

THE REFLECTOR

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October 2, 2008

BRIEFS

As a \$700 billion bailout deal for broke banks failed to pass by American legislators, the global financial crisis hit new heights this week. World markets are plunging as credit dries up. Back home, a new report from the Canadian Bankers Association showed Albertans are increasingly falling behind on their mortgages — one of the fundamental reasons behind the Wall Street breakdown.

More than one million Canadians jammed a government website this week, hoping to be placed on the new Do-Not-Call List. Hundreds of thousands have already registered their phone numbers on the list.

A study from the University of Toronto says traffic accidents rise sharply on election days as people drive to cast their ballots. Researchers estimate that the Canadian election on Oct. 14 will lead to two or three more deaths and 70 to 80 more serious injuries than normal.

Refugees without borders

In camps, stateless masses face starvation, violence and disease

by **Rachel Maclean**
The Reflector

The white tents of the simulated refugee camp pop out from Olympic Plaza contrasting sharply with towering metal and glass structures surrounding them in the heart of downtown Calgary.

The green criss-crossed fences containing the “camp” bare images of starving children, the reality of overcrowded camps, and a blood red timeline tracking the last 37 years of suffering by describing conflict, hunger and disease around the world.

Lingering around the entrance, people of all backgrounds and ages line up to start their tour of what happens in a refugee camp as described by the doctors, nurses and logisticians of Médecins Sans Frontières/Doctors Without Borders (MSF). They are all wearing T-shirts that announce 42 million people have been uprooted from war.

Kevin Barlow, a registered nurse for MSF, starts the tour by asking if anyone knows what a refugee is. After a few comments from the gathered crowd, he explains it is any person that has been displaced over a border because of economic, political, disease, famine, war or religion. Barlow also explained there are internally displaced people (IDP) who are also driven out of their homes, but have not crossed a border.

“Right now we are at a border of a refugee camp,” Barlow said. “Countries that are wartorn have a lot of borders.”

Stepping through the gates, Barlow continues to explain that in 1951 the Geneva Convention declared that countries had an obligation to protect refugees. He asks if we had to leave our home to be a refugee what would we take.

“I’ve had some high school groups come through here that said they would grab their cellphones and iPods,” said Barlow. “I told them in Eastern Europe people did have to go from an environment where they had riches, so it isn’t that distant from you and I.”



Photos by Rachel Maclean

Kevin Barlow, a registered nurse with Médecins Sans Frontières, conducts a tour of a simulated refugee camp set up in Olympic Plaza. Below: Conditions are desperate in refugee camps around the world.

The first stop is at three small tents that are the typical set-up for refugees to take shelter in. With problems of malaria and other diseases with being vulnerable to the outdoor weather and exposure the tents barely hold up. In refugee camps, large families or groups of people are required to sleep in one crowded tent. On the ground is the one bar of soap that is designated for the tent,

which everyone has to share.

Next, the tour moves to see what rations are delivered to refugees, hopefully once a month. There is rice, beans, oil, salt and sugar that are donated through the World Food Program and distributed by non-governmental organizations (NGOs).

“People can really get sick of the food,” said Barlow. “It is the same thing every day.”

Barlow explains, as we head over to the mock setup of a water station, another problem in concentrated living is water supplies can be contaminated. The water is chlorinated to sanitize and is rationed out, with many people standing in line just to get some.

“Arriving in a refugee camp you get five litres,” said Barlow. “That’s what we flush down the toilet in one flush here.”

Barlow said North Americans on average use over 200 litres of water a day.

Beside the water station there is a booth that displays artwork of displaced children showing violence and suffering.

“I notice that the accuracy of the AK-47s are out of proportion to the picture,” said Barlow.

In many countries people carrying AK-47s are like us carrying cell phones.

Kevin Barlow

“In many countries people carrying AK-47s are like us carrying cellphones.

“They shoot at people, threaten people, and celebrate a wedding by shooting their guns. One area I was in when you were having a conversation you would just duck and keep talking.”

Barlow then moves towards the medical tent, which he is very familiar with.

He explains issues in the camps are very different to what nurses see in Canada: gun or machete wounds, unfamiliar diseases, rape and STDs.

See REFUGEE pg. 4



Stephen vs. Stéphane

Harper and Dion visited Calgary recently – here’s what they were talking about

Make no mistake, Canada is on track because our government has an economic plan, and is following it. A plan built on lower taxes and less debt.

Stephen Harper

No Canadian should be deprived to have the cure that they need because of the size of their wallet.

Stéphane Dion

The last thing the Alberta economy needs is a carbon tax that would do untold damage to the province’s energy sector. We’ve been down that road before.

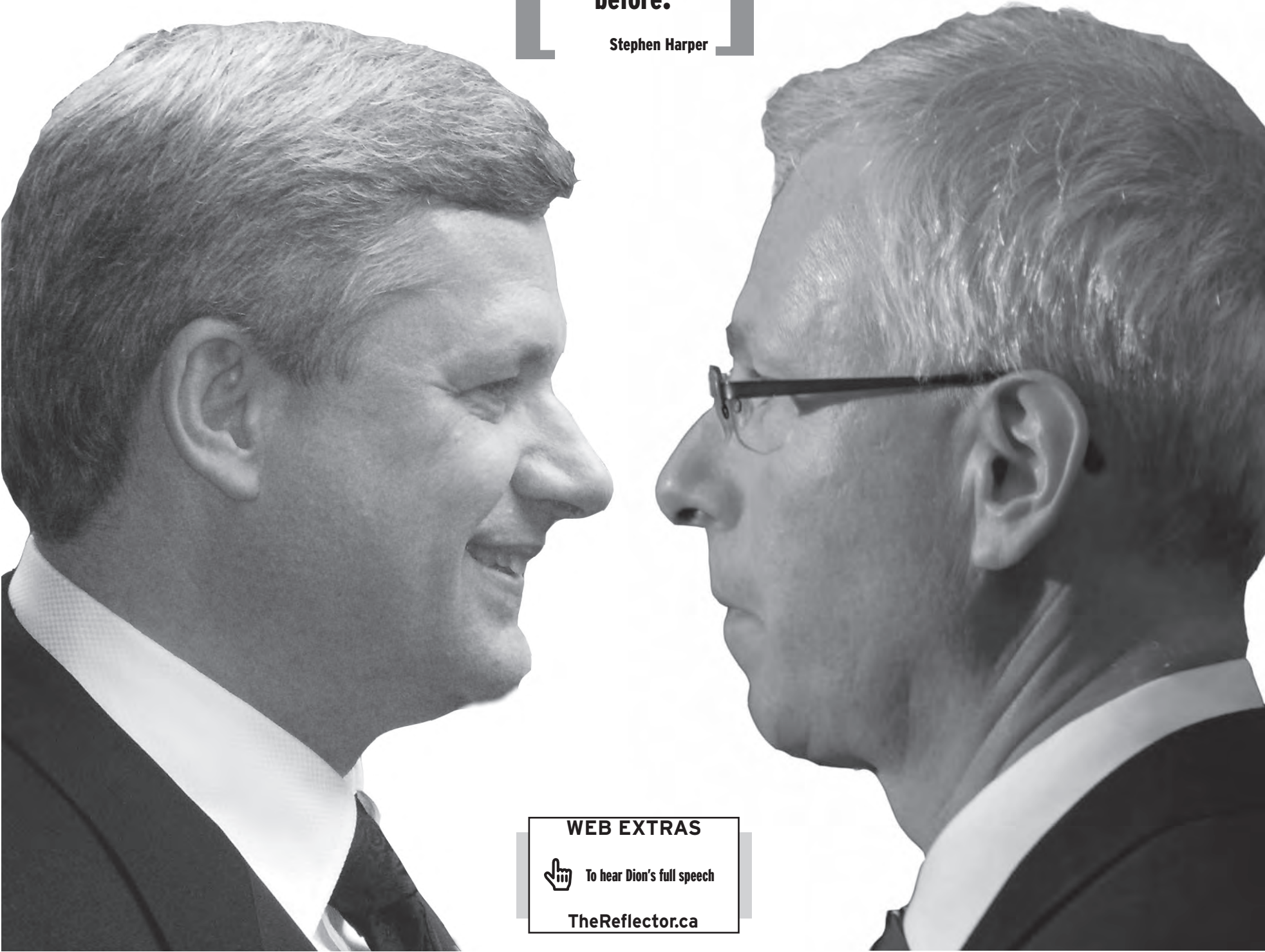
Stephen Harper

I think Mr. Harper is an imprudent man, taking risks for his ideology.

Stéphane Dion

More than just an energy provider, Canada must be a clean energy superpower.

Stephen Harper



WEB EXTRAS



To hear Dion’s full speech

TheReflector.ca

Students: Here’s how to vote

Who can vote?

Voters must be Canadian citizens, 18 years of age or older on Oct. 14, and be able to provide proof of identity and address. There are new rules for voting; you now have to show identification/ or proof of address when voting. (For example, a driver’s licence and phone bill.)

How can I vote?

- At the advance poll established for your polling division on Oct. 3, Oct. 4 or Oct. 6
- Using a special ballot, whether by mail or at the local Elections Canada office
- On election day, Tuesday, October 14, 2008, at your polling station
- By mail, from anywhere

Can I vote at college if I’m away from home?

Your place of ordinary residence may be the place where you are living while you are attending school. If you decide that your place of ordinary residence is your address while not attending school (such as your family’s address), you may vote at the advance polls in that electoral district or register and vote by special ballot.

I don’t have time to vote!

All employees who are eligible to vote are entitled to three consecutive hours during voting hours on election day, or schedule to make sure you have three hours to vote.

For more information, visit www.elections.ca

REFUGEE from pg. 4

“People come and tell us their personal symptoms, but behind them there are people waiting, and pushing in line,” said Barlow. “We just treat the symptoms, there is not enough time to heal people.”

A major problem is cholera. As the tour moves into the “cholera area,” Barlow demonstrates how they spray people down and treat people. People suffering from cholera have profuse

watery diarrhea, vomiting and leg cramps.

“Cholera isn’t the biggest issue in Canada,” said Barlow. “In a refugee camp when people are malnourished, with a lack of good health care, and tight living conditions, it can spread through the whole camp.”

After leaving the cholera area we head over to an area set up to treat malnourished children. When starving kids come in they are weighed to determine what treatment is needed.

“When kids come in with malnutrition they look disgusting,” said Barlow. “They look like they are dead.”

A woman in the tour asks Barlow why do mothers continue to have babies when they can’t feed them.

“I think all guys over there should be castrated,” she said. “Do you ever feel like these people should just be allowed to just die?”

Barlow explains in many cultures woman do not have the

power to not have children. He also believes people in refugee camps have a unique spirit and they should be fought for. As a MSF nurse, Barlow has been in refugee camps across Bangladesh and Darfur. He said being in overcrowded refugee camps have made him feel detached.

“You get used to it, and it just becomes another day,” he said. “But every once in a while something really hits you emotionally.”

The tour wraps up, but Barlow said there were many Calgarians coming down to check it out. He had even given a tour to a group of MSF donors from Calgary who are really interested in not only supporting them financially, but are looking for solutions.

“We saw the whole spectrum who were interested: homeless people, people who worked for NGOs or in camps, students, teachers, families,” said Barlow.

One member of the tour, Stephen F. Sit, used to work for the British Red Cross in Vietnam in 1978. He helped organize refugee camps to help people who were displaced after the Vietnam War. Over one million refugees fled Vietnam, Cambodia and Laos in tiny overcrowded ships and were dubbed the “boat people.”

“I remember floods of people in tattered boats, and we had little time to setup refugee camps to contain them,” said Sit.

The MSF camp project called “A Refugee Camp in the Heart of the City” saw over 3,000 people come through the gates in Calgary. The project has been touring Canada and made stops in Winnipeg, Edmonton, Calgary and Vancouver. The goal of the project is to raise awareness about refugee camps and the struggles that 42 million people face today.

