expected it. I've been warning them," he said. "A lot of (my friends) are proud of me. None of my friends really know anybody in Iraq. A lot of them are scared for me."

Six U.S. soldiers died Oct. 13 amid fighting in multiple regions of Iraq, bringing the total American troop fatalities to 1,086, according to CNN.

Billings said he believes his fears are similar to the fears of every soldier.

He fears "getting shot," he said. "I've been talking to people and people get shot at everyday. You never know what to expect, but I'm going to do my best to get home. I want to come back with the same amount of holes that I left with."

Nancy Billings said the experience would allow her son to see the world beyond university life.

"I think it's going to change him," she said. "I think he's going to see things that other people his age won't. It's an opportunity for him to see the ways of life -- not that it's the best way to do it."

Contact with friends and family will be difficult due to the limited availability of computers during service, Keith Billings said.

"It's based on where we're stationed really," he said. "If we're at a permanent base, they should have computer stations so I can e-mail."

While Billings has been getting support from his friends, Stevens said she felt the war was unjustified and the U.S. should not be sending college students to war.

"I think it's unfair that anyone has to go," she said. "He shouldn't have to because he's only a sophomore in college, only a 19-year-old, still a teenager."

Student union loses $36,000 on concert

Poor planning under fire from students

BY NICOLE VANDERWYST
THE PEAK
(SIMON FRASER UNIVERSITY)

BURNABY, B.C. (CUP) -- The Simon Fraser University student union's loss of over $36,000 on a concert has some students angry about its use of their funds.

While the student union spent slightly less than the $56,000 it budgeted for Frosh Fest, organizers overestimated ticket sales for the campus event, which featured Swollen Members, Gob, Sweatshop Union and other bands. In the end, it lost $36,276, according to a student union report.

The student union and the Simon Fraser University Campus Task Force club, or SFUCT, which organized the concert together, projected 2,500 to 4,000 tickets would be sold for Frosh Fest. But they only sold 1,124 -- with an additional 300 tickets distributed to volunteers and other guests, free of charge.

"I'm flabbergasted," said student Sean McGarragle, an organizer of the West Coast Poetry Festival.

"I just don't know, I've organized a lot of events before. . . . Losing over $30,000? I can't even fathom that."

> "When you come in under-budget and you lose money, it completely defeats the purpose of coming in under-budget"
>
> - MEGAN BRAND

At an Oct. 6 board meeting, executive Shawn Hunsdale said he was unsure how the student union could consider the concert under-budget.

"The loss was unbudgeted," replied Chris Giacomantonio, president of the student union. "The budget for the event was set at $56,500 and . . . it came in under-budget for the expenditures."

But neither McGarragle nor Megan Brand, another SFU student, buys that explanation.

"When you come in under-budget and you lose money, it completely defeats the purpose of coming in under-budget," Brand said.

According to the event report, more than 24,000 flyers promoting the concert were distributed by the student union and SFUCT, in addition to numerous banners around campus, Internet and e-mail promotion, and local radio and newspaper ads.

"I only saw one banner. It was some painted thing hanging up there," Brand said, gesturing to the entrance of the student services building.

"I didn't see any posters around town . . . and I look for stuff like that because it's my business to look for stuff like that," McGarragle said.

The event report, written by Giacomantonio, describes the successes and failures of Frosh Fest. Noted among the successes were the lack of logistical errors during the event and few complaints from concertgoers. Organizational and communicative misunderstandings between the student union and SFUCT before, during and after the concert, as well as poor records of ticket sales by volunteers are cited as some of the event's failures.

But McGarragle says blaming others for bad planning and misunderstandings is irresponsible.

"If you're putting on any event, whether it's a group of 10 people coming over for dinner or something with 1,000 people at it, you should be taking responsibility for everything that happens," he said.

"There shouldn't be any bad planning. You're spending $50,000 on something," McGarragle added. "I find that's kind of ludicrous."

For future events, the report recommends better promotion and control of tickets, and decreasing costs. It encourages the student union to hold another concert next year.

The report also recommends: "Learn to control the weather. Perhaps we could use magic."

Neither Brand nor McGarragle were impressed by the recommendation.

"That's f**ing ridiculous. . . . Is that just a joke?" Brand exclaimed. "Are they just making a joke of this, then, by putting something like that in here?"

Canadian University Press (CUP) is a national student journalism organization which provides university and college newspapers with daily wire services. As a member, the *Projector* selects several articles from the wire per issue which may interest our readers.

Proposed lid law needs re-thinking

BY KYLE BAKX

Ever enjoy skating on a fresh sheet of ice with the arena air rushing through your hair? Well, it may be time to put a lid on it.

People under 18 years of age may soon have to start wear helmets while skating at indoor rinks in the city of Winnipeg.

The proposed rule is in response to a death of an eight-year-old boy who died after being knocked down in a collision with an adult during a public skate in the town of Virden, Man. The boy was not wearing a helmet, which has led city officials to propose the new rule.

What is so ridiculous about this proposed rule is the accident happened in a rural community, not in Winnipeg.

Furthermore, if the city feels that helmet safety is a serious issue, why is this new rule only to be in effect at indoor rinks and not at outdoor rinks?

It would make a lot more sense for the rule to be implemented at a provincial level, aimed at all indoor and outdoor arenas throughout the province.

The rule judges skaters on their age instead of their abilities. Some adults, who have only skated a few dozen times in their life, should be given the helmets off the heads of children who have been skating twice a week during winter since the age of three.

The only exceptions under the proposed rule will be figure skaters who have moved beyond beginners' courses.

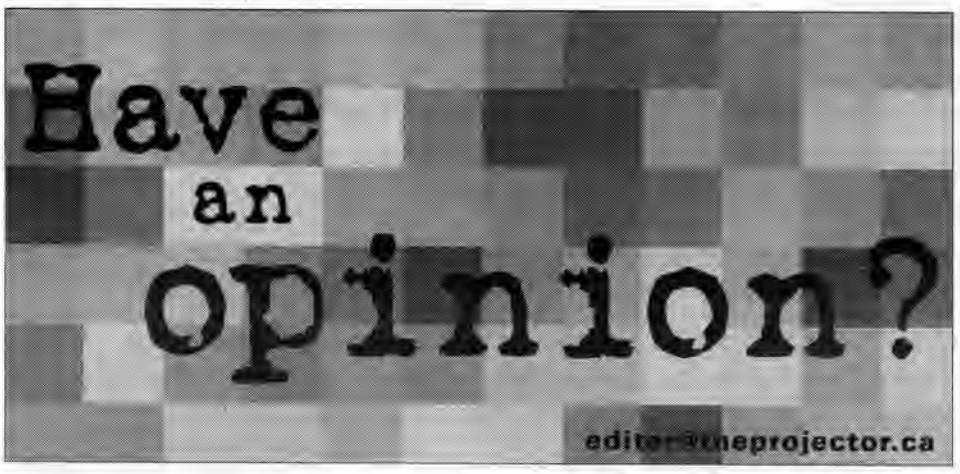
This is a disgrace to most hockey players who are not exempt from the new helmet rule, despite having competed for many years and whose skating skills are surely comparable to those of intermediate figure skaters. Nowadays some hockey players skate year round and yet will not be able to glide around a rink at a public skate without a goofy helmet on their heads.

Although the city will not have to spend much money implementing the rule, aside from money required to inform the public of the new rule, the city should consider the money the community rinks will loose from the new rule.

Clearly, attendance will decrease if teenagers must wear the mandatory helmets.

Next time the city wants to propose something like this, they should either get the province to do it or else set up one of those committees (which any government loves to set up) to examine the issue and talk to the people.

And really, what is next, mandatory helmets for curlers? You never know, someone might lose their balance after throwing a rock and split their head open.



C'mon, be creative!

BY ALLISON FORZLEY

Halloween is almost upon us and I have some advice for all you people with no imagination. That's right, I'm talking to all you princesses and fairies, nerds and vampires.

What happened to those juices? You know, the flowing ones.

I don't like your uninspiring, boring costume. Nobody else does either.

They're just more polite than I am.

Before I continue, I must properly address my criticism. I'm not targeting everyone who wears the store-bought vampire suits.

I, for one, can understand the realities of being strapped for time, cash and inspiration. I also understand how costume preparation may not exactly be on the top of everyone's priority list.

Those of you who stick to the store bought routine year after year – this is for you.

It's true, any Joe-nobody can go to Wal-Mart and pick up a pumpkin suit for $25.99, but where's the fun and creativity in that? This is why I encourage everyone to turn the Wal-Mart response switch off for one day and think of something original.

Don't be worried about cost either. A costume doesn't have to set you back on your rent payments. With creativity and a bit of paint, your costume will hardly dent your wallet.

I tend to use household items as my inspiration.

Do you have any large cardboard boxes kicking around? Making large versions of everyday items, like appliances and toys can be easy.

Celebrity costumes are always fun and simple by using stuff you already have at home. When using this idea, make sure your character is obvious and different. Don't forget - Caesar is played out and no one will catch on to your Drew Barrymore costume.

If you still can't think of anything original, use one of my ideas. I can proudly say that, throughout the years, I have dressed in each getup. They are tried and tested, creative, and inexpensive.

Laundry Basket:

Cut a hole in the bottom of a laundry basket big enough for your upper body to fit through. Tie tights on each end of the basket like suspenders. Dress in sweats and a tee shirt and fill the basket with clothes. Attach empty Tide box for effect.

