

the **BOLT**

Issue 10 03/06/12

Face Pics for Fundraising!
Wanna see more photos like this? Go to
www.thethunderbolt.ca



Photo By: Hannah Gulyas

WHAT'S INSIDE

- Volunteer Opportunities

- Harvey

- We Canada Tour
2012

- Poetry

- Your Vitamins

- Panda Bears

The Alberta Oil Sands

Sasiri Bandara

Depending on how you look at it, the Alberta oil sands may be considered a gift or a curse. Economically, our natural oil reserves are often praised for creating employment opportunities, bringing wealth to the country through international exchange, and in turn making Canada more developed and powerful in the global economy. However, oil mining in the tar sands of Alberta is also harshly criticised for the negative influences it has on the natural environment. Some of these problems involve the destruction of forest habitats, and increased pollution resulting in various medical conditions among nearby residents. Which aspect of our oil sands is more significant and influential for Canadians in particular, and the world as a whole? Do the economic benefits overrule the environmental consequences?

Globally, there is a huge demand for oil because it is such a useful and relatively affordable natural resource. As a result of this tremendous demand, mining and selling oil is a stable and profitable business practice; which is why so many companies want to tap into Alberta's oil sands. In the Athabasca oil sands deposit alone, the current rate of oil production equates to approximately 1.3 million barrels per day. Selling this oil at a price of say \$98.00 per barrel translates in total to over 127 million dollars of income in just one day! It's no wonder these companies are so determined to get their hands on this "black gold". There are certainly costs associated with the industrial processes involved in all of this, but overall profits heavily outweigh costs for those in the business.

Alberta's oil sands reserves are an incredibly valuable energy resource to the province, the country, and the entire world. In fact, 13 percent of total global oil reserves are found right here in Alberta! As one might imagine developments and progress in this industry have countless benefits. For instance, over 136,000 Albertans are directly employed in the oil and gas extraction and mining sectors (nationally, more than 450,000 oil sands jobs will be created in the next 25 years). Also, from 2009-2010 oil sands royalties totalled 1.9 billion dollars (and according to the Canadian Energy Research Institute (CERI), Alberta can expect 124 billion dollars of royalties from the oil sands in the next 25 years). Capital investment in the oil sands is estimated to add upwards of 218 billion dollars over the next 25 years; and every dollar invested in the oil sands creates about \$9 worth of economic activity, one-third of which occurs outside Alberta's borders; in Canada, the US, and around the world.

(Continued on page 4)

Meet the Masters



EDITH O'NEIL
ARTS & CRAFTS
EDMONTON



WYNNE DINE
EDMONTON
EDMONTON



SHERY DINE
EDMONTON
EDMONTON

Volunteers Needed

The 2012 Charity Art Show and Silent Auction
In support of
the Youth Emergency Shelter Society of Edmonton

Volunteers are needed to help run this event to take place
March 16, 2012. Duties would consist of setting up and tearing down tables, art, and silent auction items. Food will
be provided for volunteers. All volunteers must be **18 or older**.
If you are interested, email 2012artshowfundraiser@gmail.com, with the subject line "Volunteer".

Show Your CUCA Pride!

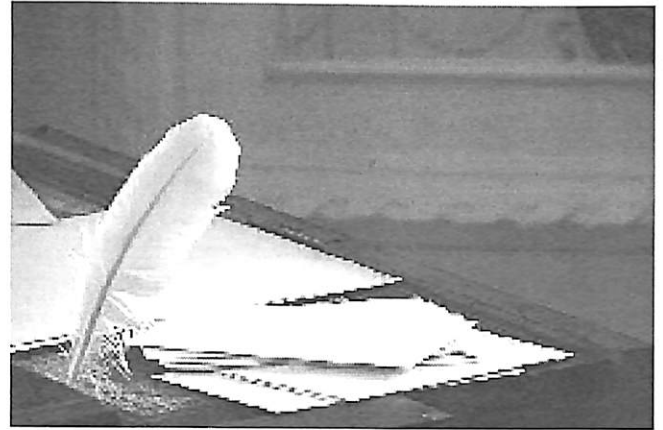
THUNDERWEAR FRIDAYS

**Wanna join the family and write for the BOLT? Let us
know! CONCORDIA.BOLT@gmail.com**

from The Foxhole...

