

Taking time to nurture ourselves



Internet

by Niki Klukas

Last Friday and Saturday, October 27th and 28th, a few hundred women gathered at the Fredericton Inn, located at 1315 Regent Street, for the 17th annual "Nurturing Ourselves: Tools for Life" conference on health and well being. UNB's nursing faculty, the Multicultural Association of Fredericton, New Brunswick's Department of Health and Wellness, and New Brunswick's Department of Family and Community Services sponsored the conference. Women traveled from all parts of New Brunswick and represented all sorts of ages, backgrounds, shapes, and sizes.

Jennifer Phillips, chair of the organization committee of the conference, said that the weekend was "a time to take from your busy lives of being mothers, wives, partners, and women for yourselves for some care taking and nurturing." The weekend's focus was on supporting yourself and others. An all-volunteer committee of 14 women ran the conference.

Many exhibitors attended the event. Some were selling books, cards, make-up, or jewelry, and some were passing out information in the hopes of bettering the community. There were brochures on easy exercises for relaxation, volunteering with adult literacy, how to deal with domestic

abuse, and Fredericton's seniors dining out program, Wheels to Meals. There was an exhibit all about the fight for pay equity for women in New Brunswick. No matter what your interests, there was something that could appeal to all.

The main activities of the weekend took place on Saturday and included workshops on improving home life, arthritis, caring for your children, heart health, skin care, winter gardens, yoga, salsa dancing, menopause, and laughter therapy. Keynote speakers included Margaret Trudeau and Soulange Tuyishime, Miss Canada International, who "was born in 1984 in West Africa. She and her parents escaped their war-torn homeland when Soulange was 13, and fled to Canada. As a refugee, she arrived in Fredericton as an impressionable and vulnerable young girl. She attended Ecole Sainte Anne and blossomed into a strong, confident woman. Soulange brings a fresh look and inspiring story of a young woman with cultural and social diversity to become a role model for others," according to the "Nurturing Ourselves" website.

The point of the weekend was for women to gather together in support of each other and focus on how to make their lives more livable. The conference's goal was to make women take a look at the importance of taking care of themselves instead of just

taking care of everyone around them.

Stress is one of the leading factors in several different medical problems, including heart attack and stroke. According to the Canadian Mental Health Association, "it is how you think about and react to certain events that determine whether you find them stressful or fairly easy to deal with. Your reaction to stress can affect your mental and physical health; so it is important for you to learn how to deal effectively with stress as it occurs." Stress makes different people feel different things, and people need to deal with their stress in different ways. Taking time to care for yourself is often a big part of dealing with stress.

Life is hectic. It is full of worry, problems, and needy people. It is important for everyone to take a little time for themselves, find something they enjoy doing, and just relax for a moment.

Some people might find their solace planting flowers or tending to plants. Others may take a half an hour a day and meditate or practice yoga. Some people might get a massage or a facial every week. Others could enjoy an hour of finger painting with a child. Others still might find their moments of sanity while having a coffee with a friend and decompressing. The how is not as important as the fact that you're taking time to nurture yourself.

Stories from IRO: across the pond

by Nathan Alberts and Peter Trusiak

More and more UNB students are studying internationally as part of their degree. Whether students are choosing intercession, exchange, or internship program, studying abroad is becoming increasingly popular. But why?

Well, consider it for a second. The choice between studying onsite at a historically significant site (let's say the Roman Forum), or flipping through pages of a textbook – it's obvious. Being physically there impresses this experience forever in your memory.

Not only that, but your horizons are broadened and you begin to realize that we're truly apart of a global village. You can learn or improve a foreign language, plus expand your cross-cultural understanding. The world shrinks and becomes less about numbers, news flashes, and statistics. We all share this world, and studying abroad will enrich your learning far beyond the walls of a classroom. These are life changing experiences.

On a recent Friday, the International Relations Office (IRO) put on an information session and over 40 students showed up. If you're interested in learning more about studying abroad, as well as finding out what your options are - look up the IRO at www.unb.ca/international, or send an email: iro@unb.ca

24 months ago, the International Relations Office (IRO) came into being. Given the mandate to 'promote, support and coordinate all facets of internationalization on the UNBF campus,' the IRO has its work cut out. Focusing on UNB's internationalization, the IRO facilitates

student exchanges, develops innovative internationalized programs, and, above all, promotes the benefits of international education – of which Study Abroad is one.

Here's a tale from Peter Trusiak, one student who recently spent a term studying abroad:

Having never flown before, I must say that a trans-Atlantic flight was quite an experience in itself. Ironically, the only moment of anxiety came during my connection flight from Fredericton to Montreal, before even leaving Canada. It is here, aboard a tiny airplane in the middle of a furious snow storm, that I thought to myself, "maybe I won't miss this weather after all."

As it turned out, the plane landed adequately enough, and once I transferred onto a jet (about three times the size of the previous plane), it began to sink in that I was really going to England, the 'Mother Country.'