Letter to the editor

Re: “Parking crisis hits students,” Sept. 18

It is embarrassing that students here feel that parking is such a high priority. Driving is non-essential and expensive, so to complain about the cost or availability of parking while living at home and commuting is ridiculous.

Transit is a viable option at Mount Royal, especially if you have had the foresight to choose your living arrangements properly. The point of being a student is to take charge of yourself and create an environment that works for you.

Over the past four years I have never had a problem finding shared housing more than a 15-minute commute to school on transit and have paid for my housing, food and tuition without going into debt or taking money from my parents.

No university caters to students that wish to live at home and drive to school, aside from the University of Calgary, which receives poor ratings from these students because they are generally unhappy with their post-secondary experience.

Compare that to a place like Queen’s University (whose students rate their school very highly and almost none of whom are actually from Kingston), and you may begin to understand that it is the school’s job to provide the best education they can for the least they can and not waste money pandering to our generation’s laziness.

—Fraser Hogg

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- ✓ Bring your Campus Card to get in.
- ✓ Our flexible hours will fit into your busy schedule.



Controversial election leads to arbitration

Results could be overturned; students may face new vote

by **Jeremy Nolais**
Publishing Editor

A series of appeals launched against the Students' Association of Mount Royal College regarding last year's executive council election are under arbitration to determine a resolution.

The appeals call into question a number of decisions made during last year's campaign, which saw two candidates disqualified and another fined \$1,000 over a Facebook group created by former executive Tami Rothery. The group endorsed four candidates, labelling them "the dream team," and was deemed to represent a slate of candidates, something that is prohibited under the Students' Association election bylaws.

Rothery said the appeals were submitted within the 72-hour deadline at the time of the elections in March and it has taken six months to prepare and negotiate a review of the appeals.

"During last year's election, the policies of the Association were not followed, and in some cases were blatantly disregarded," Rothery said in a statement. "This resulted in a series of unfair decisions being made that compromised the credibility of the electoral process and affected the election results. This was not only unfair

to the students involved in the election, but to the student body as a whole."

SA VP external Matt Koczur, who himself was fined \$1,000 for his involvement, said that under section 4.2 of their appeal board policy, strict confidentiality will be maintained by the SA regarding the nature of unresolved appeals and identities of the appellants.

Koczur reassured the arbitration process would not interfere with normal operations of the Students' Association.

Travis McIntosh was disqualified from the SA presidential race and had up to 423 votes rejected, just four shy of current president Jeff Agnew's winning total.

McIntosh said he is hopeful about the arbitration's outcome.

"I would hope that the arbiter would see the overall effect that this election outcome has had on the students involved as well as its long-run effects that ignorance of such issues would have on future elections and on the optics of the association in general," McIntosh said.

"I would hope that such arbitration would bring about a review of electoral policies within the Students' Association, and bring to light other policy issues and administrative issues within the association that require review and revision.

When asked if he would consider running for president again, McIntosh responded, "I am still in the process of running for president from last semester."

Rothery said a byelection is possible if the arbiters find

the decisions made in last year's election were not in accordance with established policy.

A decision from the arbitration process is expected within a few weeks.

Text termination

Lapdogs, liberals, and chicken

PASS or FAIL?



by **Jeremy Nolais**
Publishing Editor

First off, California Governor Arnold Schwarzenegger failed big time when he officially terminated texting on cell phones while driving in California, but in all his wisdom decided to veto a bill that would ban drivers from having pets on their laps. That makes sense because having a dog lick your face while you merge is definitely safer than sending a message to your BFF.

■A slight pass for Liberal Leader Stéphane Dion after he made a brief campaign stop in our fair town. Unfortunately it was the same day the Liberal Party unveiled their bogus platform, promising billions of imaginary dollars for everything from farming to the arts. It seems Dion has resorted to a play right out of the guide on running for junior high school council: Promise you'll extend recess and get rid of math class and the votes will pour in.

■Keeping with politics, Conservative Leader Stephen Harper fails badly after telling reporters aboard his campaign plane that he doesn't watch Canadian news very often and instead is learning a great deal from the U.S. presidential election. Wow, you know it's bad

when even the prime minister finds Canadian politics boring.

■On campus, MRC's parking services department fail for having no plan to fix the dreadful parking crisis. That's okay; I'll just use my U-Pass and ride Calgary Transit, which is so well developed in the southwest. Oh, wait . . .

■Japan gets a pass for putting forth nearly \$10 billion to build the world's first space elevator. The lift would travel at lightning-fast speeds and carry passengers 35,000 kilometres into orbit. Yes it's expensive and the technology is still 20 years away but just imagine how cool it would be one day to have an overhead intercom come on and say "34th floor, Neptune."

■Staying in the cosmos, a pass in principle goes to China for having successfully completed their first spacewalk. Unfortunately it was revealed that the official sponsor and milk supplier of the space program is Sanlu, the company responsible for making more than 50,000 Chinese babies ill after adding melamine to their products. Maybe the country should adopt a new slogan "one small step for mankind, one giant leap backwards for human rights and product standards."

■U.S. fast food chain Potbelly Sandwich Works fails for charging a customer \$858,432.06 for a chicken salad sandwich rather than the listed \$4.23. What's scarier, the possibility that this could happen to anyone or the fact that a popular food company is really called Potbelly?

■The U.S. Congress and government administration are on the receiving end of a pass after finally agreeing on the details of the \$700 billion bailout plan for the U.S. financial market, which was eventually shot down by the house in a close vote. The old-timer politicians involved in the negotiations worked into the wee hours to hammer out the proposal. Incredibly not one of them took a break to catch the nightly rerun of Matlock.

■Finally and most ridiculously, PETA gets a big fat F for sending a letter to U.S. ice cream giant Ben & Jerry's urging the company to switch over to human breast milk. Just imagine what the manufacturing process would entail!

Send your own pass or fail? candidates to publishingeditor@thereflector.ca



File photo

Former presidential candidates Travis McIntosh and Scott DesBrisay debate this spring.

EXPOSURE



Photo by Josh Naud

A boy on the trail back from Annapurna, Nepal. The kids ask for candy, or "sweets," in exchange for a picture.

THE REFLECTOR

October 2, 2008

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Cover by James Paton

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The Reflector welcomes newsworthy submissions from all students and community members. While the right of editorial comment is reserved for editors of The Reflector, opinion pieces may be submitted as letters to the editor, and may be published on the editorial page as such. The Reflector reserves the right not to publish submissions deemed by the Publishing Editor to be offensive.

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Wyckham House Main Stage

Conservative

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votelee.ca



Liberal
www.liberal.ca

Heesung Kim
hkim.ca



NDP

Tyler Kinch
whoiskinch.ca



green
PARTY OF CANADA

Natalie Odd
natalieodd.ca



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OCTOBER 14 FEDERAL ELECTION

VOTE ON TUESDAY OCTOBER 14, 2008

Poll No. 177 will be located on the concourse in Recreation.

7:30 am – 7:30 pm

ADVANCED VOTING TAKES PLACE ON:

Friday, October 3, 2008

Saturday, October 4, 2008

Monday, October 6, 2008

Poll No. 608 will be located in the Wyckham House
Student Centre in Old Council Chambers on the 2nd floor.

12:00 pm – 8:00 pm

Don't miss out! Your vote counts

Go to www.elections.ca for more information, or contact one of your student executives in room Z222 in Wyckham House.



Who's who in the political zoo?

Test your knowledge of key political players

by **Katie Turner**
Features Editor

With federal elections quickly approaching in both Canada and the United States, we at The Reflector decided to see how many current politicians the average MRC student could identify.

Fifty innocent, randomly chosen students in Wyckham House and the Liberty Lounge were shown photos of eight Canadian and

American politicians. They were asked to write down the politico's first and last name as well as the party they represent.

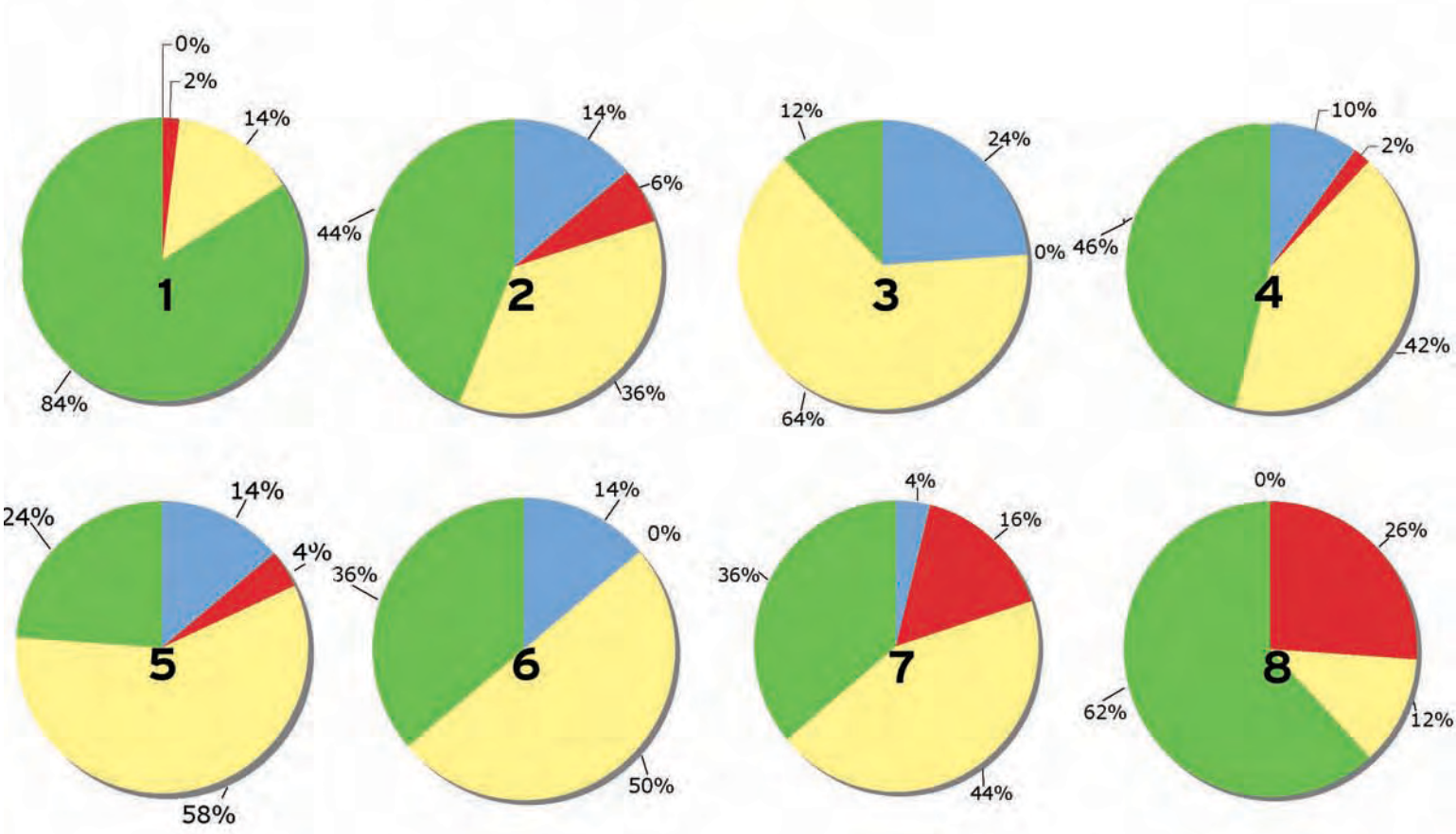
Some knew the politician's name,

others knew the party they represented. A few knew both their name and party, while others had no idea who anyone was.

Below are the photos the students were shown as well as the results of the survey.

Take the test to see if you can identify the current major players in the political world and then see how you stack up against your fellow scholars.

The answers are upside down on the bottom of the page.