Bag of Jelly Beans:

Buy large, clear garbage bags. Triple bag it for reinforcement and cut two holes in the bottom for legs. While wearing bags, stuff with multicoloured balloons. Tie top of bag around your neck with colourful ribbon.

Einstein:

Dress in classy suit or scratchy sweater and spray hair, eyebrows and mustache with grey hair spray. Tease hair until wildness is achieved. Attach fake bushy grey mustache and eyebrows if desired.

Rubik's Cube:

Using the cardboard box idea, use paint or construction paper and create the mixed-up coloured Rubik boxes. Be sure to cut holes for your head and legs.

Speak Out!

The U.S. elections are coming up on Nov. 2 and the American public is divided between the two presidential candidates, George W. Bush and John Kerry. The *Projector* asks:
"Who do you support—Bush or Kerry?"

Philip Lodder
Computer analyst/programmer
"Bush because of the program I'm in he's the one who wants to import more of our workers into the US"

Rakesh Manuel
Chemical and biological science technology
"I'd vote for Bush. We need to stop terrorism."

Michelle Bannatyne
Health information technologist
"I don't care. I'm not American."

Elizabeth Holmstrom
Creative communications
"Kerry because Bush is way too up on the war... [he] didn't really do September 11th any justice."

Kevin Bawluk
Business administration
"I don't think I'd want either of them to be president, not that it'll really effect us. They stand so opposite on the spectrum of politics that I don't think that either one would create an equal balance and would promote their relationship with Canada."

Tom Porczek
Electrical engineering technology
"John Kerry because Bush is an idiot. I watched Fahrenheit 9/11 and he's such a liar."

Exploring the origins of Halloween

BY CORINNE INNES

They may not be dressed in scary costumes, trick or treating, or decorating their homes with ghosts and cobwebs, but the members of Spirit Haven will be celebrating this October with rituals that follows closely the origins of Halloween.

Spirit Haven is a Winnipeg based group that has gatherings of up to 150 people and focuses on Wicca traditions.

"It is a community of spiritual seekers centered around a Contemporary Formal Pagan Tradition, whose focus is self-knowledge, personal growth, and putting theory into action," says Susan Hurrell, one of the founders of Spirit Haven.

Spirit Haven has a temple and teaching space in Winnipeg where they offer training courses in the traditions of Wicca and offer an annual September long retreat just outside of Winnipeg. They will celebrate Halloween with their annual Samhain social that follows closely the ancient Celtic celebration of Samhain.

Rowan Moonstone, a witch from Colorado who has a third degree High Priestess in the Georgian Tradition of Wicca, explains our modern celebration of Halloween is a descendant of the ancient Celtic fire festival called Samhain. It is the Celtic New Year and signifies the close of the harvest and the initiation of the winter season.

"It's the time of the year when we honour our beloved dead ancestors, teachers and friends from the past," said Hurrell.

The Celts believed Samhain was the time of the year when the division between the living and the dead was the thinnest.

"[On Samhain]the ghost spirits visit their families, to share their wisdom," Hurrell explains.

The tradition of jack-o-lanterns comes from the Celts who use to carve turnips or apples and put candles in them to light the way for their ancestors and scare away harmful spirits, Hurrell continued.

Samhain is also a time for looking forward and setting goals. Moonstone believes the tradition of bobbing for apples stems from the Celtic practice of ducking for apples and apple peeling as a marriage divination.

"The first person to bite an apple would be the first to marry in the upcoming year. Apple peeling was a divination to see how long your life would be," she said.

The title Halloween is an adaptation of the Catholic Church's celebration of All Hallows Eve prior to All Hallows Day on Nov. 1, a day of observance in honour of saints, explains Moonstone.

"Trick or treating seems to have come from the Catholic practice of 'souling' or going from house to house selling soul cakes on All Souls Eve."

"People don't understand the roots of Halloween," said Hurrell. She explains there is also a lack of knowledge on how the Pagan religion reflects Christmas. "There are dozens of other gods that were born at the time of the Winter Solistice," she explains, "People just don't like to hear that."

Hurrell explains the purpose of Spirit Haven is to produce a better understanding of the Wicca faith. "We believe in building bridges between religions," she says.

For more information contact info@spirit-haven.com.

Not just trick or treatin'

BY BRENTON DRIEDGER

You don't have to be a kid to Trick-or-Treat for UNICEF.

People of all ages can become involved in the campaign, which has raised over $84-million for UNICEF since it began in 1955. Trick-or-Treat for UNICEF annually sees children going door-to-door for candy, as well as money to put in their orange UNICEF collection boxes.

Evelyne Guindon, regional director for the Manitoba and Saskatchewan chapter says that the campaign has become a big part of the Halloween celebration.

"Halloween is a holiday that is loads of fun, but it is filled with 'give me, give me,'" says Guindon. "It's so, so important to try to instill the value that the link with UNICEF brings to it--that it's very, very much about sharing."

The slogan of this year's campaign is "Kids Helping Kids," says Guindon, and is about giving Canadian kids the opportunity to help other children in countries who really need them.

She adds money raised goes toward providing clean water, health, nutrition, education, and emergency assistance for children around the world.

"It's very, very big in terms of the scope of what UNICEF does."

Guideon says the campaign is important because it shows children how to help others in need.

"It's really important to try to open their eyes at a young age to the fact that there are children who are suffering," says Guindon. "I think it's one of those programs that really has a reach beyond what it actually does."

"It is also for most kids the first opportunity they ever have to do something good for somebody other than themselves—one of their first philanthropic acts."

However, not only children can raise funds at Halloween. The University of Manitoba has a UNICEF committee of 12 to 30 students who annually raise funds for UNICEF.

Guindon hopes more schools will catch on to the idea.

"It's something we would love to see, especially at Red River College," she says.

Last year, the campaign raised nearly $200,000 in Manitoba alone, with over $3 million across Canada.

This year, Guindon would like to see Manitoba raise over $250,000 and continue to see that increase in the future.

"The long-term goal of $1 per person in Manitoba is not a far stretch," says Guindon. "There's no reason why our annual Manitoba campaign should not be a million dollar campaign."

UNICEF will present their third annual UNIFUNK, which Guindon describes as a "party with a conscience." UNIFUNK is a benefit concert for UNICEF, featuring local bands Inward Eye, Vanderveen, and Tele. The concert will be held at the Fort Garry Place on Oct. 29 at 8 p.m. Tickets are $15 and are available at the University of Winnipeg, University of Manitoba, and Into the Music, or by calling UNICEF at 477-4600.

Plan a thrilling Halloween party

BY MIKE UHRICH

Halloween is a night of ghosts and goblins, and also a night where adults can dress up in silly costumes and have parties without questions asked.

Regina Witkowski, the director and event planner of Funtastic Party & Special Event Planning in Winnipeg, has some fun ideas on how to throw a successful Halloween party.

"Most Halloween parties tend to be general costume parties, but themes can be a lot of fun," says Witkowski.

Wikowski suggests a pirate theme for a Halloween party, equipped with a scavenger hunt. She recommends the host plan a 'fun hunt,' where guests search the neighbourhood collecting "pirate booty."

"Pirates are really big right now," she says, adding that playing themed movies like Hook or Pirates of the Carribean could add to the event.

Witkowski says karaoke or gaming nights are other popular ideas for parties right now.

She says the party host could rent a karaoke machine, PlayStation 2, or an Xbox and get everyone involved by having video game or singing contests. She said a big screen television is also nice to rent so that everyone can participate.

"The bigger the screen the better," she says.

Witkowski also suggested some good old-fashioned games like bobbing for apples, making caramel covered apples as an activity, or the classic Halloween game of feeling unknown, slimy, objects.

She suggests setting up a table with covered items labeled as brains or eyeballs, made out of a concoction of wet spaghetti and slimy grapes.

But Witkowski also had some tips for the host of the party.

"No matter how well you plan any event, the unexpected always happens. You have to be ready to adjust and slightly change things if the need arises without stressing. The best way to do this is try to anticipate what you can do if a particular activity or element of your party isn't going the way you expected. Have a back-up plan."

With a back-up plan, Witkowski says the host should have additional games and activities planned in order to make the evening run smoothly.

"Remember a party is to be fun. That means for the host/hostess as well. Share the work where you can and make sure you have fun as well."

Best places for costumes

BY ALLISON FORZLEY

For some Winnipeg retailers, Halloween rakes in more money than any other time of year.

"October is like our Christmas," says Anil Nayar, manager of the Value Village on Ellice Avenue. "It is definitely our busiest month."

Value Village is the world's largest for-profit thrift store chain, according to their website.

Halloween merchandise hits the floor the first week in August, says Nayer.

"We not only offer brand new costumes and accessories, but everything else in the store can be used to make a costume as well," says Nayar.

Gags Unlimited owner Kerry Hogan says Halloween is the busiest time at his store as well.

For nine months a year, Gags Unlimited on Osborne Street is strictly a balloon retailer.

"We do a complete store flip...and turn it entirely into a Halloween store on Sept. 1," says Hogan.

Gags Unlimited sells costumes and also has a huge selection of accessories.

"A lot of people who put their own costumes together come here looking for accessories," says Hogan.

He says accessories range from makeup, to hammers, scars, wounds, blood, body parts, sparkly wands, and tiaras among other things.

"There will be lots left the last week before Halloween. We have costumes lining the walls, the floor is loaded...the roof is covered. We have no empty space."

The Gags Unlimited owner admits he's experiencing a slow start with

Halloween sales but remains confident.