Alexandra Bennett

It's that time of semester, again. Midterms loom (or may have already started), papers are due, finals are a month away, and darn it if you haven't lost that paper telling you what you need for your latest assignment (okay maybe that's just me). Here, hot off the presses is the newest edition of The Bolt. We will gladly provide any assistance in your procrastination, and/or study break needs. Have you heard about the Pandas? Check it out. How about vitamin D, Harvey, or Jenny Doh's Crescendoh project? No? We've got that here. So without further adieu, I welcome you to the March 6th issue of The Bolt. Oh, and if you haven't checked out our Website (www.thethunderbolt.ca) you should really do that. We've got photos and past issues for you to peruse at your leisure.



Stock Up on Bamboo

Rich Gagnon

On February 11, Prime Minister officially announced that Calgary and Toronto would be playing host to two very special Chinese guests starting next year. Over the course of his four-day trade mission, an agreement was reached between Harper and Chinese officials for Canada to loan a pair of giant pandas from Chongqing and Chengdu zoos for a period of ten-years. The plan is for the Toronto Zoo to accommodate the bears from 2013 to 2018, and then ship the pair to the Calgary Zoo for the next five-years. ErShun (the male) and Ji Li (the female) will be treated like royalty on their visit, as an estimated \$15 million will be spent on hosting these exotic creatures for a decade. From that hefty budget, \$10 million is part of the loan fee charged by the Chinese zoos for the pandas, while the rest will be used to pay for food (a years worth of bamboo for these guys costs about \$200 000!), veterinary care, and staff training. Although the loan fee may seem a little high, the Chinese pledge to use the majority of the money from panda loans towards conservation efforts and habitat preservation. Anyhow, the Canadian Zoos have no issue with paying the hefty sum for the majestic creatures as they anticipate new sponsorships and the additional visitors coming to see the majestic animals will be more than enough to cover the cost. It's been over twenty-years since a panda last set foot on Canadian soils, and employees at the Calgary Zoo have fond memories of Sun Qun Qun and XiXi who visited in 1988. Laurie Skene, the communications manager at the Calgary Zoo, remembers huge line-ups to visit the bears and sees no reason why ErShun and Ji Li won't be as popular.



There are only an estimated 3000 or so pandas living in the wild, so during the visit an attempt will be made to set up breeding between the two pandas to help bolster the numbers of the endangered species. Unfortunately, pandas are notoriously difficult to breed in captivity, as they tend to lose interest in mating when taken away from their natural habitats. However, by imitating their natural environment, the two zoos hope to overcome this obstacle with ErShun and Ji Li. If they are successful, part of the agreement is that any resulting offspring will become the property of the Chinese zoos.

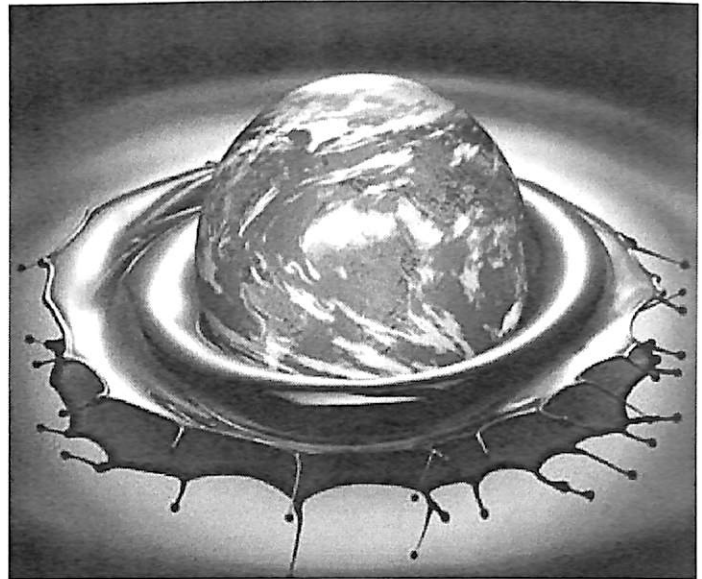
Show Your CUCA Pride!