- Green**—Students knew neither politician's name, nor their political party.
- Yellow**—Students knew both the politician's name and the political party they represent.
- Red**—Students knew only the political party that the politician represented.
- Blue**—Students knew politician's name only.

- 1. Joe Biden- Democrat
- 2. Stéphane Dion- Liberal
- 3. Barack Obama- Democrat
- 4. Sarah Palin- Republican
- 5. Stephen Harper- Conservative
- 6. John McCain- Republican
- 7. Jack Layton- NDP
- 8. Elizabeth May- Green Party

FEATURES

FEATURES EDITOR:
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October 2, 2008

QUICK QUIPS

"Politics would be a helluva good business if it weren't for the goddamned people.
-Richard Nixon

"If you worried about falling off the bike, you'd never get on.
-Lance Armstrong

"Everything I do is the environment.
-Arthur Boyd

"Being powerful is like being a lady. If you have to tell people you are, you aren't.
-Margaret Thatcher

Riding the green wave

Cycling trio treks west to raise environmental awareness

by **Katie Turner**
Features Editor

Biking 2,000 kilometres would be difficult for anyone, but for Mount Royal student Eily Sweeney, cycling from Calgary to Victoria this summer was more than just a physical challenge.

To draw attention to the ever-growing environmental issues facing the world, 22-year-old Sweeney decided to cycle to the west coast in a tour she named Ride the Wave.

“Basically it’s a bike tour to inspire young people through first-hand experience of Canadian environmental initiatives to get involved in the critical sustainable action of their own local communities,” she explained.

The now second-year university transfer student began planning for the excursion in May, shortly after exams, but said her passion for the environment began long ago.

“I have a deep value for nature and when I see what’s happening in the world, when I see a development across the road from my house . . . I really am uplifted to do something about it,” said Sweeney.

Shortly after coming to college, Sweeney joined Sustainable MRC and her passion continued to grow as she saw “the potential of youth involvement.”

“That was sort of the point when I felt that I finally could make a difference and it was that sense of fulfillment that I’m doing the most work that I can through my own campus,” she said.

The concept of Ride the Wave

came to Sweeney while she was training for a triathlon. She approached her friend and fellow MRC student Alex Meyer, 23, and he gladly agreed to make the journey with her.

After over a month of planning, Sweeney was able to find sponsorship and raise \$5,000 to fund the trip and create a website.

The Ride the Wave duo put foot to bike pedal on June 21 and after 54 demanding days ended up in Victoria on Aug. 18.

“We were cycling the whole time and we were boycotting any use of cars,” Sweeney said.

Along the way the two stopped at 23 sustainable initiatives focused on intentional communities and green building.

In addition to the environmental pit stops, Sweeney and Meyer spent three days at the Yasodhara Ashram, along Kootenay Lake, doing karma yoga, explained Sweeney.

At the Ashram, they met 26-year-old Mandi Walters, on her own personal bike tour from Spokane, Wash., who decided to join the Ride the Wave team for the remaining half of the trip.

“Having Alex with me and having three people, it was fabulous . . . cycling 2,000 kilometres by myself would not have been fun,” she said.

After the three finally made it to Victoria, Sweeney said they all realized how much they had learned along the way.

“It’s not just a bike ride, it’s not just physically demanding . . . I grew spiritually, physically, emotionally, in every way,” she said.



Photos courtesy Eily Sweeney

Alex Meyer weaves his way through the mountains during the 2,000 km trek to Victoria.

Seeing the numerous sustainable communities was a complete contrast from the hectic lifestyle of Calgarians, added Meyer.

“It really gave me a wonderful perspective on other ways of life,” he said. “It changed me.”

While summer is still months

away, plans for Ride the Wave 2009 are already in the works, said Sweeney.

“Why I know this works is I see Alex and I see Mandi and I see how they’ve changed over this trip and how they’ve changed through connecting with people along the way,” said Sweeney.

Anyone interested in contributing to environmental awareness, Sweeney encourages to check out Sustainable MRC to make a change at the community level.

“It is the youth that’s going to push things through . . . we have the power to do something.”

Reflect this!

Dear guy that I met a year ago and now see EVERYDAY. I don't remember your name so if you could mention it next time I bump into you that would be great.
-Forgetful friend

Hey Pol Sci teacher, stop pacing and make your fucking point!
-Irritated scholar

Why can Mount Royal College afford a \$14 million expansion on Wyckham House but can't afford two-ply toilet paper? My ass is chapped.
-Chapped ass

Hey Apex Credit Union! Fix the God-damned cash machine by the lib!
-Debit-using drinker

Quit checking me out, checking you out you asshole and ask me out!
-Leo libra girl

To the girl in the yellow tights: I want your yellow tights and I will take them.
-That skinny bitch

Who wants a moustache ride?
-Guy attempting to grow a stache

We’re introducing a new way for our readers to send messages to their friends via The Reflector. Bring in your submissions to the Reflector office in the basement of Wyckham House, or email them to featureseditor@thereflector.ca. Submissions must include your name, ID number, and phone number. Any submissions judged to be sexist, racist, homophobic or attacks of a personal nature will not be printed.

Words of Inspiration

For me, acceptance is the act of letting a person or situation be. Acceptance, though it implies “allowing,” is still an active state. By allowing, I’m not suggesting that we enable inappropriate behaviour. I’m simply suggesting acceptance in terms of being in a conscious state of non-resistance. The intention of this article is to outline acceptance as one of the modalities of awakened living, and how it applies to our everyday lives.

In the space of acceptance, creativity can be born. New ideas come to life and energy within and with others shifts into peace. We drop the resistance to a person or a situation, that we may feel, “shouldn’t be that way.” Why shouldn’t it? Why not accept a person or situation the way it is?

To explore what acceptance really means, let’s examine the opposite of acceptance, resistance.

Have you ever been in a situation and thought, “this is not happening to me,” but it clearly is happening? The voice, “this isn’t happening” is your ego’s resistance to what is happening in the now.

When we have inner-resistance to a person or

situation, we ultimately are creating suffering for others and ourselves. By resisting, we are actually building more of the behaviour that we don’t like. By allowing the “other” to be the way that they are, a shift occurs in the energy vibration and the “other” will change naturally. This also changes the frequency of the energy between people, thus allowing for a more peaceful co-existence.

Acceptance is vital. One way to assist you with acceptance is to try to find something about the situation or person that you can be grateful for. Gratitude can also help you to attract more of the qualities that you do appreciate. Also, by being grateful, you may find that you are becoming more joyful. Acceptance, enjoyment and gratitude are modalities, which will help serve to inspire your life. Be grateful for your life, even the stuff you don’t understand right now. And if you cannot, at least being in a state of acceptance will allow you to have inner and outer peace.

—by Julie Turner, BA -Psychology student and Clairvoyant Energy Healer
www.juliespiritualhealer.com

Hitting the pavement for AIDS

Infection rates skyrocketing across province

by Rachel Maclean
The Reflector

In an effort to draw attention to a disease that is shaking the entire world and is on the rise in Calgary and the rest of Alberta, walkers took to the streets.

Over 400 people took part in the AIDS Walk for Life on Sept. 21 to fight a negative stigma and raise awareness for HIV/AIDS.

The reported new cases of HIV across Alberta increased 29 per cent from 2005 to 2007, with 43.8 per cent of the new cases in 2007 in Calgary and 38.9 in Edmonton.

“Calgary is higher than it has been,” said Capri Rasmussen of AIDS Calgary. “When we look at the risk activities — the groups that are more impacted through sexual activity or sharing of needles — we have seen a general increase in all areas.”

With hundreds of feet hitting the pavement at Eau Claire Market, Rasmussen hopes that people are aware that HIV still poses a serious threat locally. She said the walk was to not only create awareness, but to fight discrimination that surrounds the disease.

“It was a fantastic day,” she said. “There was a lot of good energy, and a lot of people committed to the cause, and committed to issues around stigma and discrimination, which really impacts how difficult it is for people to get



Photo courtesy AIDS Calgary

Over 400 people turned up to Eau Claire Market to participate in the AIDS Walk for Life on Sept. 21. The event intends to raise awareness about rising infection rates.

tested and supported when they discover they have it.”

Rasmussen finds the issues of HIV/AIDS seem to be less on the forefront than in the past, and people get “fatigued” and overloaded with messages of safer sex.

“Some of the issue is that HIV

— when you look at the history of diseases — is a new disease in a sense, we coined the term 25 years ago,” said Rasmussen. “And people who are now coming into the age of sexual activity didn’t grow up with the crisis that HIV was. We heard a lot about the severe situation in

the ’80s.”

One challenge is the negative stigma of the disease that leads people to steer away from testing, or if they have HIV getting the proper support, explained Rasmussen. For the last 25 years AIDS Calgary has been working to provide

education, support, and advocacy all free of charge.

“It’s working to engage this new generation in understanding that HIV still is a very serious issue even though the medications allow people to live longer and more manageable, but it is still a significant issue.”

Rasmussen believes another issue is that our world is now more global with more people travelling and moving. She hopes people will fight the discrimination, practice safer sex, communicate with partners, know their HIV status and get proper treatment if needed.

“HIV is an issue in all countries and places. People need to be concerned locally, nationally and internationally,” she said.

AIDS Calgary recommends people get tested at the STD clinic at its new location at the Sheldon M. Chumir Centre located on the fifth floor of 1213 4th St. S.W. Health education co-ordinator at Mount Royal, Sharmene Brewer, said students could also receive testing at Health Services at the Encana Wellness Centre on campus. She said if someone is HIV positive they then send him or her to AIDS Calgary for advice and support.

WEB EXTRAS



For info and support

TheReflector.ca

Sex and politics

Rampant discrimination against women may be gone but barriers still exist

JAUNTY JEZEBEL



by Selina Renfrow
Sex Columnist

What words come to mind when you think of Hillary Clinton? How about Sarah Palin? What do you think of when hear about Belinda Stronach? Margaret Thatcher?

If the words bitch, lesbian, sexy librarian, porn star, whore and iron lady come to mind you should definitely blush. But feel a little bit reassured that you are not the only one to think so.

The question should be why do these hurtful labels come so easily when thinking about prominent female politicians? Do any of them truly describe the women above? Are they merely two-dimensional figures not worth of any respect?

These women have become successful at different levels in

the political and business world. The road wasn’t easy for them, but through their intelligence and drive they made it and some are still striving to aim higher.

Women face a number of barriers entering the political world still dominated by men. In Canada it’s difficult for women in the provincial and federal spheres of government to travel from their homes, whether it be to the provincial capital or Ottawa.

Few women with families would like to leave them behind and few men would want to maintain that kind of long-distance relationship. It’s far more likely to see single, divorced or widowed women in politics than single, divorced or widowed men.

The whole structure of parliament favours qualities men thrive in. “It includes things that are very competitive and adversarial,” explained Lori Williams, a political science instructor at Mount Royal College. “Question period is about getting the other person and many women just can’t

stand it. They don’t like it and in order to be heard they have to speak louder, they pitch their voice higher then they get called shrill.”

And it’s not just the system; it’s the press who make it even tougher on women by judging them by a gendered double standard.

Any misstep made by a female politician has an added bit of sexism and personal derogatory comments. The CBC recently apologized for posting a column online by Heather Mallick, an award winning freelance writer. In the column Mallick wrote that Palin was chosen to appeal to the “rural,” “white trash” and “unlettered” Republican Party base. She also described Palin’s appearance as a porn actress (they act?). Readers complained to the CBC ombudsman about the vicious personal attack and in response CBC not only apologized but put new editing procedures in place to ensure that such an unfounded personal attack does not make it on CBC’s website again.

I’ll be the first to admit that I

don’t like Palin and combined with what’s been said about her I also have to admit that the image of a sexy librarian in low-budget porn comes to mind when I think of her appearance. It’s not fair, but hey those are my thoughts.