"Probably 80 per cent of sales will be made the week before Halloween."

Nayer says his store is also experiencing a slower start then previous years.

"Last year we basically sold out of most Halloween stuff before October even started. This year it's going a little slower but I'm sure we'll still sell out."

Although Hogan partly attributes his slow sales to the holiday falling on a Sunday, Nayar thinks it will increase profits.

"It will benefit us because of parties that will happen on Friday night,

Saturday night and even Sunday, whereas last year there would have only been Friday."

Hogan estimates his customers average $50 for a complete costume.

"But you can buy a whole lot for a whole lot less," Hogan says.

Nayar encourages students on a budget to check out Value Village.

"We are the best place to come for Halloween costumes...its easy to make a great costume for under $20 at Value Village. Having a great costume doesn't mean you have to spend a lot of money."

First- year graphic design student Derek Labossiere agrees. "It's just Halloween, I'll keep it cheap," he says.

Amy Wesa, a first-year business administration student, says she hasn't given her costume choice much thought yet.

"I'll probably spend around $40."

Carving tips

BY MIKE ZUKE

For some of us, when we think about Halloween, the first thing that comes to mind is candy. After that though, pumpkins and their jagged line grins are usually a close second.

Sure pumpkins can be used for other things like pumpkin pie, but being carved is where they really get to shine. When you think about it, with what other fruit or vegetable can you carve a face into? Not only that, it's also considered acceptable to place an open flame in it and display it in a window for a few days.

No doubt the majority of us can merely look at a jack-o-lantern and remember the task of carving it. One company in the United States has made the task into a profitable business. They've also become self-proclaimed masters in doing so.

Pumpkin Masters Inc. is a Colorado-based company that sells pumpkin carving kits and accessories. They're most renowned for their pattern books that contain different designs for pumpkin carving. One of their biggest sellers each year is their pumpkin carving kit. The kit comes with all the necessary tools, as well as a pattern book that has designs of varying difficulty. Their website, also has plenty of helpful tricks for beginners, as well as carving tips for the more advanced. Below is just a sample of some of the tips that are featured on the site.

- Select an unbruised pumpkin about the size and shape of your design. Make sure the pumpkin has a flat bottom so it sits upright.
- Draw a "tooth" at the back of the lid as a guide for replacing the lid.
- Scrape the pulp away until the area you plan to carve is 1" thick.
- Hold the pumpkin in your lap while carving to allow for better control.
- If using a candle, always cut a hole on the top/back of your pumpkin to act as a chimney for the heat to escape.

These are just a few of methods out there for carving a pumpkin. Feel free to experiment and develop your own way of doing things. After all, this is only pumpkin carving and not brain surgery.

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SA planning spooky social

BY TARA DUNSMORE

Like many of the Halloween socials in prior years, this year's party will be decked out with a variety of spooky decorations says Michael Blatherwick, Students' Association events coordinator.

According to Blatherwick, traditionally, it's the best social of the year. Out of all four socials put on by the SA, it's usually the one that sells out.

"I think maybe it's just the atmosphere," says Blatherwick. "Because everyone going is in the mood and dressed up and looking for a guaranteed good time."

The social usually has a variety of good costumes. Outfits vary depending on imagination and risk level.

Last year's winner was very Manitoban – a version of the Golden Boy, who painted his entire body gold and had a sheath.

Some other costumes ranged from the entire team of Austin Powers including Dr. Evil and Goldfinger, to Astroboy, who had to band-aid his nipples because, well, Astroboy didn't have any nipples.

"Usually the girls come dressed as kitty cats or angels or devils," says Blatherwick. "And the guys will sometimes sport their favorite team jersey."

The prizes this year are going to be fantastic, according to Blatherwick.

"The advantage this year is that I do have a lot more prizes than I think I've ever had in the years past," he says.

Sponsors include Coca-Cola, Molson, MTS, and producers of Banff Vodka and Alberta Springs Rye.

The SA is also sponsoring a ski trip to Asessippi in January.

"This allows the winners to actually get a spot on that trip, as it normally sells out every year," Blatherwick says.

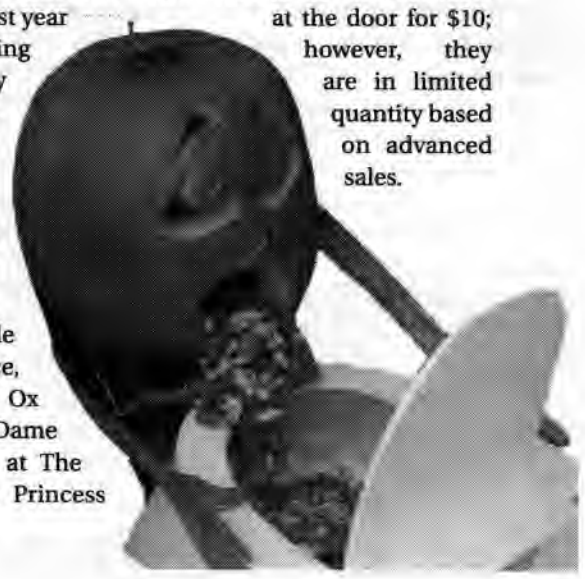
Other prizes include an iPod, Xbox and a DVD player, just to name a few.

The social will take place in the south gym at the Notre Dame campus on Friday, Oct. 29 at 8 p.m. and will feature a deejay along with house-type bar music.

"This year's date for the social is a lot better than last year as it's not competing with the University of Manitoba commerce social which falls on the following evening," says Craig Loewen, SA vice president of Princess.

Tickets are on sale for $5 in advance, available at The Ox store at the Notre Dame campus as well as at The Mercantile, at the Princess Street campus.

There is a clip and save coupon for $1 off the price at the back of the student planner. Tickets are also available at the door for $10; however, they are in limited quantity based on advanced sales.



Exchange to get film, music headquarters

BY DOUG DARLING

Downtown RRC students may have recently noticed frequent smoke and sparks wafting out from the windows of a vacant building at 319 Elgin Avenue.

The empty three-storey Scott Fruit Co. warehouse will soon be housing a headquarters for music and film production, and it has now acquired a tax credit that should help the refurbishment of the heritage building.

A Heritage Conservation Tax Credit of up to a maximum of $140,000 was approved by city council on Sept.29. The HCTC will assist in the rehabilitation of the unused building, as it has for other downtown heritage buildings, including the RRC Princess Street campus.

However, things aren't quite perfect. Dr. Meredith Penner, who bought the building for a $250,000, isn't satisfied and plans to spend three times as much on the 6,000 square-foot building.

"It's a bit of a double-edged sword," she says.

Penner requested a HCTC of $371,000 but due to the realty taxes assessment after restoration, council lowered the credit substantially.

"We thought the taxes would be higher; they decided it was less," she said.

The tax credit plays an important role in the conservation. Diane Bampton of CentreVenture Development Corporation, a group dedicated to the economic growth of downtown, says once a building is designated "historic" they give the HCTC because buildings have unique costs, such as maintaining window frames and stairwells.

Finding tenants has also been a struggle for finishing the project in its scheduled time, before the 2005 Junos.

Film and cultural manager for the City of Winnipeg, Kenny Boyce, says that the Juno awards will consider the 319 Elgin for a venue and other film usage and hopes the structure is done in time. He says nothing but good can come out of restoring the heritage of the Exchange District.

"It takes a long time for a city to get out of shape, and it takes a long time for a city to get into shape. And Winnipeg is getting into shape," he says.

Chris Burke-Gaffney's CBG Artist Development and Brandon Friesen's Studio 11/ Arbor Records were the first to sign on in April, taking the third floor, but since then no one has committed.

Friesen says there are many companies who are interested, and there are still meetings going on. Friesen, along with Burke-Gaffney, brought the idea of 319 Elgin to Penner. He strongly believes in its potential and the impact it will have on the Manitoba music industry.

"It'll make a stronger force on a national and international level," says the Juno winning producer. "You're combining a lot of forces to become a stronger entity."

The Heritage Conservation Tax Credit program has approved over $27 million for tax incentives since the strategy was implemented by city council in 1998.

RRC students by day comedians by night

BY PAUL ADAIR

Class clowns and jokers, it's about time you lend your sense of humour to a good cause. Red River College creative communications students are sponsoring an advertising comedy fundraiser, serving up laughs at the Pyramid Cabaret on Oct. 27 at 8:00 p.m.

Proceeds from ticket sales will go towards the funding of the upcoming spring trip to Minneapolis for the program's advertising club, where they will compete against other post secondary institutions as part of the American Advertising Federation's annual National Student Advertising Competition.

MC for the evening will be Kenton Larson, a Winnipeg performer and regular fixture in the local stand-up comedy scene, who also happens to be an instructor at RRC.

Creative communications students Matt Williamson, Justin Deeley, and Jared Story will try to bring their A-material to the show. All are virtual amateurs to stand-up comedy and are admittedly nervous about the prospect of being on stage.

"The comedians were hand picked by their classmates as being the funniest in the group," says Larson, adding with a smile that the Pyramid often tends to be a "rough" place to prove it.

"It'll be a good experience but I don't think I'm that funny," said Jared Story, one of the chosen few. "But what the hell, I'll give it a try."

Story isn't completely ruling out a potential career in comedy.

"Maybe. We'll wait and see how it goes first," he joked.

Justin Deeley is no stranger to being funny. As a founding member of Winnipeg sketch comedy troupe, The Spleen Jockeys, Deeley has gotten used to making audiences laugh, feeling most comfortable while performing in the sketch format.