THUNDERWEAR FRIDAYS

(Continued from cover)

Unfortunately however, the strong desire of powerful companies to mine and sell oil in the cheapest and easiest possible ways, to maximize profits, has led to various environmental issues. The clear-cutting of the boreal forest, ground contamination from oil sands tailings ponds, and atmospheric pollution from mining processes are all disturbing the behaviour and habitats of local wildlife. Industrial pollution is also having a toll on the health and wellbeing of people living in northern Alberta; leading to increased rates of illnesses, diseases, and cancers. In fact, sometimes just a few aerial images can sum up the destructive environmental transformation taking place in Northern Alberta as a result of the oil sands industry.

With new mining projects being approved and old ones being expanded, perhaps now is a good time for Alberta to re-evaluate the oil sands situation. Perhaps it is time for us to find a better balance between the economic gains and the environmental setbacks associated with the harnessing of Alberta's black gold.



The War for Good Teachers

Angela Anderson

The Alberta teachers will negotiate a new wage scale in August of this year. In previous years, these negotiations have been known to carry on for some time or even result in a strike. I remember the teachers going on strike when I was in about grade four. It was awful. Some might have thought it was great because we had an extra two or three weeks off school, but I was the child of a single mom, and this made life very difficult for us. How do these strikes benefit children in the public school system? Are teachers paid what they are worth?

I heard someone say once that teachers should be paid far better than doctors and lawyers because they are the ones who are educating them and building up the next generation to become these professionals in society. Do you think this is true? I don't. I think teachers should be paid as well as educated childcare workers. No offense to teachers in general, I just think the system needs some work. I also don't think that elementary or even junior and senior high school leads people to become professionals. I think the experiences we have in life may determine what we do and there are some very influential teachers out there, but unfortunately they are the minority.

People become who they are through their innate interests, their talents, and their skills, not through the meager, unspecialized education of public school. Unfortunately, public school is only interested in teaching children the basics, and the tired, over-worked teachers do not have time to cater individualized education to every one of their forty students. It is too bad that class sizes are so big and that teachers are forced in to teaching a standardized, unoriginal curriculum, but that is the best system we've got. Right?

CHECK IT OUT

The Bolt Archives

Past Issues From Years Gone By

www.thethunderbolt.ca

Wanna join the family and write for the BOLT? Let us know! CONCORDIA.BOLT@gmail.com

MORE TAXATION

ANGELA ANDERSON

This topic probably affects students more than anyone else. The government plans to implement a tax on unhealthy food. I don't mean to be anti-health, but I do have a few concerns. How will this tax actually decrease the amount of unhealthy food we eat? Don't people still smoke even though there is a tax on cigarettes? Isn't the consumption of these unhealthy foods actually a reflection of the lack of time people allot themselves for food preparation and cooking?

Are there other solutions? What about making healthy food less expensive? What about offering free cooking and shopping classes? What about having a tax rebate for healthy groceries? Or what about implementing mandatory meal breaks for everyone?

Healthy food is quite expensive. I know that for a family of four it is difficult on a student budget to keep fresh fruit and veggies in the house. It is also time consuming to make meals for the kids when some nights we get home at six and the kids need to bathe and go to bed by seven

so my hubby and I can do our homework. When we buy healthy food though, we eat less to feel satisfied and we only buy enough for a week so it does not go bad. Will this save us money? Also investing in a crockpot could help with the time crunch because you can start meals ahead to be ready when you walk in the door. I would definitely be thrilled if the price of healthy foods were comparable to a box of KD!

If the city offered cooking and nutritional shopping classes would people go? I know I wouldn't. Again, I feel that the time crunch of being a student does not lend itself to other extra-curricular classes. Besides that, don't people know what healthy foods are? Don't they want to eat healthy, but when late night hunger attacks while studying it is easier to snack on cookies and chips? Don't forget your mega bottle of Coke to assure you have enough caffeine. A small thing that could help is on the weekend take time to cut up veggies, fruit, and cheese. Put them in containers in the fridge also buy yogurt that way when you need a snack one is

ready.