I also remember thinking how vicious it was when MP Stronach was called a whore for crossing the floor. What made the press’ reaction over Stronach’s move even more ludicrous was that there were relatively no comments made when David Emerson crossed the floor soon after being elected as a Liberal MP in British Columbia.

I’m not here to complain about how hard women are done by. It is quite possible for women to succeed in politics. Look up the names Madeline Albright, Margaret Thatcher, Golda Meir, Indira Gandhi and Angela Merkel if you don’t know them already. The obstacles women face are subtle, the double-standard obvious. Things are changing. The glass ceiling has cracks in it.

“It does get more and more easier when more people walk

the path, they make the path a little bit easier for people like them to walk,” explained Williams. Hopefully the next time around we’ll see more people like Hillary Clinton, even Sarah Palin or Green Party Leader Elizabeth May, in both elections.

In response to some of the comments I received from my last column, I wanted to point out that the current site of the STD clinic will be closing soon and moving to the Sheldon Chumir location on 4th Street S.W. Visit calgaryhealthregion.ca.

Females under 20 can be tested at the Family Planning Clinic on 7th Avenue, right next to the City Hall C-train platform. An appointment is not required at the STD clinic. Once, again thanks for your feedback. Comments, questions or ideas, e-mail me at

WEB EXTRAS



For sex column feedback

TheReflector.ca

New kids on the block

Fitting in when you feel like a foreigner

by **Gabrielle Domanski**
The Reflector

It's almost the end of September and despite the fact that classes started a while ago, I'm guessing there might still be a few of you out there who are still contemplating their friend situation (or lack thereof).

I fondly look back at my first year of college but am not quick to forget how lonely I felt for the first few weeks, and how

daunting it was to be the "new kid" again.

As I start classes (yes I just started on the 22nd) here in England, I am suddenly ushered back to the overwhelming task to meet new people and start friendships from scratch.

It may just be nostalgia, but I thought I would write a little article to float over some tips on how to meet people in a new school, and for all my kindred-spirits, prove you are not alone

in your timidity.

Having spoken with a couple of other exchange students, one is quick to realize that you are in the same boat.

"Maybe you're uncomfortable talking to people, but in the end it is important to overcome boundaries," Sandra Ringeling, 19, said.

An exchange student from the Netherlands, Ringeling admits that it takes her a while to open up to new people.

That is the first step to making a friend, understanding that because it is the beginning of the year, and for some the beginning of post-secondary education all together, most people don't know anyone and are just as eager as you to find people to hang out with. What's the worst thing that can happen? Go ahead, ignore the advice your parents gave you when you were young, and talk to strangers. At the beginning of every school year there are usually a range of events put on by the Students'

Association, specifically in place to aid you in your quest for friends.

Be keen and participate in what your school has to offer, at least for the first few weeks. Orientation sessions are great ways to meet people and joining clubs or teams helps you narrow it down to those with common interests.

Despite how cliché it might be, I personally find it easier to meet people at the student bar

Maybe you're uncomfortable talking to people, but in the end it is important to overcome boundaries.

when everyone is there to have a great time and is usually at their friendliest.

"Talk to people you normally wouldn't (talk to)," said 20-year-old Colin van Hoek, another Dutch exchange student.

For someone as outgoing as van Hoek, it's easier said than done, but he makes a valid point.

You might be so used to your tight-knit group of friends where you have tons in common and can do everything together, but in coming into the post-secondary world, one must remember to keep an open mind.

College teaches you how to function in the adult world where you are presented with all kinds of different people and situations.

The most useful advice I can give is to talk to everyone, even those people who you would never think to talk to in a million years. Who knows, that polar opposite might just turn out to be your new BFF.

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ARTS EDITOR:
Kimberley Jev
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October 2, 2008

HOT SPOTS

Celebrate Hip Hop at the Slammen-berry Jam Urban Arts Festival, tickets are going quick. Oct. 1- Oct. 11, Orpheus Theatre/ Studio Theatre, Vertigo/Aux Gym. All shows start at 8 p.m. (\$20 - \$25) at Ticketmaster.

Art Panel at the Art Gallery Of Calgary will be investigating the issue of identity through the lens of three artists. Examining our beliefs of who we are as individuals and as a community. All through October at The Art Gallery of Calgary, 117-8 Ave. S.W.

Kick up your heels and enjoy Snowflake, the slapstick comedy influenced by Charlie Chaplin, Jacques Tati, and Rowan Atkinson at the Vertigo Theatre, Oct. 24 - 26.

Enlightened artists take over the city at WordFest. Vertigo Theatre Playhouse, Oct. 2 at 7.30 p.m. to 9.00 p.m.



Photo by Randy Gibson

The Reverend Reno and Noah York City celebrate good times at the HiFi Club, where they spin once a month.

C'est Dangereux: so dangerous

by Selina Renfrow
The Reflector

The Calgary duo, known collectively as C'est Dangereux, is back together after almost a three-year hiatus. They have infiltrated Calgary's club scene, bringing with them cowbells and piñatas, party hats and cake. If you haven't heard, it's time to listen up. There's a dance floor waiting for your feet and two DJs ready to party it up.

Those DJs, Noah York and "Reno" Muenz, met eight years ago through a mutual friend. To break the ice, they discussed their tastes in music which ranged from "90s club and old R&B to metal and punk rock, then gangsta rap and everything in between," explained York.

Inspired by seeing the Rapture live at Coachella Music Festival five years ago, the pair made the decision to bring a mix of dance music and rock to Calgary's dance floors.

"We started a night at a really shitty bar, with a really shitty set up, called the Point on 17th," recalled Muenz. "Kids would come down and we would play music on a record player, not even a turntable, a Discman, a borrowed mixer, a mini disc player and a microphone."

Paid in Budweiser, they played a crowd that can only be politically-correctly described

as eclectic. And small.

"The vibe that we wanted to create with a night was always like what we had at the Point even though it wasn't very busy," said York. "One thing that I really appreciate is that even if we have really small dead shows, everyone seems to be really supportive and into the music ... to get five people to dance is way harder than getting a whole bunch of people to dance."

Over the years, despite being apart for a while, the two continued to work together when they could and collaborate with other musicians and DJs. Recently, York produced a single for You Say Party! We Say Die!'s remix album *Remix's Cube*.

"They gave me all the layers to the tracks and then I just kind of re-sequenced it, added my own thing," explained York. The single, *Midnight Snake*, is available on their limited edition CD and on iTunes. "I'm really happy about that, honest. It's a good way to bridge up because You Say Party! We Say Die!, they're well-known worldwide now."

After leaving the Point years ago, Pete Emes and Mike Grimes invited them to come to their new club, the HiFi. Over the years they have remained loyal to Emes and Grimes, also known as the Small Town DJs, even rapping for them while

wearing suits when they played at the Night Gallery.

"You'll never see that again, so it's shame if you missed it," said York. And it's not just because the Night Gallery is now closed.

"You can only break so many girls' hearts," explained Muenz.

The back and forth exchange between the two friends gives a glimpse at how well their creative abilities and personalities go together.

"We have a good dynamic together, me and Noah," explained Muenz. "Noah is kind of the mastermind on the music end and then I love music. We have different tastes and the same tastes but I'm really good at dealing with people."

"Emotions, creating hype," added York.

"Dealing with people, making a scene, hootin' and hollerin'," continued Muenz. "So it works perfect; you have two parts of one personality that are composed to make a super person."

They bring this dynamic to Celebrity Hot Tub Wednesday nights at the Palomino and back to the HiFi once a month for their show *Caked Up*. Following the goal of fusing together different styles of music, *Caked Up* pairs the two with live bands.

"I have such a huge respect for live music," said York. "It's not like I have no respect for the

electronic music scene, I like that. I love it all but I really like the chance with other musicians. We've done one with Shout Out Out and [we're] doing one with You Say Party! We Say Die! ... I don't really like the whole vibe when a band plays and you just go home. That's the kind of downfall when you go see live shows ... now what? Now it's like 'now what' is we dance party."

They never knew that DJ-ing would end up being their lives. They didn't have a dream when it began five years ago at the Point. It progressed through ups and downs, pauses for life to happen and more music to be discovered. Now it's about producing music and getting it out there. Bringing the music to the people who want to hear it, across boundaries and cultures. And it's happening right here in Calgary.

"Everybody thinks it's so cool somewhere else, man," said Muenz. "Well, if you keep chasing cool you're never going to find it because you have to do it yourself. If you're just looking for a place where things are happening and you need somebody to do it for you you're never going to find it. And if you do, it's not going to be that fun. You can do it yourself, you build the scene."

Amen, Reverend Reno.

Seeing through Blindness

Don McKellar tackles highly-sought screenplay about losing vision



Photo courtesy of Miramax

Julianne Moore leads the star-studded cast through the haze in the highly-anticipated thriller *Blindness*, which opened the Calgary International Film Festival in September.

by **Cody Stuart**
The Reflector

When Don McKellar was approached to write the screenplay for Jose Saramago’s Nobel Prize winning novel *Blindness*, he was understandably apprehensive. After all, only 104 persons have been able to boast such lofty credentials since Sally Prudhomme beat out frontrunner Leo Tolstoy in 1901. The film, which follows the outbreak of a mysterious form of blindness in an indiscriminate city, stars Julianne Moore, Mark Ruffalo, Gael García Bernal and Don McKellar as a group of nameless citizens dealing with the strange affliction. Filmed in Toronto along with Brazil, the film recently opened the Cannes Film Festival, marking only the second time in the festival’s 61 year history that a Canadian film has opened the prestigious event. Despite Don McKellar’s rather distinguished acting and directing career – including the underappreciated *Last Night* – the possible consequences behind adapting such a highly regarded work were clear. “Yeah, there was huge

pressure,” says Don McKellar, who also penned the script for the Academy Award winning Canadian film *The Red Violin*. “After I read it, Saramago won the Nobel Prize, which didn’t make it any easier. He’s an intimidating guy, so when I met him he really made me feel responsible, which I suppose is what he was trying to do.” Saramago’s novel, which was published in Portugal in 1995 before being translated into English two years later, was among the most sought after works in Hollywood, with the author receiving offers from several studios before Don McKellar acquired the rights. Saramago, who holds celebrity status rivalling that of any Tinseltown superstar in his native country, has historically been reluctant to see his works on the big screen. It took Don McKellar nearly a decade to acquire the right after reading the book in 1998. “I was struck by the book and I couldn’t get it out of my mind. It came around — the time I read it — around the time when I was promoting my film “*Last Night*,” which has same sort of the theme,” said Don McKellar. “I tried to get the rights, but it was not easy, because lots of people wanted to adapt the book. Jose didn’t want to give the rights to any of his books besides this one opera he made.” For Don McKellar, it was of the utmost importance to bring across the central themes explored in the novel — namely chance and mankind’s capacity for both good and evil — to the film. As to whether or not the events depicted represent an accurate portrayal of what would happen if just such a scenario were to occur in the real world: “I asked that question of Jose, because you sort of have to, and he said on the first level you have to remember it’s a disease. There is no immorality and people don’t go blind because they are bad or they are evil — they go blind because it is a disease,” said Don McKellar. “A blind friend of mine said that’s why he loved the book — it’s really a study of the over dependence on the surface of things, and how we don’t allow ourselves to see beyond that and see how fragile that shell of surfaces is and see if it will crack easily.” For the actors involved,



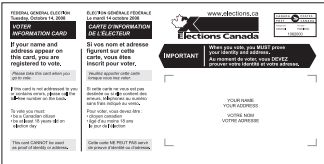
Don McKellar
Director



On Tuesday, October 14, vote.

A federal general election is taking place on October 14, 2008.

Did you receive this card?



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Where and when to vote?

Advance voting
You can vote before election day. Advance voting will be held Friday, October 3, Saturday, October 4 and Monday, October 6, from noon to 8:00 p.m. Locations of advance polling stations appear on the back of the voter information card.

You can vote by mail or at your local Elections Canada office using the special ballot if you make the request by 6:00 p.m. on Tuesday, October 7.