However, he is a little more anxious about doing stand up.

"Stand-up... it's totally different than sketch. In stand-up you're on your own, that's what makes it challenging," he said.

Advance tickets for the fundraiser are available for $7 each and may be purchased from one of the performers. Tickets may also be purchased at the door but those proceeds will not go towards supporting the fundraiser.

PHOTO | PAUL ADAIR

Funny man Justin Deeley (right) will perform Oct. 27 at the Pyramid

FemFest celebrates plays by woman

BY GRANT BURR

Encouraged by strong response to FemFest 2003, organizers of FemFest 2004: Plays by Women for Everyone are optimistic about this year's festival, which runs until Oct. 30.

The idea of FemFest emerged as a response to concern from women playwrights about the lack of available opportunities for development and showcasing of their work.

Hope McIntyre, chair of the Playwrights Guild of Canada's Women's Caucus and artistic director of Winnipeg's Sarasvàti Productions, has heard the concern often.

Sarasvàti has been a strong advocate in promoting the voice of women playwrights. Company talks on how best to respond to these playwright concerns led to the inaugural presentation of FemFest in 2003.

Sarasvàti Productions has operated in Winnipeg since 2000. McIntyre has noticed an change in attitude since then.

"More and more theatre companies are coming to the realization that art in general needs to connect more with the community," she said.

McIntyre believes that FemFest's message will have resonance with a far larger segment of the population than simply an "elitest art audience."

Presentations like Christina Starr's Gender Play, explores male and female social constructions.

In other plays, social groupings are examined.

In her play Recess, writer Corrina Hodgson looks at cruelty of teenage girls in clique-driven school environments while male-to-male relationships are broken down in a reading of Alison McLean's Bond Night.

Influence of the media and the public masks we wear is examined as well.

Realities of consumerism and the cosmetics industry are displayed in Eufemia Fantetti's It's All the Rage.

McIntyre is excited about having the opportunity to again engage the public in a festival that "celebrates high quality writing by women."

Infusing freshness is an essential quality of any annual festival format and this year multimedia has become the major new feature with four productions incorporating multimedia elements.

The 2004 line-up has expanded to eight plays from six in 2003. Sarasvàti is producing six productions with two additional groups also mounting productions this year.

In addition to play presentations, the festival will also be featuring workshops, play readings and a panel discussion.

FemFest 2004 runs until Oct. 30 in Prairie Theatre Exchange's Colin Jackson Studio Theatre on the third floor of Portage Place.

FemFest runs until Oct. 30 at PTE

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Cannes festival pure gold

WAG event showcases commercials

BY JEN ZORATTI

A little boy throws a temper tantrum in a supermarket because his dad won't buy him candy. A simple text message then appears: Use Condoms.

This Belgium commercial was a Bronze Lion winner in the Cannes international advertising film festival. All the winning commercials from the festival were showcased in Cannes Lions, which features commercials from all over the world.

The 140-minute show began with the Bronze Lion winners, most of which were comedic. One particular standout was a Norweigan commercial for phone company Telenor Plus, featuring people who have personal conversations in public, under the premise of "some things are better said on your home phone."

The Silver Lion winners were the Belguim condom commercial, and two Canadian efforts, both for the Quebec drug store Familiprix.

The silver standout was a commercial for Jerry Seinfeld's film Comedian, featuring a movie voice over man (the voice in every movie trailer) trying to come up with a catchy commercial for the movie, but kept using clichés.

A close second was an American Express commercial featuring Martin Scorsese who kept redoing his son's birthday party to get the pictures perfect.

The Gold Lion winners were a bit of a disappointment, some of which almost didn't even deserve to be bronze. Six commercials from a campaign for UK beverage Tango were featured in a row, and were probably the worst commercials in the festival.

The most disturbing ad in the festival was a Gold Lion winner from Thailand, featuring a woman who had had so many lifts and tucks, her bellybutton replaced her face.

The gold standout was the Eurolingo commercial from Germany for the Inlingua Language School, which had sentences that were a mix of western European language.

Some of the best commercials were serious, such as a powerful Prudential Insurance commercial from the UK about saving your photographs.

My favourite commercial was one of the longest in the festival. It was for the Mill Valley Film Festival, which staged as a reunion where everyone was a particular stereotyped movie character.

The winner overall was the Ikea Lamp commercial, featuring a melancholy story of an old desk lamp that gets replaced. We see the little lamp on the street beside the garbage, in the rain, looking at its former owner enjoy the company of her new lamp. Then a man informs us, in a thick Swedish accent, that we're crazy. "The lamp has no feelings. And the new one is way better."

Cannes Lions featured ads that were hilarious, disturbing, innovative, creative or just plain strange, from dozens of countries all over the world. It is amazing that what we usually hate about television could be so engaging.

Look up, way up!

BY BROOK JONES

A sure indication that the season is changing is the arrival of autumn's constellations in the night sky and the launch of Manitoba Museum's new show Planetarium at Night.

The eyes of many Winnipeggers will be fixed on the Planetarium's night sky as it will be the scene Saturday evenings for a new show. Visitors will be dazzled as they witness an original show, merging live music and visuals.

It appears that the Manitoba Museum has found a winning combination with the addition of music and visuals to entertain its visitors. Listening to electronic music while gazing at spectacular visuals of space is an adrenaline rush, making for quite an entertaining show for the audience.

"We are creating a new planetarium experience," said Andrew Yankiwski, who along with Chris Wiebe of Precursor Productions organized the show's live music.

Precursor Productions is a school of digital music and multimedia sound design. Skot Moat, another of the school's artists, joined the live experience by producing the show's visuals.

In addition, the Planetarium has the visual talents of students from Red River College's digital media technology program.

Planetarium marketing manager Jeff Koffman says that the mission of the Planetarium at Night is encouraging discovery and attracting a new, younger audience to the Planetarium.

However, some people aren't impressed with the new show. Milt Jones, a visitor to the show felt it would have been in the Planetarium's best interests to have a more educational component rather than just a showcase of media technology.

Each week Planetarium at Night offers a new and different show for visitors to explore and enjoy.

Tickets cost $7.50 at the museum's box office. Show starts at 9 p.m.

Event highlights successful businesswomen

Princess campus hosts conference

BY LAURA RUDDOCK

More than 250 successful and inspiring women gathered together to network, share and celebrate their roles in business at the Enterprising Women's Conference on Oct.15 and 16.

The conference was designed to get more women involved in the continual development of the Princess Street campus.

The festivities began Friday evening with a wine and cheese reception highlighted by a fashion show. Numerous companies ranging from Herbal Essences to Manitoba Hydro set up trade booths. And tables of cakes, fruit and veggies lined the Princess Street campus atrium, while Banville & Jones provided wine.To tie into the historical and urban theme of the campus, the fashion show showcased enterprising women throughout more than two centuries.

The Manitoba Living History Society took the audience on a trip through time, introducing them to historical Manitoba women. The show then took a modern twist and outfits from The Bay were modeled.

"I thoroughly enjoyed the historic fashion show. What a great look at women through the years, and enterprising women who took advantage of whatever there was at the moment," said Mary Cierihew, head of Clinic Solutions PRN.

> "I can still remember when for example, mothers were simply known as mom"
>
> -CHERYL BARKER, PRESIDENT OF MTS

The next day began with breakfast and opening remarks by Annitta Stenning, chief administrative officer for the City of Winnipeg. She talked about the speakers who were lined up for the day,

"These are women who are passionate about life, about our community, and excited about possibility. They are really engaged in this life," she said.

The women made the audiences smile, laugh, and some even cry.

They spoke about leadership, entrepreneurship, feminist politics, and took a look through the eyes of an aboriginal businesswoman.

Helen Hayles, executive director of the Volunteer Center of Winnipeg from 1978 to 2004, spoke on volunteerism's role in a woman's careers.

Other topics discussed included mentoring, making technology work for women, changing directions, and nontraditional roles of women.

"The definitions are always changing. I can still remember when for example, mothers were simply known as mom," said Cheryl Barker, president of MTS. "Today there are stay-at-home moms, the suburban, SUV soccer mom, or hockey mom, and then after 911, security moms."

Barker argued that though women have made great strides towards equality, there is still a long way to go.

Proceeds from the conference will go towards developing scholarships for women attending the college and to further develop the Princess Street campus.

Dates have already been announced for next year, according to organizer Barbara Bowes. The second annual Enterprising Women's Conference will take place Oct. 28 and 29 of next year.

"People are still excited from last night, they're saying, 'Wow, we've got to do this next year; we've got to be more involved.' People are already thinking ahead, it's really exciting," said Bowes.

PHOTO | LAURA RUDDOCK

Trade booths included Herbal Essences, Manitoba Hydro

PHOTO | LAURA RUDDOCK

The conference discussed the evolution of women's roles

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FROM THE PRESSBOX...

Quit your whining and play the game

ZURICK SCHERGER
Columnist

Now that the NHL season is here…

Oh wait, there isn't going to be any NHL season this year, or maybe longer. Well, hockey fans from the frigid north have so much to look forward to now, don't we? What are all the crazy hockey poolies going to do every morning when they're drinking their coffee and surfing the web? No scores, no updates, no bragging rights.

Ron MacLean, the modest host of *Hockey Night in Canada* will now be bringing Canadian viewers *Movie Night in Canada*. That sounds like fun. As if there aren't enough movies on television already. Can you imagine Danny Gallivan or Foster Hewitt being put into the unenviable position of turning in that beautiful baby blue blazer for a chance to repeat the words, "You are watching (place title here) on Movie Night in Canada"?