I don't know if I can accurately describe my first impressions of England, for the 'jet lag' had set in quite heavily by the time I landed at Heathrow, and I eventually made my way to Cambridge by train. All the stereotypical imagery was there: grey skies and gray buildings. I took small consolation in the fact that the cab driver hadn't told me off, as I was clearly behaving like an idiot, unable to handle a suitcase or perform basic motor skills like opening doors, etc.

Once recovered, I set out to explore Cambridge with some other international students that I met shortly after my not-so-triumphant arrival.

Everything about this place was exciting. The fact that most of the buildings predated the discovery of Canada by hundreds of years was a difficult concept for me to wrap my head around. Also, the fact that

there were more pubs on one street than in my entire hometown, Bathurst, was a delightful discovery to say the least. And of course, there was the novelty of being an 'international student' and receiving special treatment from the wonderful staff of Anglia Ruskin University during the first few days of school.

Studying in Cambridge was, in short, a blast. As a history student, I had the chance to study courses with more of a European perspective. I've also had the chance to visit places I'd only read about in books, like London, Paris and Amsterdam. Truly, this experience has served to wet my appetite for further travel.

I guess the only let down, I must say (as a sports fanatic), was the lack of hitting or physical contact in football (soccer). Football fans, however, seem like they could make mince meat out of most hockey players... at least hockey players from Toronto.

Finally, I have to say that this experience allowed me to reflect more strongly on what it means to be 'Canadian.' "Are you from America?" was the most frequently asked question in my travels, and I always ensured the inquirer that no apology was necessary. Indeed, it is hard to pin down a 'Canadian identity,' or to speak of 'Canadian values.' But for me, being Canadian means working hard, enjoying life, maintaining an open mind, and above all else, being polite.

And so, I would like to say that British hospitality was wonderful, that England is a great country, and that I will not forget it. And on a joking note - if people confused me for an American, then I hope they confused me for a polite one.

For more information about UNB's Student Abroad Program, visit www.unb.ca/international or contact iro@unb.ca.

Computer-based MCATs to replace written exams

by Jaskaran Singh
The Gateway
(University of Alberta)

EDMONTON (CUP) - Starting in 2007, the American Association of Medical Colleges (AAMC) will be administering the MCAT digitally.

The AAMC hopes that the new computer-based medium will make the task of writing the standardized Medical College Admission Test (MCAT) more achievable for students. The written MCAT spanned eight hours, whereas the new computer-based test will take five hours to complete.

The new MCAT can be written on 22 occasions throughout the year, instead of the two chances given under the old handwritten format, making more opportunities for those aspiring to be

in medicine programs.

But, with more opportunities to write the MCAT, there will also be the new problem of limited seating. Before, anyone who registered to write the MCAT at a specific date would be guaranteed a spot, but now students may have to book up to six months in advance to ensure a seat.

This also poses a geographic question for many people in smaller cities who wish to take the MCAT, said Matt Fidler, MCAT manager at Kaplan Test Prep and Admissions.

"Students in cities like St. John's or Sudbury should be aware that they will have to travel hundreds of kilometers to reach the nearest Prometric computer testing centre," he said. "[And] while previously, seat space was not an issue, students will now have to plan well ahead of time to make sure they secure a seat at a local testing centre."

It is a holistic approach." For Trudeau, that means having a completely healthy life, including her physical, mental, and spiritual health. She discussed different elements of her life that she had to change in order to best cope with her disorder. She had to give up junk food, wheat, drugs and alcohol, and some harmful friends. By figuring out what triggered manic or depressive episodes, Trudeau was able to help better control her illness.

Trudeau also spoke of how difficult it is to figure out which treatments work best; she described it as "a maze that you have to go through to get help."

Trudeau went on at length about the stigma that is attached to all mental illnesses. People are not made to feel inadequate about having diabetes or some other physical illness that requires constant treatment and monitoring. However, in society, people are often made to feel like less of a person when they have mental illnesses.

She explained: "it is ignorance. We need to be more educated about what is happening in people's brains."

Many people are still under the impression that mental problems can be cleared up if the victims just pick themselves up and dust themselves off and carry on with their lives.

According to Trudeau, because of this,

The changes will make it easier for the MCAT to be administered. According to two aspiring medical students, the adjustments are welcomed.

First-year student Laura Rivera felt confident about the new system.

"I'm told most of the time spent on administrative procedure, so I guess limited seating will make it easier for the people writing," she said.

"Five hours on a computer is better than eight hours writing. Either way, the MCAT is still no walk in the park, and I don't expect that switching it to a computer would make any difference."

Tomas L'abbe, another first-year student, agrees.