To download the registration form, go to www.elections.ca and click on "I'm Mailing My Vote!", or call Elections Canada to obtain the form and information.

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For more film fest reviews

TheReflector.ca

Unconcealed Binzer

ACAD graduate expresses his views on the arts during his first solo exhibit



Photo by Shane Flug

Mike Binzer challenges the public to embrace art culture in the city..

by **Shane Flug**
The Reflector

As the sun shone downtown Saturday afternoon on the Bow Tower construction site, it was artist Mike Binzer’s moment to shine in a gallery inside Art Central across the street. He calls this series displayed “Unconcealed Being.” Even though he showed humbleness about it, there were one-two dozen to two people in attendance at anytime for a solid three hours.

One local celebrity appearance included CFCN’s Barb Higgins.

When a person first thinks of a painting of a human being, they normally think of a detailed portrait, complete with clothing they wear, the way their hair is styled, and the room that they are in at that time. Mike Binzer paints us human beings, “As how we are, what we are, what we’ve come to be and how we know we exist.” Calling his works a study of philosophical anthropology, but with the paintbrush, he bases them on the thinking of “a hybrid form of human beings and metaphysics that goes behind understanding human existence.”

With some Canadian artists protesting the current government’s cuts to public arts and culture funding recently, he shared some thoughts about the challenge of achieving a career in the arts over coffee. When asked if that perfect world of doing what one loves without needing to rely on that unfulfilling day job can

be reached. He replied that, “The grim reality is that most artists have to rely on day jobs. Ideally, that day job also involves the arts in some way. All artists feed off of life, and I don’t think I’m any different.”

When asked about what society can do to support the arts, Binzer said, “A community and a culture that doesn’t support the arts, and I’m not talking simply monetarily, is one that really lacks something,” he exclaimed, “I would love to see more people that maybe don’t understand painting or have a fear of not understanding art. (They should) come out and try and experience it, instead of brushing it off as something they don’t understand. Most artists try to create work people can relate to on some level. Whether they understand it the way the artist wants to or not is kind of irrelevant. I don’t think anybody needs to fear the arts. We’re all built with that ability to look at things, and pull some sort of meaning out of them.”

Binzer’s most treasured moment while attending ACAD was meeting his wife, and aims to pursue his master of fine arts degree. “Unconcealed Being” runs until October 6th at Art Central in the Axis Contemporary Art Room.

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For Binzer’s website and other works

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Lessons in love and war

Chivalry alive and well in third album from R&B star Ne-Yo

Ne-Yo
Year of the Gentleman
Def Jam

★★★★★

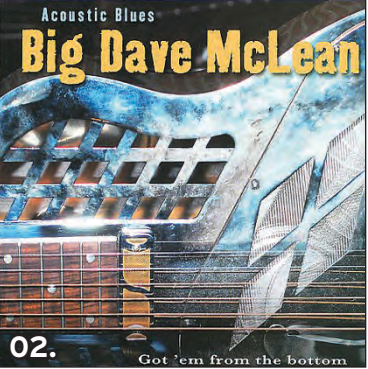
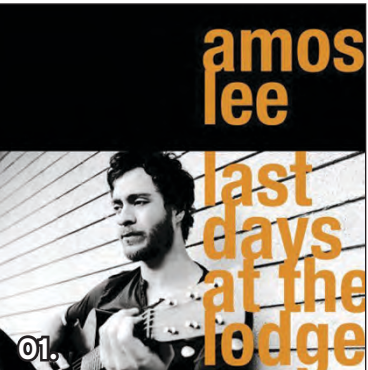
“Okay I woke up in heaven today, she kissed me I floated away, never felt anything so great.” Wow. These are the opening words from the song “Stop This World” on Ne-Yo’s third album *Year of the Gentleman*. Ne-Yo is truly a man of depth who has the ability to intertwine heart touching lyrics with soft moving melodies.

Every woman craves a gentleman. But what exactly is a gentleman these days? No ladies, buying you a drink at the bar

and drunken flirting does not make him a gentleman. Ladies a gentleman is one that communicates through music, art, and words whatever his feelings and expressions of the wonderful woman that you are may be. He takes the time to appreciate and he says things like “I see heaven when she looks at me and her smile is the most amazing dream and in her eyes I fall asleep.” As Ne-Yo sings on “Stop This World.”

Year of the Gentleman is an album that every girl should date, every guy should take notes from and every relationship aspire to be able to express hardships and loving times thrown in the mix.

Kimberley Jev



Amos Lee
Last Days at the Lodge
Capitol Records

★★★★★

With his soulful, gritty voice, Amos Lee captures the hearts of listeners with his third solo album. The careful melodies of “Won’t Let Me Go” are indications of the growth Lee has exuded since his debut CD. The intonation and inflections of his voice strike the balance between evoking great passion without being overly strenuous. Many of the songs are tied into relationships and love that are indicative in titles such as, “Baby I want You,” but Lee also includes songs that question the difficulties of living in our modern day world. Perhaps the most telling song is “Kid,” where Lee croons “I know how hard it is to keep your head up kid.” The simplicity of the guitar in the beginning of the song with his voice makes for a very raw, personal feel that is echoed throughout the album. Lee brings a mature and sensual tone in his latest work.

Ashley Wong

Big Dave McLean
Got 'em from the bottom
Stony Plain Records

★★★★☆

If you’re lookin’ for some good ol’ straight forward blues, look no further than Big Dave McLean’s *Got 'em from the bottom*.

The disc starts with Big Dave’s high-energy strumming belting from a steel guitar. His gravelly voice is instantly recognizable as a blues singer and many tracks have some great harmonica work on them.

Unfortunately, the disc is 19 tracks of fairly generic blues. That being said, there are some rather good tunes to be heard

and a few standouts include “Sometimes,” “Don’t Shy Away” and “Why Do Girls Do That.”

This disc could have been better had Big Dave focused on providing several unique tracks, rather than giving the listener numerous similar-sounding tracks; it’s about quality, not quantity.

All in all, *Got 'em from the bottom* is worth a few listens.

Jason Ronald

You Say Party! We Say Die!
Remik's Cube
Paper Bag Records

★★★★★

Remik's Cube by You Say Party! We Say Die! is a reinvention of their second album, *Lose All Time*. Inviting re-mixers to re-think and re-imagine individual tracks, *Remik's Cube* becomes a collection of singles, but remains the solid politically charged album that *Lose All Time* is. Their limited edition release, sold at their live shows and available on iTunes through Paper Bag Digital offers two bonus tracks; “Machine Legs,” a Secret Mommy remix and “Midnight Snake,” re-mixed by Calgary’s own Noah York City. The first minute of “Quiet World,” the second last track on the limited edition release, re-mixed by Stop.Die.Resuscitate. is not a track you want to listen to on the proverbial dark and stormy night as the whispering voices and high notes can be definitely called creepy. DJ Rexford’s re-mix of the piano ballad “You’re Almost There” retains the haunting quality of the original and fuses in a subtle beat and added vocals, making it a complex and enjoyable track. You Say Party! We Say Die! are currently working on their next album. Releasing *Remik's Cube* provides a great appetizer, a reminder that YSP!WSD! is as good as you remember and it’s

worth waiting for their next offering. It would be a definite bad move to miss You Say Party! We Say Die! when they make their Calgary stop Oct. 25 at the Hifi Club.

Selina Renfrow

The Verve
Forth
Virgin Records

★★★★☆

Debuting their latest CD since their 1997 *Urban Hymns* album, The Verve brings us a variety of differing tunes that have such a range in audible characteristics there really seems to be something for everybody. The dynamic quartet including Richard Ashcroft, Simon Jones, Nick McCabe and Peter Salisbury have formed a truly unique sound in their latest album. Ashcroft’s voice stands out, yet blends harmoniously with the intricate musicianship of his band members. “Love is Noise” is the title track of the album but “Rather Be” is a hard-hitting song that will likely be a crowd pleaser. The average length of the songs on this album are relatively long with the longest song being over eight minutes and the shortest being over four minutes. The band has definitely allowed for instrumentals to become a dominant player in their songs, which in many ways is just as telling as the words behind any piece.

Ashley Wong

The Green Hour Band
The Green Hour Band
Kingdom Records

★★★★☆

For all those hardcore ‘60s rockers, here is the band for you, The Green Hour Band, who

have just recently released their self-titled album.

Coming together only a year ago, The Green Hour Band, originates from Vancouver, B.C. They have written and performed all the songs on the album as their rendition of what seems to be missing in our society, the ‘60s.

Any lyrics are nothing but muffled voices in the background as the instrumentals take over to give the listener the total ‘60s rock experience.

This particular band uses their instruments to create the non-melodic feel of the album. They’ve used instruments as common as the guitar and the keys to instruments that aren’t as common such as the percussion and sitar.

One song on the entire album that proves to be one without loud instrumentals taking over the lyrics is “Chapter 12” with a slower tempo and the listener can actually hear and understand the lyrics and their meaning.

Reminiscent through the album are hints of The Stones, The Beatles, and The Who who were some of the bands that helped influence the music on the album.

Now let’s go back in time and let The Green Hour Band show us the way ‘60s rock was meant to be.

Jessica Cameron

Add to your collection of music by reviewing CD’s for The Reflector stop by the office in the basement of Wyckham House to speak with the Arts Editor.

Local folk prodigy

Untapped newcomer looks to build on Calgary achievements

by **Jason Ronald**
The Reflector

Bathed in multicoloured light, she takes the stage at the Beef and Brew in High River, Alta. and starts to sing.

Her voice is strong, feminine, and often has a playful, happy sound.

This is true of her music, too. But as you listen to Sidney York's lyrics, you hear the darker side of the tunes.

She sings of two less than stellar friends York would sell at a "two for one deal," and about what not to do after breakups.

This show is early in Sidney York's first tour and her keyboardist Teri Bodnar couldn't be there but she is backed up by her bassist, Neil Dorin.

Sidney York is grateful for them both: "I don't know what I'd do without them," she said.

York and Dorin play to a growing crowd and by the end of the night, people show up looking for the great band inside.

Although known on stage as Sidney York, her real name is Brandi Sydoryk.

She took up this pseudonym because: "Sidney York expresses a different side of me."

Through this other side, she finds catharsis in writing.

"Sometimes when I write songs, I have the intention of [other people] knowing, then when I sing it, I feel I don't need to tell them," Sydoryk said.

"I don't fight with friends, I just write songs," she added, "so who knows what they do when I piss them off."

Sydoryk is a classically trained singer, with a bachelor of music education from the University of Toronto and a masters in music from the University of Melbourne.

It was during her time in Australia that Sydoryk became confident in her guitar playing.

She travelled around with her boyfriend at the time, and played a lot of guitar.

Down there, she played for her roommates and her boyfriend's family.

"That's when it really came about, I could start sharing things musically with people," she said.

Upon returning to Alberta, performing this style of music was still new to Sydoryk.

Her first time on stage with a guitar was at an open mic night at the Ironwood Stage and Grill in Inglewood a year ago.

Her roommate signed her up without Sydoryk knowing and said "OK, you're on in five minutes."

When she went up, she was worried she would "disgrace the music" she was playing.

By the end, however, Sydoryk wanted to play more.

"It's fun to be up there and say things that you've never been able to express before," she said.

Since then, Sydoryk has come a long way.

She won Best Song by an Untapped Newcomer in the 2008 Calgary Folk Fest Songwriting Competition, which awarded her a performance at Calgary Folk Music Festival.

At that festival Sydoryk gave her first autograph, and the woman who asked for it wanted her to sign next to Sam Roberts' autograph.

Now, Sydoryk is waiting on the release of her first EP, a four-song demo that show's off some of her clever writing.

After that, this Albertan talent will take off to play at Toronto Indie Week.

Following that she hopes to work on her first full-length album.

To see Sidney York perform in Calgary, head down to the Vicious Circle on Monday, Oct. 6 at about 8 p.m.