I cannot imagine the government ever giving people back money for their groceries. After all, how would they account for that anyways? If they saw my list it would cancel out the good and bad because I bought eggs—good – and I bought chocolate—bad. I can't see this working as a viable option.

Mandatory meal breaks would be interesting. How would this work? I picture something like in Italy; TV shows always depict a slower lifestyle with time to drink wine and sit out on the front street. Would this work in our fast paced world? I doubt it. People would still hurry to do other things. I know what I would do if I had "extra time" in my day...I would study, or nap, or do laundry, clean my house, finish the mountain of paper work downstairs. I would probably not bake bread or make a wholesome meal for my family. Although I do want that for them, it is so much easier to make Mr. Noodles and tuna sandwiches.

The Sunshine Vitamin

Angela Anderson

Vitamin D deficiency is a risk for most of us living in Edmonton because of our long winters and Northern latitude. It is great that we know that we are at risk, but why should you care? Getting enough Vitamin D has many benefits to our health. Firstly, Vitamin D assists in the absorption of Calcium, which is essential for the development, and maintenance of strong bones. Secondly, Vitamin D increases our immunity to the cold and flu. Studies show that healthy levels of Vitamin D may also decrease our risk of getting M.S., cancer, and arthritis. It may increase brain function, even into late life. It provides protection from radiation, and it may decrease the prevalence of asthma symptoms. And finally, something new I learned, healthy levels of Vitamin D may be associated with maintaining a healthy body weight.

It is recommended those adults between the ages of 19 and 50 take anywhere between 200-1000 IUs of Vitamin D. The wide range is arbitrary as some Vitamin D is better than none, but primarily the higher range is for those that are at risk for being deficient. This would apply to everyone in Alberta, let alone Edmonton.

Although the sun is an excellent source of Vitamin D, it is important to note that if you are wearing sunscreen or heavy clothing or if you have dark skin you may not be absorbing as much Vitamin D as you think. Other sources of Vitamin D are: fish, mainly salmon, tuna, and mackerel; fish liver oils; beef liver; cheese and fortified milk; egg yolk; and some varieties of mushrooms.

How do you know if you are Vitamin D deficient?

You may experience one or more of the following symptoms: muscle cramps, difficulty breathing, fragile bones, tooth decay, irritability.⁴ And perhaps the most immediate symptom being fatigue. Most importantly, go see your doctor and have a check done to see and start taking supplements. Also experts say 5-30 minutes of sun twice a week will boost your Vitamin D levels.

Show Your CUCA Pride!
THUNDERWEAR FRIDAYS

Networking - Looking Past Graduation

Ryan Danyluik

Have you ever found yourself up late at night and worrying over how you're going to get a job? I have. Many, many times. Meeting people involved in the industry you're interested in and learning about different career paths are important ways to find out more about your chosen career, and maybe even make a contact who will help you to get a job after graduation. ABCampusTech is a group of students from various institutions in Edmonton who arrange and get access to Industry mixers and conferences. At these events, you'll meet a wide range of students and industry representatives who can give you advice relating to your chosen field. Interested? Then check out <http://abcampustech.ca/> or come talk to me, Ryan Danyluik, the VP Finance of the Students' Association. You will often find me in my office, A207-E. My schedule is posted on my door and I keep office hours on Tuesday and Thursday from 12:30 - 2:00.

The next big event hosted by ABCampusTech is nanoN-

exus on March 15th. It is a Student-Industry mixer bringing together the nanotech community. This is a great event to go to if you have any interest in nanotechnology, or if you want to learn about the potential of the field. It's being held in the Enterprise Square Atrium and there will be door prizes. Tickets (\$10) and more information can be found online at www.nanonexus.ca. Events such as this are a great way to meet people and get some bearing on how you can get to where you want to be after graduation. It's amazing how much information you can glean from other people's experiences and how many avenues there are to your dream job; I have had a number of great experiences and established important relationships through ABCampusTech. So you too should jump on the bandwagon and come out, meet some people and make some connections that may just improve your future.