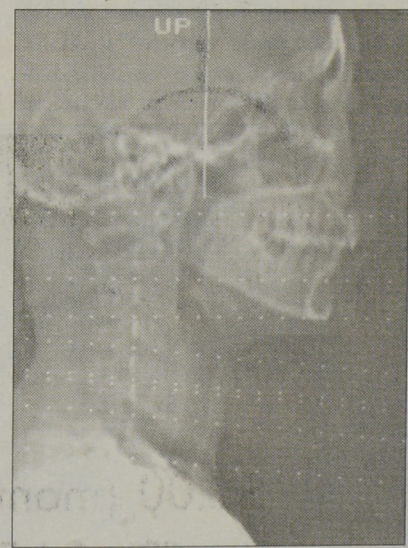
"Limited seating doesn't sound very fair, but I guess with 20 [more] chances it shouldn't be that big of a deal. Most people who take MCATs know well in advance anyway," he said.

"many people are suffering quietly. Only 30 per cent of people seek help," she said, for their problems. As a result, 15 per cent of suicides a year are due to bipolar disorder.

Trudeau tried to explain how the disorder has affected her life: at her address, she said, "I was filled with a lot of guilt and shame and regret."

Instead of hiding her illness, she has chosen to speak out about it - she talks about it as much as she can.

"It has released me to know that this is who I am," she concluded.



Internet

Sexual Assault Prevention 101

by Melissa Fulton

Would you know what to do if you or someone you knew was sexually assaulted? Most people don't think something like this could happen to them, especially in a small city like Fredericton. But everyone should know the basics of how to protect themselves against sexual assault.

Many sexual assaults are committed by slipping a sedative into someone's drink. Since many of us busy students unwind at bars and parties during the weekends, we're in situations where this could easily occur.

A variety of substances can be used to drug someone. They can be powders, pills, or liquids. These substances are commonly referred to as "date rape" drugs. Chloral hydrate ("Mickey Finns," hence "slipping someone a Mickey") has been a common substance used to commit sexual assault. Recently, many different substances are being used. The most common date rape drugs are flunitrazepam (Rohypnol) and gamma hydroxybutyrate (GHB). Rohypnol is also known as roofies, roachies, la rocha, forget pills, peanuts, whiteys, ropes, ro-shays, and Mexican Valium. GHB is also known as liquid ecstasy, liquid x, liquid c, scoop, soap, grievous bodily harm, G, and easy lay.

So, how can you protect yourself from getting slipped these drugs? Well, there are a few simple guidelines to help prevent consuming these substances. They may seem like common sense, but when we're partying and having a good time, we usually leave our common sense at the door. So please keep these in mind when you're bar hopping this weekend.

Never leave your drink unattended. Even if you were only gone for a few seconds, that's more than enough time for someone to pour something into your drink. I know alcohol's expensive, but just cough up some dough and buy a new drink.

Don't accept alcohol from someone you don't know. Just because they're at the same party as you doesn't mean they have the same intentions.

At bars, only accept drinks from the bartender or server, but watch them make it. There have been stories (from other cities) of bartenders being paid to slip in date-rape drugs.

At parties, don't accept drinks that are already opened. Make sure you watch your drink being opened and poured.

Look out for your friends and watch their behaviour. If your friend has only had a few sips of alcohol and is acting very drunk, stay with them and be prepared to get help in case they've been drugged.

There are a few symptoms you can look for in yourself and your friends if you suspect drugging. The symptoms are similar to the effects of alcohol, but tend to be more potent. So, if you are feeling way more drunk than you should be, send up a red flag. If you've been drugged, you may feel dizzy, confused, and lose coordination. You may suddenly feel drowsy and find it difficult to stay conscious. Sometimes date rape drugs can cause brief lapses in memory. If you find yourself feeling confused and you suspect you've been drugged, get to a safe place! Call a friend, family member, or the police. Depending on the type and amount of drug consumed, there could be serious health effects, so get to the hospital immediately!

If you want to report the incident, don't shower, douche, or change clothes, because doing so could destroy evidence. If you were sexually assaulted in your apartment or dorm room, don't straighten up until all the evidence has been collected by the police.

If you've been sexually assaulted and you don't know what to do, call someone who can help. The Fredericton Sexual Assault Crisis Centre and CHIMO both run crisis lines that can help with sexual assault, dating violence, or abuse. Both crisis lines are run 24 hours a day, 7 days a week.

Go out, have fun, and be safe!

CHIMO N.B.

1-800-667-5005

CHIMO Fredericton area

450-HELP

Fredericton Sexual Assault Crisis Line
454-0437

For more information on sexuality issues, drop by the Sexuality Centre in the SUB, Room 203. To ask questions, e-mail sexuality@unb.ca.



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For more information:

www.unb.ca/employment

Search "summer employment"



The Faculty of Business Administration UNB is pleased to announce

The 19th Annual Business Awards Dinner

Thursday, November 9, 2006

Delta Fredericton

Reception 5:30, Dinner 6:30

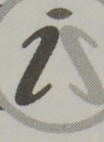
All friends of UNB's Faculty of Business Administration are invited to join us for this celebration as we recognize the achievements of our students - past and present. The Faculty will honour two alumni with Certificates of Achievement: Basil Hargrove and Andrew Steeves.

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