"We did a lot of work shops, blind camp we called it, where all the actors together did these exercises with an acting coach. We were blindfolded and did a lot of exercises to help you ignore your eyes to sort of learn not to use them," said Don McKellar. "You recognize people in a different way and you get to know them in a different way and it is not obviously based on a visual. That is sort of liberating in a certain way because you are not thinking of assumptions and the sort of baggage that goes along with it — peoples' looks, and their clothes and their race."



Photo by Jason Ronald

Singer-songwriter Sidney York lights up the room with her talent at a show in High River.

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THE LISTINGS PAGE

MOVIES

THE PLAZA
(1133 Kensington Rd. N.W., 283-2222)
www.theplaza.ca
Oct. 3-9, 2008

Snowboard Films “These Days” & “August”: Fri. only @ 7:00. PG

The Dark Knight: Fri. & Thur. @ 9:30. Sat. & Sun. mats @ 1:45. Mon. to Wed. @ 6:40 & 9:30. PG—Violence, frightening scenes, not recommended for young children.

Breakfast at Tiffany’s: Sat. & Sun. mats @ 11:30 a.m. and @ 7:10 p.m.

To the Tar Sands: Sat. only @ 5:00. PG

QAS Youth Animation Project Screening: Thurs. only @ 7:00. Free. PG

THE UPTOWN
(612-8 AVE. S.W., 265-0120)
theuptown.com
Oct. 2-9, 2008

Man on Wire: Daily @ 5:10, 7:00, & 9:20. No Wed. 9:20 show. Sat. & Sun. mats @ 12:50 & 3:00. STC

Sukiyaki Western Django: Daily @ 7:10 & 9:05. No Sat. 9:05 show. Sat. & Sun. mats @ 2:45. STC

Amal: Daily @ 4:50. Sat. & Sun. mats @ 12:30. 14A—Coarse Language

GLOBE
(617-8th Ave. S.W., 262-3308)
Sept. 19-25, 2008
Call for listings and showtimes.

THEATRE

One Yellow Rabbit: Nov. 25-29, Doing Leonard Cohen. 299-8888. oyr.org. Big Secret Theatre, Epcor Centre.

Morpheus Theatre: Nov. 6-9, Robin Hood and His Merry Men. 403-246-2999. morpheustheatre.ca.

Pumphouse Theatres, 2140 Pumphouse Ave. SE.

Workshop Theatre: Nov. 21-29, The Dresser. 403-253-2002. workshoptheatre.org. Pumphouse Theatres, 2140 Pumphouse Ave. SW.

Broadway Across Canada: Nov. 25-30, Hairspray; Jan. 13-18, Stomp; Feb. 17-22, 2009, Annie. 297-8000. jubileeauditorium.com/southern. Jubilee Auditorium, 1415 – 14 Ave. NW

Cappuccino Musical Theatre: Oct. 16-18 & 23-25, annual fundraiser cabaret show with dessert. cappuccinomusicaltheatre.ca. Easterbrook Theatre, 2633 Hochwald Ave. SW.

The Shakespeare Company: Until Oct. 10, When That I Was ..., a one-man show that reveals the Bard’s life and times through the eyes of Jack Rice, the last surviving member of the Shakespeare players. 403-852-2273. shakespearecompany.com. Arrata Opera Centre, 1315 – 7 St. SW.

Theatre MRC: Nov. 20-29, Suddenly Last Summer. 403-440-6821. mtroyal.ab.ca/conservatory. Nickle Theatre, MRC, 4825 Mount Royal Gate SW.

Pegasus Performances: Oct. 17 – Nov. 1, Dial “MOO” For Murder; Nov. 14 – Dec. 14, Murder Most Fowl. 403-246-4811. pegasus-performances.com. Deane House, 806 – 9 Ave. SE.

RAFA Theatre: Oct. 3 at La Cité des Rocheuses, 4800 Richard Rd. SW, and Oct. 4 at l’Alliance Française, 1121 – 2 St. SW, Les Contes qui Déménagent; Oct. 24-25, Bashir Lazhar at Zsa Zsa Supper Club, 609 – 7 Ave. SW. 403-532-8576, ext. 224. rafa-alberta.ca.

Jubilations Dinner Theatre: Until Nov. 9, Grey’s House of Anatomy; Nov. 14 – Feb. 8, CSI: Calgary “Little Murder on the Prairie.” 403-249-7799. jubilations.ca. 1002 – 37 St. SW.

Knox Centre Theatre Collective: Nov. 7-8, Well... 403-269-8382. Knox United Church, 506 – 4 St. SW.

Mob Hit Productions: Nov. 20-29, Lobby Hero. thisisamobhit.com. Arrata Opera Centre, 1315 – 7 St. SW.

Rogues Theatre: Oct. 29 – Nov. 8, Red Light Winter by Adam Rapp. 403-228-5526. roquestheatre.com. Pumphouse Theatres, 2140 Pumphouse Ave. SW.

Liffey Players: Until Oct. 11, Portia Coughlan. 403-263-0079. liffeyleaders.com. Pumphouse Theatres, 2140 Pumphouse Ave. SW.

Front Row Centre Players: Nov. 7-15, Godspell by Stephen Schwartz. 403-263-0079. frontrowcentre.ca.

ca Pumphouse Theatres, 2140 Pumphouse Ave. SW.

Ground Zero/Hit & Myth Productions: Oct. 21-22, CockTales. 403-613-8114. groundzerotheatre.ca. Jack Singer Concert Hall, Epcor Centre, 205 – 8 Ave. SE.

Gas and Light Productions: Oct. 16-25, An Absolute Turkey by Georges Feydeau. 403-808-3818. theatregasandlight.com. Pumphouse Theatres, 2140 Pumphouse Ave. SW.

Sage Theatre: Oct. 2-11, One Flea Spare; Nov. 13-22, The Attic, The Pearls, & Three Fine Girls. 403-264-7243. sagetheatre.com. Pumphouse Theatres, 2140 Pumphouse Ave. SW.

Stage West: Until Nov. 16, Niagara Falls; Oct. 20, Tina: A Rock’n’Roll Journey; Nov. 20 – Feb. 8, One Hit Wonders. 403-243-6642. stagewestcalgary.com. Stage West Theatre Restaurant, 727 – 42 Ave. SE.

Alberta Theatre Projects: Until Oct. 11, Unity (1918) by Kevin Kerr; Oct. 21 – Nov. 8, East of Berlin by Hannah Moscovitch; Nov. 26 – Dec. 28, The Merry Adventures of Robin Hood. 294-7402. atplive.com. Martha Cohen Theatre, Epcor Centre.

Vertigo Mystery Theatre: Until Oct. 12, Columbo Takes the Rap by William Link; Nov. 15 – Dec. 7, The Mousetrap. 403-221-3708. vertigotheatre.com. Vertigo Theatre Centre, 115 – 9 Ave. SE.

Theatre Calgary: Until Oct. 5, A Raisin in the Sun by Lorraine Hansberry; Oct. 14 – Nov. 2, Skydive by Kevin Kerr; Nov. 21 – Dec. 24, A Christmas Carol by Charles Dickens. 403-294-7440. theatreocalgary.com. Max Bell Theatre, Epcor Centre, 205 – 8 Ave. SE.

Swallow-a-Bicycle Performance Co-op: Oct. 7-12, The Opera Suicide. 403-397-8559. myspace.com/swallowabicycle. Dancers’ Studio West, 2007 – 10 Ave. SW.

Theatre Encounter: Nov. 4-8, Caligula by Albert Camus. 403-288-5029. theatreencounter.com. Dancers’ Studio West, 2007 – 10 Ave. SW.

U of C, Dept. of Drama: Oct. 21 – Nov. 1, Don Juan in Chicago; Nov. 25 – Dec. 6, Hello... Hello by Karen Hines. 403-210-7576. <http://drama.ffa.ualgary.ca>. Reeve Theatre, U of C.

Theatre Junction: Oct. 30 – Nov. 1, 7 Deadly Sins Concert. 403-205-2922. theatrejunction.com/atthegrand.ca. The Grand, 608 – 1 St. SW.

Loose Moose Theatre Company: Friday evenings, Theatresports; Saturday evenings, Loose Moose Gorilla Theatre; Friday Night Late, talk, variety,

and comedy with hosts A.J. Demers and Rob Mitchelson; Dec. 4-20, A Chrismoose Carol. 265-5682. loosemoose.com. Crossroads Market, 1235 – 26 Ave. SE.

Lunchbox Theatre: Until Oct. 4, Stage Fright; Oct. 20 – Nov. 15, A Life in the Theatre; Nov. 24 – Dec. 20, The Christmas Tree. 265-4292. lunchboxtheatre.com. Lunchbox Theatre, Bow Valley Square, 205 – 5 Ave. SW.

Downstage Motel Series: Nov. 27 – Dec. 6, Body Language, consisting of Do Me by Jennifer Roberts and Pouring the Liquid Unseen by Marie-Eve Bonneau. 403-294-7459. downstage.ca. Motel, Epcor Centre, 205 – 8 Ave. SE

MUSIC

Mount Royal College Conservatory: Oct. 2, 7, 21, Nov. 4, and 18, MRC Music Performance presents Classical Tuesdays. 403-440-6145. mtroyal.ca/conservatory. Leacock Theatre, MRC, 4825 Mount Royal Gate SW.

At The Grand: Oct. 2, Ron Sexsmith; Oct. 4, Alex Cuba; Oct. 31 – Nov. 1, 7 Deadly Sins featuring Tiger Lillies; Nov. 30, Martha Wainwright. 205-2922. AtTheGrand.ca. The Grand, 608 – 1 St. SW. 1/17/07

Beat Niq Jazz & Social Club: Oct. 3 & 4, Rollanda Lee & The Canadian Hot Stars Jazz Band; Oct. 9, Eliana Cuevas Quintet; Oct. 10, Lina Allemano Four; Oct. 14, John Stetch & The TV Trio; Oct. 17, Chris Donnelly; Oct. 22 & 23, ONE is the water (not the fish); Oct. 29, Oliver Swain. 403-263-1650. beatniq.com. 811 – 1 St. SW.

Soda: Oct. 2, Minimal Funk; Oct. 3, Dub, Jedidiah & Constance; Oct. 4, Jay Haze, F#%kPony, Geoff Pye, Walden3, Phonotactic & Blulife; Oct. 8, Slim Pickins, Soundbwoy Murdah & Instinct; Oct. 9, Lowfish & Kosmonaut. 264-5151. theSoda.ca. 211-12 Ave SW.

Shamrock Hotel: Wednesdays, Three-O-Seven; Oct. 4, Blueswak hosts jam; Oct. 12, The Rebel Ritas host WomenROCK the Shamrock Jam; Oct. 18, Blueswak hosts jam; Nov. 1, Blueswak hosts jam. 403-290-0084. 2101 – 11 St. S.E.

Engineered Air Theatre: Oct. 17, Michael Jerome Browne; Dec. 5, Watermelon Slim. 403-294-7455. epcorcentre.org. Epcor Centre, 205 – 8 Ave. SW.

The Gateway Lounge: Oct. 17, Young Rival. 284-8760. saitsa.com. SAIT, 1301 – 16 Ave. NW.

Ironwood Stage & Grill: Oct. 2 Kate Reid; Oct. 3, The Joe-Defendants; Oct. 4, Big Band Brunch and Babes for Breasts; Oct. 5, Toby & Karla Anderson Join the Fools on Stools-Steve Coffey and Tom Phillips; Oct. 7, Songwriters Jam; Oct. 8 Open Mic hosted by Tim Leacock & Kit Johnson; Oct. 9 & 10, Jack Sempile; Oct. 11, Don Yuzwak hosted jam; Oct. 12, The Matinee; Oct. 14, Lynn Miles; Oct. 15, Open Mic hosted by Tim Leacock & Kit Johnson; Oct. 16, Brock Zeman; Oct. 17, Mike Stack Special CD Release; Oct. 18, Big Band Brunch; Oct. 20, Mark Berube and The Patriotic Few with Jesse Rivet; Oct. 21, Songwriters Jam with Trey Mills. 403-269-5581. ironwoodstage.ca. 1429 – 9 Ave. SE.