And through all this I have been watching the banter between the millionaire players and the representatives for the billionaire owners. Each smirking pitchman makes me want to reach through the screen and shake some sense into the foolish people. They continue to spout, "We're doing the right thing. I know this may hurt the fans but it really is in everyone's interest."

Don't these people realize that it's the fans that are losing out?

Yes, the players deserve their portion. Most hockey fans realize that for years the owners ruled over the players like slumlords. But not one player still playing, including old guys like Messier, Yzerman and Chelios had to deal with those owners who laid a contract on the table and gave the players a choice – you sign or you go home to Nowhere, Sask. to work on the farm or Hole-in-the-Ground, Ont. to dig coal out of the mine.

Average salaries have spiralled so high since Wayne Gretzky came into the league that it is laughable to hear these players talking about feeding their families. How many millions of dollars does it take before your children are properly nourished? How many millions of people are not eating tonight?

Players who continue to argue that they deserve their fair share have forgotten one thing: every time their price goes up it isn't the owners who are losing, it's the guy making eight bucks an hour who is.

sports analysis
commentary
updates
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Student builds custom bikes

BY JORDAN CHALIFOUX

Darren Goertzen is a graphic designer by day and custom bike craftsman by night.

Goertzen says growing up on a farm outside Manitou established his hard work ethic and desire for physical work.

"Tom Dobson came across the bikes on the Internet and he got enough parts together to build his first bike," said Goertzen.

His high school pal, Dobson, made his first custom bike in the summer of 2003, which inspired Goertzen to build his own.

Goertzen lives in a 3,000 square foot loft in the heart of the city. A full workshop quietly rests in the southeast corner.

In his free time Goertzen makes furious noise producing custom bicycles.

"I get inspiration from `50s cars and hotrods, and `50s culture," says Goertzen. "Bicycles for a while there, were made like luxury cruiser bikes; they were like cars."

Goertzen has created over six low-rider and beach cruiser bikes from parts found in scrap yards and goodwill outlets. He can account for hundreds of dollars spent on bike parts and countless work hours.

"A lot of guys order their parts out of magazines, or go to the Urban Bakery," says Goertzen. "Anybody can go and piece out the parts with $600 and have a nice bike, but it will look just like their buddy's bike."

Theft has not been an issue for Goertzen who locks up his bikes wherever he goes, but can recall a bike maker whose bike was stolen.

"I have lots of pictures of them, either I am going to see them, or people will be nervous to ride them," says Goertzen.

"There is a whole family that has been doing it for quite awhile; they've been building for five years," he says.

He says television programs, like Monster Garage and American Chopper is adding to the low-rider bike culture.

"The best part about riding is going past a couple with their kids and the kids will be like 'oh my God,' and they want one, then the parents will be like 'oh I remember having something like that,'" says Goertzen. "I would love to see whole families riding; like a husband, wife, and kids all on custom bikes."

Goertzen wants to form a custom bike club with friends who ride, but would like to see an association made with all the custom bike enthusiasts across Winnipeg.

PHOTO | JORDAN CHALIFOUX

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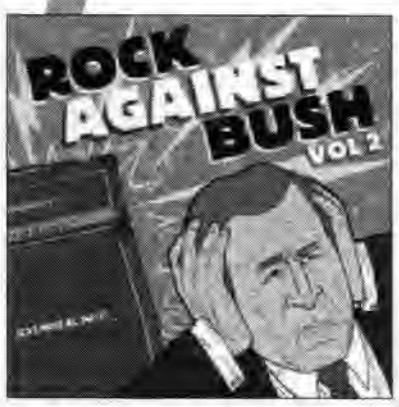
cd review



Rock Against Bush Vol. 2

***

Just in case you didn't know, not all of our friends down south are happy with their current government. Don't worry. I was surprised too.

NOFX's Fat Mike and Co. are back again with a compilation that'll make you ponder the production costs of all the other albums you've bought. You'd think that an album with 28 songs would involve you to turn on your "crap-filter," but this affordable sequel (the first volume had 21 unreleased or rare tracks) allows your "skip" button to collect a little dust.

The punk spectrum is well surveyed with commercial bands like Green Day and No Doubt, along with the harder tones of The Unseen and Dillinger Four.

Long-standing bands such as Bad Religion and Lagwagon continue to sound good, and newer bands like Hot Water Music and The (International) Noise Conspiracy continue to break the traditional barriers of punk.

But that's not all kids! The album (as hints the title) is a call to arms to remove "Dubya" from power, containing information about punkvoter.com, facts about the current US term and a forward from Justin Sane of Anti-Flag.

The DVD has over an hour of political shorts and documentaries, comedy bits, and music videos from groups such as Alkaline Trio and (surprise) NOFX, and they all follow the basic theme: spread the word!

Although spreading the word is basically all we can do up here, the non-profit album stands alone as a decent compilation of a variety of solid, hard-working bands.

And if you don't like it, you can probably sell it for more than you got it for. Now that's the American way!

- DOUG DARLING

Scruffy Aussie sings

Xavier Rudd
Oct. 19
Pyramid Cabaret

BY JEN ZORATTI

Xavier Rudd played to a packed house of Folk Fest fans, hippies and music lovers--twice.

Rudd played two shows due to popular demand, both of which ran overtime, and both of which saw a completely full house of Winnipeggers catching the Australian folk singer's energetic and rhythmic performance.

The scruffy Aussie, clad in simply a T-shirt, rolled up pants and bare feet, wandered onstage and sat amidst his instruments, his shaggy blond hair obscuring his vision. In front of him were three didgeridoos; on his lap, a slide guitar; and his feet rested on wooden blocks.

Looking completely in love with being onstage, and grinning like a little boy, he proceeded to launch into an evening that incorporated everything from guitar, to bass, to hand drum, to harmonica – and of course, the didgeridoo.

The didgeridoo, a hard instrument to play, gives a interesting twist on your standard folk music. This wasn't a man who sat in front of a microphone and strummed his guitar – this was what I can only describe as an instrumental odyssey. The didgeridoo produces a strange, rhythmical sound.

Rather than having your regular drum kit, Rudd beat out his rhythm either with his hands or his tattooed feet, making everyone in the audience dance their hearts out. Even a non-dancer could not resist moving to Rudd's music--which was pure energy itself.

"It's hot in Winnipeg," he joked, grinning.

Rudd's music included everyone in the house. His music made you move--it made you jump, dance and sweat. The rhythms were bare bones and primal; a perfect undertone for the more complicated and intricate sound made by his instruments.

Rudd touched on human rights, peace, and the environment and performed beautiful rendition of Marley's No Woman No Cry.

Rudd was joined onstage by his opening acts Beth Preston, an Ani Difranco-esque singer from Chicago, and 9 Mile, a Marley-influenced band from Toronto for a jam session. 9 Mile, whose instruments included a box drum from Peru, gave us a few box drum solos, which impressed the audience.

There were many powerful moments of the night, when everyone became a part of a collective; that there was no separation between singer and fan.

Rudd thanked us for "our state of mind" and gave us one of those beautiful shows--a show that reminds us what live music is supposed to be about, and why we love it so much.

currently kicking my ass

SHAWNA FORESTER | *Columnist*

Tricks of the trade from the other side

I do A&R for an indie label. Everything that comes into the office lands on my desk.

I listen to everything, but I hardly ever listen to a whole CD. In fact, most of the time I listen to half of one or two songs, pitch the CD or CDR in the garbage, and then save the bubble pack envelope because I can use it again.

I send out the thanks but no thanks reply, but really, I should say thanks for the free jewel case and bubble pack envelope. I don't mean to sound harsh or jaded. We get some gems, but mostly we get crap. Here are my tips on how to get to the coveted cream of the crap position:

Do some research – know what the label is about, and make sure they accept demos. Listen to CDs from their catalogue. See if you fit their mold. Don't send cock rock to a folk label. Don't send hip-hop to an indie-pop label. Don't ever send me naked pictures. Which leads me to my next point about packaging.

No naked photos. Ever. You wouldn't believe how many topless and naked men land up on my desk. The showering scene artwork – I can hardly contain my excitement. Your rippling biceps won't help me appreciate the fact you are a shitty guitar player. But it does provide comic relief for the office. HELLO – we're an indie-rock label! Have you seen our pictures on the website? The closest thing I do to lifting weights is carrying boxes of CDs from the storeroom to the mailing table for the courier to pick up.

Please don't send me 20 pages of press and the story of how you all met one dark winter and Jimmy quit, Jody got married, and you should have known you'd never get far. I don't care.

A page of good press quotes is fine – but press with some "cred" as we call it (you know, credibility). I don't care about what some underground 'zine in Strathmore that your best friend edits wrote about you. I want press that I will recognize, and most people are aware of the dailies and weeklies, and some Internet magazines. These count.

Packaging is somewhat important. DIY is dead kids. I hope you got the memo. Please put in some effort. Try to at least type your track listing and contact info. I have enough post- it notes filled with my own scribbles that I am trying to figure out (if anyone knows who belongs to telephone number 474-1343 please let me know and I will call them back). Make sure the CD/CDR works; play it before you send it. I don't use coasters.

Joke rock had its time. The year was 1993; the Barenaked Ladies hit the scene something fierce. Weird Al was invading the Much Music environment. Please no more hoke-rock or innuendo CDs. No more bands called Protein Injection who write songs entitled Blow Me Away. Don't call me or email me and ask if "I've been blown away." If I wanted to talk to you, I already would have. There is a fine line between inquiring and harassment. Sometimes it takes awhile to get back to you; remember the artists we currently represent are our priority.

So I hope this helps you gain a leg up on the competitors. It really isn't that hard. And if not, maybe there may be a home for your music – on a very unlikely multi-label compilation that has tentatively been titled "The Gong Show."

Curl up with your favourite ghouls and goblins

The Projector picks Halloween's cheesiest flicks

BY MIKE UHRICH

Apparently horror films are an escape from reality, but they are also really fun to watch around this time of year – and the cheesier the better. Here are a few not-so-classic ones worth at least a look.

The Monster Squad (1987)

People who see this movie might find themselves wondering who would win in a fight between the Monster Squad and the Goonies.

The *Monster Squad* revolves around a group of kids who have a monster club lead by Sean and Patrick. The group also has all the kid's club stereotypes in it; the token fat kid, the rebel, the runt and his dog, and Sean's little sister Phoebe who can't get into the club because she's a girl.

Sean is given a copy of Abraham Van Helsing's diary, which was found at a garage sale by his mother. Unfortunately for him, it's written entirely in German. Lucky though, there's a "scary German guy" who lives across the street from Sean, who they discover is really not all that scary.

At about this same time Count Dracula comes to town in search of an amulet that will allow evil to gain control of the earth.

The kids discover, through Van Helsing's diary and the help of "not so scary German guy" that every 100 years, the amulet can open a portal that will allow the undead to pass onto earth. And guess what? The 100-year anniversary is the next day. What a shocker.

So what's a 1000-year-old vampire to do? Well he calls the cavalry, which comes in the form of the Wolfman, the Mummy, the Gila monster, and Frankenstein's

monster.

What happens next? You'll have to rent this bad boy, which is only available on VHS, for yourself. I don't want to ruin it for you.

Ultimately, the movie turns out to be a cross between Van Helsing and the Goonies. We don't get Sloth, but Frankenstein's monster more than makes up for it in the end.

The Invisible Maniac (1990)

Dr. Kevin Dornwinkle is a weirdo scientist who discovers a way to turn invisible. He goes on to present his findings at the World Science Conference to a group of about six scientists who clearly represent the entire planet's scientific community.

Everyone laughs at his findings, so what's a man to do but kill everyone, which lands our

loveable lead in a mental hospital.

But wait, he escapes and winds up teaching summer school physics at a high school. The kids make fun of him relentlessly, with the best moment being a scene where – get this – all six students in the class drop their books on the floor at once. I've never laughed so hard in my life. Six textbooks hitting the floor simultaneously – now those are some outrageous teen hi-jinks.

Dornwinkle continues work on his invisibility formula and when he perfects it he decides to get revenge on the kids by killing them all. I never would have guessed. He only does this after he sneaks into the girl's showers though and gets a sneak peak at some obligatory B-movie breasts.

Ultimately, this movie is so bad that it ends up being good, but only as an unintentional comedy that markets itself as a horror. Take it for what it's worth and you'll enjoy the best hour and 26 minutes of your life.

Village of the Damned (1995)

Christopher Reeve was, in fact, known for something other than being Superman. Sadly, this was his last theatrical role before his paralysis.

In this film Reeve plays the doctor in the small town of Midwich, who is shocked to learn that ten of the town's women have been impregnated, including Reeve's wife Barbara. What is odd about the situation is that not all of the women have recently been intimate with men – but everyone knows that men aren't needed for a pregnancy, right?

Nine months later, we have a simultaneous birth of all ten children, one of which dies during birth. As time goes by, the children grow up very fast and look very much alike with white hair and big scary eyes.

And you can forget socializing with the other kids; these spawns of Satan only hang out with each other. When they walk to school, they walk in pairs of boys and girls, with one poor little boy always walking by himself because his life partner is dead. Then the usual death and paranoia ensue.

Also of note in this film, besides Mr. Reeve, is the town priest who is played by Luke freaking Skywalker, Mark Hamill. This isn't of any real interest other than the fact that Luke Skywalker, the biggest hero in the galaxy, is in the same movie as Superman, the biggest hero on Earth. It's like a fantasy-loving nerd's Christmas.

But even if you're not nerdy enough to appreciate that little tidbit, you should be able to enjoy the film all the same.

farewell christopher reeve

BY LORI EBBITT

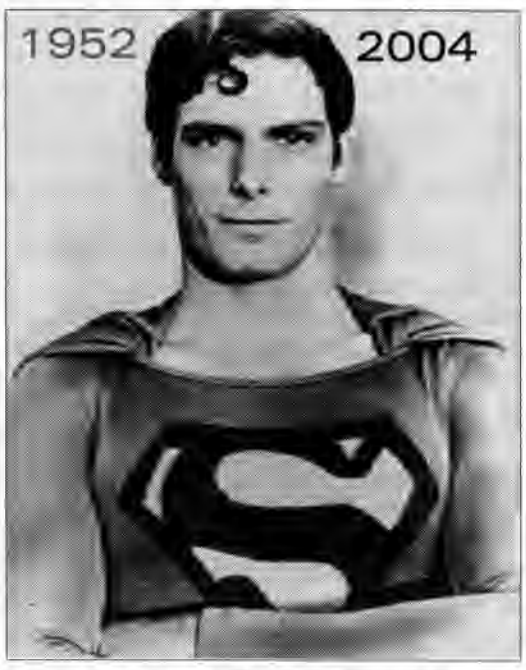
Christopher Reeve's dream was to one day walk again, and although that dream was never realized, we will always remember that he made us believe a man could fly and proved that he didn't need a cape to be a hero.

The man we know as Superman, actor Christopher Reeve, died at the age of 52 on Oct. 12. Reeve was being treated at the Northern Westchester Hospital for a pressure wound – a common occurrence for people with paralysis – when it became infected. The infection spread, causing his organs to shut down. This led to cardiac arrest, and finally submission into a coma on Oct. 11. He died the next day with family by his side.

He is survived by his wife Dana and their son Will, as well as two children from a previous relationship, Matthew and Alexandra.

Best known for his role as Superman in the 1978 hit movie, as well as the three sequels, he most recently had a recurring role on the television series Smallville, which chronicles the life of young Clark Kent.

Over the span of his career Reeve appeared in 17 feature films and 150 plays, the first



Broadway play being A Matter of Gravity in which he starred opposite Katharine Hepburn.

He turned down roles like *The Running Man* and *Total Recall*, which went to Arnold Schwarzenegger, instead choosing more challenging characters who were gay, sociopathic or villainous.

In 1995, Reeve's life was turned upside-down when he was thrown from a horse he was riding. He landed head-first, shattering the two highest vertebrae in his spine, becoming instantly paralyzed from the neck down.

After a dark period in which he considered suicide, he changed his perspective on life with the help of his wife, becoming an activist for spinal cord injury research, and an advocate for people with disabilities.

Returning to movies in 1998, he starred in a television remake of Alfred Hitchcock's *Rear Window*. He has also directed two television movies; *In the Gloaming*, about a man dying of AIDS who returns home for the last months of his life; and his last project, airing this month on A&E Television, *The Brooke Ellison Story*, a true-story based on the life of a woman paralyzed at age 11 in a car accident.

Reeve had a long history of charity involvement previous to his accident, but this new cause attached a famous face to the crusade for more medical research funding.

By overcoming the obstacles of his disability, and with the endless effort he put into his work as an activist, he has left a legacy of inspiration, courage and hope for others to follow.

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director's cut

RYAN HLADUN
Columnist

Ode to Hitch

It's Halloween – but when I want to watch a scary movie, I don't look to Wes Craven or John Carpenter. I have a short attention span for slasher flicks and monster movies. So, if I want a shot of adrenaline, there's only one man I can count on – the master of suspense, the great Alfred Hitchcock.

Psycho scared a generation of people into looking for silhouettes in their shower curtain, and even non-movie fans have seen one of the shower scene's many reincarnations. Although personally I find the film to be Hitch's most overrated, it is without a doubt the most well-known.

I saw The Birds for the first time when I was eight. I was my first Hitchcock experience. Although I generally don't scare easily from a movie, it freaked me out. I recently re-watched it and I was amazed at how ahead of his time Hitchcock really was. Where else but in a Hitchcock film would you see hundreds of killer birds gnawing at small children?

My favourite Hitchcock film is Rear Window, the famous peeping tom movie starring Jimmy Stewart as the paranoid cripple. It is flawless in its conception, masterfully crafted, with what can only be described as the touch of a genius. Anyone who says their heart wasn't racing when Raymond Burr caught Stewart's gawking eyes is lying.

It's interesting that Hitchcock's image – the big, burly oddball with a chubby, expressionless face, in a black suit – is probably more recognizable than most of the actors in his movies. However, his reputation was far different than his actual personality. He was actually one of the funniest men in Hollywood, known for his dry wit and practical jokes. I've read he once dressed in drag to a party he threw.

There's something to be said for a man whose obsession in life is murder. Crafting a murder scene was an art form for him. He once said, "film your murders like love scenes, and your love scenes like murders."

He's been the influence of the greatest directors of all time. His ageless films are many times imitated, but never truly recreated. He's been intimately studied, but never quite understood. His brilliant career spanned 50 years. He transcended Hollywood by, as he once put it, "scaring the hell out of the audience."