Marquee Room: Oct. 2, Cadence Weapon with Woodhands; Oct. 4, Lovebullies with The Brownesians; Oct. 8, Rae Spoon: the SuperiorYouAreInferior Tour with Spencer Jo; Oct. 9, Cutter Underground with Eamon McGrath; Oct. 11, Vancougar with Thee Them and Bloo Boi; Oct. 16, Buttless Chaps with Ford Pier; Oct. 18, Young and Sexy with Neins Circa and Church of the Very Bright Lights; Oct. 23, Sex with Strangers and The Pine Tarts; Oct. 25, I Die Screaming with The Ex-Boyfriends; Oct. 30, Jon and Roy with Shane Ghostkeeper; Nov. 1, The Fembots with Octoberman; Nov. 6, Trike with guests; Nov. 27, Yes Nice with Darren Fank and Colleen Brown; Nov. 29, The Wet Secrets with Christian Hansen & The Autistics. 403-264-3717. myspace.com/marqueroom. 612 – 8 Ave. SW.

Murrieta's West Coast Bar & Grill: Every Wednesday, Lou Rye. 403-269-7707. murrietas.ca. 808 – 1 St. S.W.

Jack Singer Hall: Oct. 3, Joe Satriani with Mountain featuring Leslie Wests & Corky Laing; Nov. 12, Buffy Saint-Marie and Richie Havens; Nov. 14, Faust by Calgary Opera. 294-7455. epcorcentre.org. Jack Singer Hall, Epcor Centre, 201 – 8 Ave. SE.

Broken City: Oct. 2, The Awkward Stage with guests; Oct. 3, The Trophy Wives with The Sublinguals & The Exploding Pigs; Oct. 4, Broken City Octoberfest with The Swinging Bavarians; Oct. 9, BA Johnson with Ghostkeeper & Miesha and the Spanks; Oct. 10, The Acorn with Ohbijou & Beija Flor; Oct. 13, Shearing Pinx with Lint & Gunther; Oct. 16, The Painted Birds with Adaline, The Grim Beat, & Jody Glenham; Oct. 17, The Ex-Boyfriends with Brenda Vaqueros & The Naught Prowlers; Oct. 23, Bloodshot Bill with The Hurricane Felix Combo; Oct. 28 & 29, Ladyhawk with Attack in Black & Shotgun

Jimmie; Nov. 6, Jay Crocker with Ghostkeeper; Nov. 9, Land of Talk with guests; Nov. 13, Wax Poets with Fall Horsie & Chris Gheran & The Graveyard Gang. 608-6360. brokencity.ca. 613 – 11 Ave. SW.

Calgary Opera: Nov. 8 & 12, Faust. 297-8000. jubileeauditorium.com/southern. Jubilee Auditorium, 1415 – 14 Ave. NW

Warehouse: Oct. 8, Born Ruffians, Plants and Animals, & Slim Twig; Oct. 9, Amon Amarth, Ensiferum, Belphegor, & The Absence; Oct. 12, Through the Noise Tour 2008 with Comeback Kid, Misery Signals, Bane, Shai Hulud, Outbreak, and Gravemaker. 264-0535. livenation.com. 731 - 10 Ave. SW.

Jubilee Auditorium: Oct. 10, Hedley and Ten Second Epic; Dec. 1, An Evening with Great Big Sea. 297-8000. jubileeauditorium.com/southern. Jubilee Auditorium, 1415 – 14 Ave. NW.

The Union at the U of C: Oct. 3, Andrew F with Calm Asa Coma; Oct. 4, Noctisw II with Korpiklaani, Woods of Ypres; Oct. 8, Iron & Wine with guests; Oct. 13, Flogging Molly with guests; Oct. 14, Gogol Bordello with guests; Oct. 24, Bedouin Soundclash with guests; Oct. 31, El Gran Combo de Puerto Rico with guests; Nov. 7, Gwar with Kingdom of Sorrow; Nov. 8, Hey Roseta with Two Hours Traffic and guests; Nov. 12, Scars on Broadway with the Duke Spirit; Nov. 14, In Flames with All that Remains. 403-220-6551. su.ualgary.ca. MacEwan Hall or Ballroom, U of C.

Pengrowth Saddledome: Oct. 9, Toby Keith with Aaron Pritchett & Jessie Farrell; Oct. 18 Feist with Hayden; Oct. 19, Neil Young with Death Cab for Cutie & Everest; Oct. 27, Bob Dylan and His Band; Nov. 1, Lenny Kravitz with Sloan; Nov. 5, Trans-Siberian Orchestra; Nov. 19, New Kids on the Block with Natasha Beddingfield & Lady Gaga; Nov. 20, James Blunt with Luke Doucet & The White Falcon; Nov. 24, Kenny Rogers’ Christmas & Hits; Dec. 4 & 5, Metallica with Lamb of God & The Sword; Dec. 8, Sarah Brightman. 777-0000. livenation.ca. Calgary Stampede Grounds.

SPECIAL EVENTS

Jubilee Auditorium: Oct. 16 & 17, David Copperfield; Oct. 27, Secrets of Today’s Modern Woman. 297-8000. jubileeauditorium.com/southern. Jubilee Auditorium, 1415 – 14 Ave. NW

Jack Singer Hall: Oct. 25, Comedy – Bob Saget; Oct. 29, Comedy – Wayne Brady. 294-7455. epcorcentre.org. Jack Singer Hall, Epcor Centre, 201 – 8 Ave. SE

DANCE

Jubilee Auditorium: Oct. 23-25, A Midsummer Night’s Dream by Alberta Ballet. 297-8000. jubileeauditorium.com/southern. Jubilee Auditorium, 1415 – 14 Ave. NW

U of C Dance Program: Nov. 20-22, Dance Montage. ffa.ualgary.ca/events. University Theatre, U of C.

LITERARY

Jack Singer Hall: Oct. 20, Henry Rollins Recountdown Tour – An Evening of Spoken Word. 294-7455. epcorcentre.org. Jack Singer Hall, Epcor Centre, 201 – 8 Ave. SE

VOLUNTEERS

Volunteer with **Canadian Mental Health Association**. Help out on a 3-month HR project using Microsoft ACCESS. Contact Quentin at 403-297-1713.

Volunteer as a youth mentor for the **New Roads Program**. Contact Liz at 403-274-2297.

Help children learn about Calgary’s history. Become a **Fort Calgary** School Program Volunteer. Training is provided. Call Dianne 290-1875.

Bethany Calgary Pastoral Care needs a pianist/organist for daily hymns. Contact Alison at 403-284-6047.

Volunteer at **Intercare Chinook Hospice** at Reception or on unit. Contact Jennifer 403-252-0620.

Be the voice of volunteerism. Help **Volunteer Calgary** inspire people to volunteer by joining the Speakers Bureau. Contact Amy at 403-231-1443.

Calgary Immigrant Women’s Association needs volunteers for their support groups. Contact Janeth at 403-517-8830 ext 144.

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The Reflector's ice picks

Editors weigh in on the past, present and future as the NHL returns

- 1) Your ideal line of any players, past and present?
- 2) Who will be in the Stanley Cup finals?
- 3) Best interview and why?
- 4) Biggest upset you remember in the playoffs?
- 5) Favorite team and why?



1) Wayne Gretzky, Sidney Crosby, and Guy Lafleur. The Great One's knowledge of the game combined with the hockey whiz-kid's endurance and skill would be sure to rattle any powerhouse.

2) Ottawa Senators vs. San Jose Sharks.

3) Dion Phaneuf, just kidding, he's more likely to flip you off. Jarome Iginla because he tells it how it's. He truly is a class act.

4) The biggest "choke" in my recent memory was the Flyers losing to the Devils in the 2000 Eastern Conference finals. The Flyers had built a seemingly insurmountable three-games-to-one advantage. No team had ever come back from 3-1 to reach the Stanley Cup finals. Ever. The Devils were done — they had lost three in a row. All that was left to do was to stick the proverbial pitchfork in'em.

5) Winnipeg Jets! Okay, the Ottawa Senators because they have Spezza, and they aren't the laughs.

1) Jarome Iginla, Sidney Crosby and Evgeni Malkin.

2) Calgary Flames vs. Pittsburgh Penguins: This would be my dream actually. It's a possibility, crazier things have happened.

3) Iginla for sure because he is humble and thanks his team for his success. He's also so devoted to Calgary that he signed a lower contract so he can stay here because it is a great place for his family and he wants to win the Cup for this city.

4) When Calgary beat Edmonton to stop their streak in late '80s. I'm actually not too sure when it was because I'm pretty sure it was before I was born. I'm strongly against the Oilers and this is when they were on their winning streak of all those Stanley Cups so that's a good time for me. It's a positive upset.

5) Pittsburgh Penguins: It all began when I was 14 and saw a 15-year-old child protégé at the Max Bell tournament in Calgary. He was by far the best skater and had the best head on his shoulders. His name ... Sidney Crosby. Also when Colby Armstrong was signed it brought the team to my doorstep (former Red Deer Rebel, my hometown).

1) Wayne Gretzky, Gordie Howe Mario Lemieux.

2) Montreal vs. Detroit.

3) Sean Avery. Not because he has anything worthwhile to say, but just because he would say something at all. Hockey players, while humble, tend to forget that fans pay their salaries and they want something more in-depth (or at least interesting) than the standard 30-second interview on the way to the dressing room.

4) I have only been following hockey for a few years, and the biggest I remember is Edmonton over Detroit in 2006. The Wings won the President's Trophy and it looked like they would clobber the young Oilers team. But Edmonton took Game 3 in double overtime, and tallied two come-from-behind wins in Game 5 and Game 6 to win the series.

5) The Calgary Flames. Gotta support the hometown boys.

1) Wayne Gretzky, Mario Lemieux, Maurice Richard.

2) San Jose vs. Philadelphia. Both teams have valuable strikers and a good base of defense. Look for the sharks to plough through Detroit and the flyers are just good all-round.

3) My dream interview with a NHL hockey player would be Paul Coffey. I would ask him if he likes to drink coffee as well as a ton of other personal questions.

4) The biggest upset that I can think of is the crappy call against the Calgary flames that lost them the Stanley Cup in 2004. THE PUCK WAS IN THE NET!

5) Philadelphia Flyers are my favourite team because back in the old days they use to be pretty hard hitting and rough. Also, Joe Watson played for them and who could go against Joe, really I mean come on!

SPORTS

SPORTS EDITOR:
Kelsey Chadwick

sportseditor@TheReflector.ca

October 2, 2008

BY THE NUMBERS

6: The number of teams that won both the President's Cup and the Stanley Cup in the same season. These teams include; Edmonton, Calgary, New York Rangers, Dallas, Colorado and Detroit.

8: Number of years ago that women's water polo was allowed in the Summer Olympics. The Australian Women's team protested to be involved and was allowed to play for the first time at home .

12: Robert Luongo was named the 12th captain of the Vancouver Canucks. Luongo is the sixth goalie to be named a captain of a team in NHL history.

Sports funding shutout

by **Jeremy Nolais**
Publishing Editor

Various sporting bodies across Canada are calling on federal parties to address sport and recreation funding during the 2008 election.

The Canadian Snowboard Federation issued a statement late last month calling for a substantial increase in funding and commended the Liberal and Green parties for making specific commitments as part of their campaign platforms. The Liberals have promised at least \$3 billion in funding over the next 10 years and the Greens have identified recreation as a priority in their Vision Green plan.

“These parties have

recognized the importance of sport and recreation to Canadian society, and have put forward specific policy proposals and funding commitments,” said Michael Gray, CSF’s incoming chairperson.

Gray encouraged other parties to follow suit, in particular asking the Conservative Party to reconfirm the promise made by Prime Minister Stephen Harper to dedicate one per cent of the health budget to recreation.

Locally, the shortage of funding is putting a strain on sporting organizations as well, according to Perry Cavanagh, president of Hockey Calgary.

“I think part of it is the rec funding is usually wrapped up with the cultural aspects of the bigger picture budget, so I think

it kind of gets lost and confused in the portfolio it’s allocated to,” Cavanagh said. “I think the research done recently shows that our society, especially with the youth, is more obese than it has ever been in its history.

Cavanagh said at the national level Hockey Canada has expressed a need for \$3 billion in funding, but emphasized all sports need more attention. Calgary has more than 120 different sport organizations.

After his son Adam was shot and killed at a house party in February 2007, Cavanagh was prompted to spread his message in the political arena and ran for the Conservative Party federal nomination in Calgary-Northeast earlier this year, eventually losing to lawyer Devinder Shory.

“The Conservative Party, certainly in my mind, needs a big leap forward to meet the recreational needs of Canadians,” Cavanagh said

Cavanagh has continued his push to make recreation funding a top priority through Ice Summits hosted by Hockey Calgary. He is encouraged that Calgary-based organizations have put forth plans to install new ice rinks, like CODA for example, which plans to have four new sheets up and running by fall 2009.

“The message is getting out there but I want to emphasize that it’s time for the other groups to step up in terms of ice users. ... Skate Canada, the ringette world, private leagues all need to do their part,” he said.

Politics is just a game



by **Amanda Roy**
Layout Editor

A gong show is a gong show, no matter the arena within which it unfolds.

Take the Canadian federal election, or the American presidential race, for example.

While one has been about as exciting as a horseshoe tournament in the rain thus far, overshadowed by an ongoing behemoth of a battle south of the border — a simple dog and pony show pitting a septuagenarian prisoner of war and lipstick wearing hockey mom against a media darling and his rickety-white pitbull.

Today’s political scene is more like sport than ever before as showboating and style has trumped actual substance. It’s now more about entertainment value than curing what actually ails society.

It’s eerie the similarities today’s political ring draw from the saying, “it’s all just fun and games.”

There once was a day, when sports were a means of escaping from more heady issues that forcibly gripped a nation, but politics have now denigrated to such a point where there seems little to run away from.

Who has the better long-term healthcare or economic plans has taken a backseat to who can sling more mud and make it stick, it has always been a game, but it has become blatantly so.

Recently, the Canadian political arena has been a three-ring circus replete with dope-smoking candidates dropping from the race, skinny dippers and 9-11 conspiracy theorists been flogged in public and allusions to immigrants causing crime, all of which, have aired on primetime TV, and given candidates their 10 minutes of fame.

Others such as centremen Stephane Dion have used their talent to woo Canadians. Wait. Talent?

Right-winger Stephen Harper has been more concerned with parading about in sweater vests and muzzling his own prospective MP’s while laying out his feeble case for strong leadership to touch on anything that really matters and left-winger Jack Layton insists his NDP can lead the country, while polls constantly decry that claim.

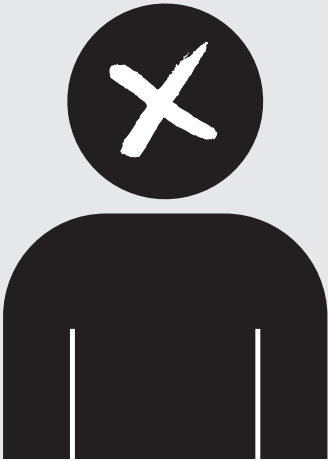
Just like a hockey game, or soccer match, elections are a gamble.

One side loses and the other wins, but unlike an actual athletic game, politicians are ultimately gambling with the future of our country, and when the wrong side takes control, there may be a loser in every one of us.

A federal general election is taking place on October 14, 2008.

New identification rules to vote!

WHEN YOU VOTE, YOU MUST PROVE YOUR IDENTITY AND ADDRESS.



YOU HAVE THREE OPTIONS:

Provide **one original piece of identification** issued by a government or government agency containing your photo, name and address.
e.g.: **driver's licence**

OR

Provide **two original pieces of identification** authorized by the Chief Electoral Officer of Canada. **Both pieces must contain your name and one must also contain your address.**
e.g.: health card and hydro bill

OR

Swear an oath and be vouched for by an elector who is on the list of electors in the same polling division and who has an acceptable piece or pieces of identification.
e.g.: a neighbour, your roommate

PIECES OF IDENTIFICATION AUTHORIZED BY THE CHIEF ELECTORAL OFFICER OF CANADA

IDENTITY CARDS

- Health Card
- Hospital Card
- Social Insurance Number Card
- Birth Certificate
- Driver's Licence
- Provincial/Territorial Identification Card
- Canadian Passport
- Certificate of Indian Status
- Certificate of Canadian Citizenship or Citizenship Card
- Credit/Debit Card with elector name
- Canadian Forces Identity Card
- Veterans Affairs Canada Health Card
- Employee Card issued by employer
- Old Age Security Identification Card
- Public Transportation Card
- Student ID Card
- Library Card
- Liquor Identification Card
- Canadian Blood Services/Héma-Québec Card
- Fishing Licence
- Wildlife Identification Card
- Hunting Licence
- Firearm Acquisition Card/Firearm Possession Card
- Outdoors Card and Licences
- Local Community Service Centre Card (CLSC)

ORIGINAL DOCUMENTS (containing name and address)

- Credit Card Statement
- Bank Statement
- Utility Bill (residential telephone, cable TV, public utilities commission, hydro, gas or water)
- Attestation of Residence issued by the responsible authority of an Indian band or reserve
- Local Property Tax Assessment
- School, College or University Report Card or Transcript
- Residential Lease, Residential Mortgage Statement or Agreement
- Canada Child Tax Benefit Statement
- Income Tax Assessment Notice
- Insurance Policy
- Government Cheque or Government Cheque Stub with elector name
- Statement of Employment Insurance Benefits Paid (T4E)
- Canada Pension Plan Statement of Contributions/Quebec Pension Plan Statement of Participation
- Statement of Old Age Security (T4A) or Statement of Canada Pension Plan Benefits (T4AP)
- Statement of Benefits from provincial workplace safety or insurance board
- Statement of Direct Deposit for provincial works or provincial disability support program
- Vehicle Ownership
- Vehicle Insurance
- Attestation of Residence issued by the responsible authorities (shelters, soup kitchens, student/senior residences, long-term care facilities)
- Letter from public curator

Note: The pieces of identification required under the *Canada Elections Act* are not the same as those for provincial or municipal elections.

The above information is also available in a number of heritage and Aboriginal languages on the Elections Canada Web site at www.elections.ca.

Meet ‘the Animal’

Get to know Stamps’ beloved running back Joffrey Reynolds

by **Kelsey Chadwick**
Sports Editor

Q:Why did you start playing football?

A: I enjoyed running as a little kid, we played tackle football in the neighbourhood and it just grew from there.

Q: What is your favorite thing about your position?

A: You have to be big enough and strong enough to take on the big guys and then you also have to be able to out run the smaller guys. You also have to be a good receiver; you just have to be a well-rounded player.

Q: What do you think would be your career highlight so far?

A: I haven’t really thought of that, to be honest with you to play as long as I have (five years.) I guess just to play in the opening season game is a highlight to me. So many people don’t get to play a professional sport and don’t get the chance to so that would be my highlight.

Q: Do you have a pre-game meal?

I usually eat Wendy’s before a game. I don’t think I would really call that a pre-game meal but I usually go there cause it’s fast, quick and convenient. If you want to call that a pre-game meal than sure.

Q: Best advice given to you?

A: Football-wise would be, you can never take anything for granted especially when you play a game so violent that your career can be ended at any given time. Play every game like it’s your last because it could be.

Q: Favourite thing to do off the field?

A: I like to ride motorcycles, I also enjoy horseback riding. I’m pretty whatever; I’ll try anything once.

Q: What’s your advice to young men who want to pursue football as a career?

A: Don’t do it, there are a lot of obstacles and you can get hurt.



Photos by James Paton

Star running back, Joffrey Reynolds enjoys a solid Wendy’s meal before every Stamps’ game.

No, just kidding, I guess just to have perseverance. A lot of things won’t go your way and if something doesn’t go your way then don’t get down on yourself. Always believe in yourself and your talent.

Q: Did you have any role models growing up?

A: Athletically my role model growing up would be Michael Jordan. I wish I could have been a basketball player but oh well.

Q: Do you feel you’re a role model?

A: Personally I don’t, but when you go around town and you go to high schools and people come up and talk to you and say that you are their favorite player. It kind of goes with the territory, I guess in some retrospect I am

but in everyday life I don’t think I am.

Q: How does it feel to go to high schools and have people come up to you tell you that they look up to you?

A: Well as a player you want to be known for being good at what you do. I think that is the ultimate respect when people respect your craft and what you do and want to get to know you as a person too.

Q: What’s your worst injury?

A: At the time it was a high ankle sprain but after four years I got an MRI done on the same ankle and the doctor told me that I had a broken leg.

Q: Do you have any nicknames?

A: One of the offence lineman

calls me the Animal.

Q: What is your overall goal in your football career?

My overall goal is to I guess

when my career is all said and done to be known as the best or, one of the best to play my position.



Exercise your right

CBC opens the polls for Canada’s new hockey anthem

by **Josh Naud**
The Reflector

The time has come friends. Time to go out and exercise your democratic right. Time to let your voice be heard, small as it may be. Change is upon us, the dawn is rising. It’s time to vote for the new Hockey Night in Canada anthem.

Let me just say, that I’m not one of those people who can’t sleep at night thinking about what Hockey Night in Canada will be like without it’s anthem. I don’t hate the CBC for not spending enough of our tax-dollars to keep it. It is just a song, yes. But the first few notes of that song have set the tone for so many nights, so many good memories for

Canadians. Starting this week, it’s time to show an ounce of patriotism for once, and do your part to keep good our beloved Saturday nights.

The song will change, but change in itself doesn’t necessarily mean for the worst. So quit your grumbling, and vote for your favorite entry this Saturday. You can’t get the anthem back, but you can cast your ballot for the best replacement. If you don’t vote, can’t complain. Right?

Here’s the deal:

The CBC apparently couldn’t reach an agreement with the original composer of the song, Dolores Clamen, who wrote the piece in 1968 and until recently has held the rights to it. It was a

money thing.

So having started on Sept. 29 one of five finalists will be featured every night on The Hour with your boyfriend George Stroumbouloupoulos. Then, says the Telegraph-Journal in Saint John, the five will be featured on a one-hour special, coinciding with the season opener. Then the polls will be open, and you can cast your vote by text, e-mail, or phone. The top two will be announced Oct. 9 during a double-header, showing the Leafs in Detroit, and the Flames in Vancouver. From there you’ve got one day to vote, and the winner will be announced for the Hockey Night in Canada broadcast on Oct. 11.

You’ve probably heard too,

that CTV has scooped up the old anthem, to be used for TSN hockey broadcasts (don’t know about you, but I shudder at the thought of hearing Pierre McGuire’s voice over-top that song). It’s not exactly the same though. They’ve re-recorded it with 54 members from the Toronto Symphony Orchestra, which is more than double the number that Clamen originally scored it for.

Doug Harder, a student at MRC is one of those people.

“I’m going to miss the old one,” he said. “I’m a bit older so it was sort of a theme.” But Harder said he probably won’t vote, because he said he’s too busy to worry about it. And he’s not the only one. Other students

shared that same disinterest. But I don’t get it; you say that you care, but not enough to vote for a replacement.

Jared Teed, another Mount Royal student, said he is going to vote though.

“It’s a part of my heritage,” he said. “I want to be a part of the new one; it’s a need for me.”

So keep your eyes and ears on channel 15 this week. If you don’t catch the action on TV, then check it out online. Act like a citizen and vote.

WEB EXTRAS



To learn more and vote

TheReflector.ca



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