Forget Freddy and Jason; zombies are overdone; and who cares what she did last summer -- on Halloween night, pop in a Hitchcock classic and enjoy suspense like its only been done once before.

Movie pokes fun at Loch Ness

BY ALAN MACKENZIE

Incident at Loch Ness
***
Cinematheque
Oct.22-28

Billed as a documentary about German director Werner Herzog gone awry, the film *Incident at Loch Ness* is actually a "mockumentary" exploring the myths surrounding the Loch Ness monster and Herzog himself.

Werner Herzog is the director of over 40 films, including the classics *Fitzcarraldo* and *Aguirre: The Wrath of God*. Zak Penn wrote *The Last Action Hero* and the big screen adaptation of *Inspector Gadget*. *Incident at Loch Ness* is their first collaboration.

Penn and Herzog play themselves as they attempt to make a film called *The Enigma of Loch Ness* (a title which plays on Herzog's 1974 film *The Enigma of Kasper Hauser*), and things, of course, go horribly wrong.

The most appealing part of this movie is that Penn – who is the actual director – makes himself appear as a complete buffoon. He hires a beer-commercial model to pretend she is a SONAR operator ("You're a model *and* a SONAR operator!"), renames the boat Discovery IV even though there is no Discovery I, II, or III, and makes the crew wear matching outfits that misspell "Expedition Crew." He also hires a "crypto-zoologist" (think Richard Dreyfus in *Jaws*) who says things like, "we've got Nessie-weather!"

If I've spoiled the surprise that this is a "mock" and not a "doc," I apologize, but it is apparent about a third of the way through, and knowing it going in is the only thing that will keep you interested for the dull first act. Once the film crew sets out on the loch, however, things really get quite amusing.

Not that this is a completely goofy movie. One of the overriding themes of the film is how people choose what they believe in.

"I am more fascinated with people believing in the monster than I am with the monster itself," Herzog says.

He also discusses how U.F.O. sightings all seem to come from lonely Americans, leading some viewers to question how they can be duped by the mockumentary format in films like *The Blair Witch Project*, *American Movie*, and *Dark Side of the Moon*.

Fans of the Christopher Guest movies *Best in Show* and *A Mighty Wind* will probably get a kick out of this, as will film-junkies interested in Herzog, a man known for eccentric filmmaking practices.

Even if you weren't previously aware of the Herzog myths that get dispelled here, you may find yourself interested in the man who inspired them.

Film shows family loss

Sad, uplifting all at once

BY RYAN HLADUN

Since Otar Left
***
Cinematheque
Oct. 29-Nov.4

There's something eloquent about a watching a small, simple film livened by fine acting.

A conventional story of family loss is greatly augmented by the emotionally motivated performances of the three female leads in the French film *Since Otar Left*. Yet, the real effectiveness in the acting by the women is how understated it is.

Three generations of women star in the film

We're taken into the lives of three generations of one Georgian family living under the same roof. Eka (Esther Gorintin, who first started acting at age 85), her daughter Marina (Nino Khomasuridze), and her granddaughter Ada (Dinara Drukarova). Eka's last joy in her winding-down life is receiving letters from her cherished son Otar in Paris.

When Marina and Ada find out Otar (their brother and uncle) died in an accident at work, they can't find it in themselves to tell Eka, for fear it would destroy her, so they continue to write the letters as if they were from her beloved son.

Eka grows worried about Otar after she stops getting what used to be frequent phone calls from him, and decides to sell her belongings for a trip to Paris, much to the dismay of Marina and Ada.

In the first half of the film we learn about their inner-family quarrels and individual problems typical to the family angst genre. Ada is sexually frustrated and bogged down taking care of her grandmother. Marina feels neglected by her mother and is resentful of her brother because of it.

This part of the film drags quite a bit but manages to not totally be boring because of the performances, and the intimate direction of first-timer Julie Bertucelli, who never shies away from revealing every wrinkle in her lead with the camera lens. Her experience includes being assistant director on two films of the acclaimed French Three Colours trilogy.

The film's second half twists for the better and becomes much more engaging. Eka begins to question her daughter, and Marina and Ada find it more and more difficult to keep the secret from her.

Since Otar Left is a touching display of the human spirit and a family's connection through disconnection. It is sad and pleasant at the same time.

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'Stupid' doc hides behind foggy facts

BY RYAN HLADUN

Stupidity
**
Cinematheque
Oct.29-Nov.4

Albert Einstein said, "Only two things are infinite, the universe and human stupidity, and I'm not sure about the former." Well, neither is the maker of the documentary *Stupidity*.

Stupidity documents the history of ignorance in modern society and the recent "dumbing down" of contemporary culture to go along with it. Topics jump all over the place from the rise in popularity of the "intentional stupidity" of Adam Sandler and the guys from *Jackass*, to the purpose of the IQ test, to TV degradation, to the origins of the words moron, idiot, and imbecile.

Director Albert Nerenberg interviews psychologists, political scholars, and people in show business as they give their opinions on society's idiocy.

Stupidity is a particularly poorly made documentary. Its production values look like that of a high school film project. Its creators went wild with lame scene transitions, fast cuts, and amateur editing effects.

It has the documenting down fairly well though. But when it comes to putting it altogether in a logical order, it fails and becomes frustrating to watch, as it isn't as funny as its creator thinks it is.

It does, however, do a good job of keeping out of politics (even though it seems difficult for them, and having George W. Bush on the film's poster doesn't do much for helping this point), and manages to stick to just documenting stupidity in history and today, without making any major direct or indirect judgments.

Dozens of interesting facts are thrown at us, but actual points of purpose are hard to come by. There are many statements made throughout telling us that stupidity has never been studied, which is a fine tidbit, but what use is it to us if Nerenberg doesn't take it beyond that? What I really wanted to find out was why people are so stupid. But I didn't think the film answered that effectively enough.

We're shown outrageous scenes of out-of-control party riots that you can't help but wonder what is wrong with these people? Nerenberg wonders that too, but that's about all he does. Even psychology jargon from a following interview just restates what we've just seen.

As far as left-wing documentaries go, *Stupidity* is the stupidest. But maybe I only think that because I've been so desensitized by the other so-called "mockumentaries" that when a film actually documents history as it happened, I see little purpose in it.

Thanks Michael Moore.

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Some of the world's leading experts in the fields of weight management, exercise, nutrition, psychology, and business have assembled to create an unbeatable starting lineup of the Monarch Health Sciences team. Visit www.monarchhealthsciences.com to see why, and to learn more about these team members. We invite you to be on the Monarch Health Sciences winning team.

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Dallin Larsen, *Chairman and Chief Executive Officer*
Mr. Larsen is a proven sales executive, having led a previous nutritional company to the top of the referral marketing industry.

Charlie Brink, *Chief Operating Officer*
As a high-level corporate attorney, Mr. Brink has managed and created successful joint venture projects throughout the world, and has started companies later bought by AT&T, Teltronics and MCI.

Henry Marsh, *Executive Vice President of Sales*
A four-time US Olympian and current American recordholder in the 3000m steeplechase, Mr. Marsh is an attorney and recognized as an internationally known motivational speaker and author.

Eneida Roldan, M.D., M.P.H., M.B.A., *Vice President of Medical Services, Medical Advisory Board*
Dr. Roldan is the Past Chairperson of Board Certification for the American Board of Bariatric Medicine, is a Founding Member of the Medical Advisory Board, Monarch Health Sciences, and is on the Executive Committee of Florida Action for Healthy Kids.

Mary Averill, M.B.A., M.Ed., *Vice President of Field Development*
With an MBA from the Harvard Business School and a Masters Degree in Education also from Harvard University, Ms. Averill is one of America's recognized experts in network marketing leadership.

Bud Corkin, J.D., *Vice President of Field Development*
Mr. Corkin is a former Chief Litigator for the United States Environmental Protection Agency (EPA), later an Assistant Attorney General in Massachusetts, and together with his wife Mary Averill, one of the most successful sales leaders in network marketing history.

Scott Olsen, *Vice President of Field Development*
Mr. Olsen is a recognized leader and a seasoned professional in the direct sales industry having created 300,000 customers and 40,000 distributors. Mr. Olsen has also been featured in Success Magazine and sold a 12 million dollar-a-year company to join Monarch's Team.

Mike Kennedy, M.D., *Chief Medical Officer, Medical Advisory Board*
Dr. Kennedy is a board Member of the American Board of Bariatric Medicine, and Chief Medical Officer, and Co-Founder Monarch Health Sciences.

Angel Matos, *Vice President of Field Development*
Based in Puerto Rico, Mr. Matos is a bi-lingual and bi-cultural sales expert in the direct sales industry with numerous business development and top income awards as a leading worldwide distributor.

Brenda Jensen, M.A., *Director of Coaching*
Ms. Jensen is one of the health and wellness industry's top coaching professionals since 1986 with experience as an author and developer of an international Coach Training Certification Program, certifying over 2,300 individuals in four countries.

Denise Bruner, M.D., *Medical Advisory Board*
Dr. Bruner is the Past President, and current Chairman of the Board of Trustees of the American Society of Bariatric Physicians, is on the Advisory Council of the American Obesity Association, and is a Founding Member of the Medical Advisory Board, Monarch Health Sciences.

Ralph Carson, Ph.D., RD, LD, *Chief Science Officer, Medical Advisory Board*
Dr. Carson, a nationally recognized expert in the fields of eating disorders, weight management, child obesity and exercise physiology, is Chief Science Officer, and Co-Founder Monarch Health Sciences.

Lyle Mason, M.D., *Medical Advisory Board*
Dr. Mason is the Team Orthopedic Surgeon for the NBA Utah Jazz, and is a Founding Member of the Medical Advisory Board, Monarch Health Sciences.

Jose F. Allongo, M.D., F.A.C.P., *Medical Advisory Board*
Dr. Allongo is a Fellow of the American College of Physicians, and is a Founding Member of the Medical Advisory Board, Monarch Health Sciences.

Vicki Berkus, M.D., Ph.D., C.E.D.S., *Medical Advisory Board*
Dr. Berkus is currently the President of the International Association of Eating Disorder Professionals, and is a Founding Member of the Medical Advisory Board, Monarch Health Sciences.

Randy Larsen, *Executive Vice President of Business Development*
Mr. Larsen is a seasoned professional as a consultant, author and program developer in the weight management industry for over 25 years, having opened 57 weight loss clinics throughout the United States.

Steve Warren, M.D., D.P.A., *Medical Advisory Board*
Dr. Warren is a Fellow of the American Board of Family practice specializing in geriatrics and geriatric nutrition and is a Founding Member of the Medical Advisory Board, Monarch Health Sciences.

Roger Rinn, Ph.D., *Medical Advisory Board*
Dr. Rinn is Past President of the Alabama Psychological Association, and current Executive Director of CEDU Education of North Idaho, five programs offering a continuum of care to struggling teens.

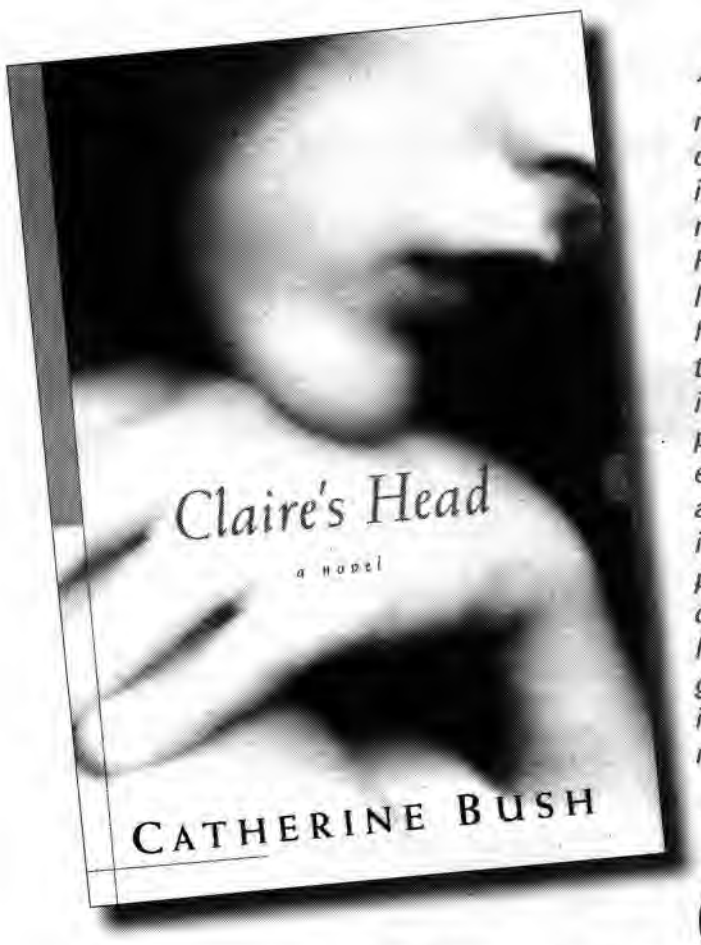
Peter Vidmar, *Founding Member, Professional Advisory Board*
Two-time Gold and Silver medallist from the 1984 Olympics in men's gymnastics, Mr. Vidmar is an on-air network announcer for major gymnastics events, and was named one of the top ten speakers in America.

Sharlene Hawkes, *Vice President of Communications*
Ms. Hawkes, former Miss America and award-winning ESPN sportscaster, is a regional best-selling author and internationally known motivational speaker.

Amy Cowley, *Vice President of Finance*
Ms. Cowley, CPA, specializes in tax and business operational support, and holds an MBA from the University of Utah.

email bobcharney@monarchhs.com or call 1-204-256-4777

Risk the headache, **read** the book



Claire's Head
BY CATHERINE BUSH

"It is like a fit of depressive mania, or at least a fit of depressive mania is like an inversion of a migraine, a migraine without the pain. First the torpor. Then the loss of appetite (rather than hunger). The disgorging of the body. The catatonia and internal wildness of complete despair. The knowledge that it will pass even as it seems impossible, inexplicable that it will ever pass. Like lost love. You cannot see the way out. You have no idea how you will get out. But the next morning dawns, bright and ordinary again."

BY SHANNON MARTIN

Catherine Bush's latest novel, *Claire's Head*, will give you a headache. Literally.

It's a book about migraines and a mysterious search for a missing sister. Readers travel across the world, following narrator Claire in search of her medical freelance journalist sister Rachel, who has vanished from her New York apartment.

The sisters share a strong bond – both suffer from debilitating headaches that seem to never end and blur into one another.

Like many headaches sufferers will tell you, the pressing pain is triggered by almost anything; caffeine, alcohol, cheese, car exhaust, too little sleep, too much sleep—everything.

"Every migraine was the same and every one particular," writes Bush near the end of the story.

The action starts on page one, by the ringing of a telephone. Brad, a man in New York says Rachel is missing, interrupting Claire's cookie cutter life in Toronto, where she lives with her longtime boyfriend Stefan, a medical researcher.

She lives a mundane life, memorizing the number of steps between her house and her office where she works as a cartographer.

Claire instinctively hops a flight to New York, as the novel begins and the characters unravel, exposing their pasts and insecurities.

We learn about her parents gruesome death, which forever planted a fear of death in the sisters; the strains of Claire's relationship with Stefan because he wants children and she doesn't (she'd have to go off pain medication); and how close to the edge a person can become when faced with an incapacitating and indescribable pain.

Bush goes into so much detail about the headaches that you begin to wonder if you're getting a headache as you read, or is it only because you're reading a book about headaches that you think you're getting one?

The author uses this kind of circular thinking throughout the book, making up Claire's over-analytical character. But as Claire's search for Rachel becomes an obsession, she's faced with obstacles that challenge her dependency on prescription drugs. In the climax of the novel, Claire and Brad are driving a rental car from Las Vegas to Mexico. She's run out of drugs and become so disorientated that she makes a drastic decision that forever changes her.

For non-sufferers, the book is definitely worth the risk of a headache. And for sufferers like myself, it's refreshing to read something that comes close to what you feel on a daily basis.

Check out other hot Canadian fiction that's on stands now:

Richard B. Wright | *Adultery*

Colin McAdam | *Some Great Thing*

Anosh Irani | *The Cripple And His Talismans*

M. G. Vassanji | *The In-between World Of Vikram Lal*

Miriam Toews | *A Complicated Kindness*

Bone Memory
BY KATHERENA VERMETTE

New Aboriginal anthology

BY CARA HILL

When Red River College graduate Rosanna Deerchild co-founded the Aboriginal Writers' Collective of Manitoba five years ago, she was "looking for a community" of writers test her writing skills on and share her stories with.

That group, made up of talented local writers like Duncan Mercredi, David McLeod, Trevor Greyeyes (another RRC grad), Jordan Wheeler, and John Hirsh award-winner Marvin Francis, is still going strong today, having released two chapbook anthologies, a spoken word CD, and hosted several readings over the course of their years together.

Deerchild, a national news producer with the Aboriginal Peoples Television Network, felt that the local writing scene was exclusive, inaccessible, and difficult to break into without having a published work.

"I found it a very intimidating scene to get into," she says. "Unless you know people, you're not going to be really accepted as a writer."

This feeling prompted her to start a group that would provide a level of comfort and acceptance to Aboriginal writers. Five years later, the group still retains most of its original members, and has attracted a growing number of new ones.

University of Winnipeg student Katherena Vermette, one of the most recent additions to the group, feels that she has been welcomed wholeheartedly into a community of gifted writers.

"They are very encouraging, supportive and talented professionals, which is a great audience for an emerging writer. And the best part is they are hilarious people," she said.

Vermette, who joined the group last year, had the opportunity to contribute to the collective's second chapbook, an anthology entitled *Bone Memory*, which was launched at a packed and entertaining evening at the King's Head Pub during the International Writers' Festival.

"*Bone Memory* is a collection of personal histories; a sum of experiences, sensations, and thoughts stored in the mind," said Vermette. "The shared story we were written into and continue to write."

It is made up of works of poetry and short fiction from the collective's members that have the same theme – that of the contemporary Aboriginal – from a variety of different perspectives.

According to Vermette, the running theme was an accident.

"It was interesting how these separate pieces of independent writing came together in a storyline, which the editors [Deerchild and Wheeler] discovered and brought out."

"By the same token, they are all very different pieces – ranging from humorous to serious. The tones are different, it's all very different kinds of writing."

The Collective will be hosting a follow-up to the successful launch of *Bone Memory* at Dregs Café, 167 Osborne St., on Oct.25 at 8 p.m.

"We all had such a good time [at the launch] that we wanted to do it again," says Vermette. "Dregs is an excellent forum; a very writer-friendly venue."

Admission will be free, and they will be selling copies of *Bone Memory*, and *Red City*, the group's spoken word CD, for $10 each