THE SIMPLE LIFE

BRITTNI CAREY

We are rich. On a student budget, though it doesn't seem like much, we live better than most of the people in the world. We have ready access to clean water, the grocery store, and Tim Hortons. We drive cars that are built to last five years maximum and wear clothes we throw out at the smallest sign of wear. We own laptops, iPhones, digital cameras, huge flatscreens, more movies than we would ever watch, and more stuff than we could ever need. I'm not pointing this out to make anyone feel guilty; in fact, I want to point out how blessed we are to live in such affluence! Our needs are met, freeing us up to think about the deep questions in life.

I don't know about you, but with the time I have, instead of thinking philosophically, I tend to think materially. About what I own, what I want to wear the next day, or what's going on on Facebook. Things are distracting. They can also be destructive. Our earth is burdened with the shells of our spent pleasures, and the more stuff we buy, the more we throw away. I not only find this fact frustrating, but also frightening: and even more so, how so much of us buy into our consumable culture - literally.

To reconcile the desire for sincere

contemplation of life and the things in life that matter, I think our society needs to put focus on living more simply. This doesn't mean dressing in sackcloth and living in a cardboard box. Rather, I think it means being more intentionally about the way we live. I love this verse:

*Two things I ask of you, LORD;
do not refuse me before I die:
8 Keep falsehood and lies far from me;
give me neither poverty nor riches,
but give me only my daily bread.
9 Otherwise, I may have too much and
disown you
and say, 'Who is the LORD?'
Or I may become poor and steal,
and so dishonor the name of my God
(Psalm 30:7-9).*

Where we have much, we should share with those who have little, where we have little we should depend that God's plan for us may involve something more than that new shiny thing we've been chasing after. Like some of you, I have this terrible fear of losing everything, of not having enough money to take care of myself. Jesus assures us that our Heavenly Father, who takes care of the birds and the grass of the field, will take care of us also.

In light of these thoughts, what does living simply mean? I was recently inspired by a project I heard about through a friend. To raise money for providing water to people in third world situations, Jenny Doh has pledged to wear the same brown dress everyday (when it isn't being washed, of course) from Valentine's Day of this year until 2013. She has used her gifts of art and the blessings in her life to reach out to the world around her, putting the needs of others before her own. Living simply, to me anyways, means being intentional about what we buy and how we use it: using recycled products, sharing resources with the people around us, creating a community which is not based on supply and demand, but rather on respect for the earth and love for each other. This is a general statement to be sure, but I think that everyone has a different approach to living the simple life. Some who have much share what they have; others decide to boycott corporations which oppress and mistreat their workers.

What does the simple life mean to you?

Check out Jenny Doh's Crescendoh Project at <http://give.water.org/fundraiser/238/>

Wanna join the family and write for the BOLT? Let us know! CONCORDIA.BOLT@gmail.com

Harvey, a Review

Sarah James

Harvey, written by Mary Chase, is the play being put on by Concordia this semester. Harvey follows a couple of days in the life of Elwood P. Dowd, a man with an imaginary friend named Harvey. A forty-seven year old man with an imaginary friend is one thing, but especially concerning is when that friend just so happens to be a six foot tall rabbit. Elwood's sister, Veta Simmons, and her daughter Myrtle May are rather embarrassed by Elwood's situation (he introduces Harvey to everyone that he meets), so they conspire to have him committed to a sanitarium. Hilarity ensues, of course, and by the end of it the distinction between the sane and the insane becomes less and less clear.

The set is one of the most elaborate I've seen in a Concordia play, and definitely added to the overall effectiveness of the performance. The play is lighthearted and funny, and the cast seemed to have fun with their roles. Harvey lends itself especially well to outrageous characters and over the top performances, which the cast seemed to relish. Veta, with all her hysterics and plotting, was especially well played.

Harvey runs about two and a half hours long, and nearing the second hour it seemed to me that the cast got tired. The lines weren't as quick, or the timing as sharp, and everyone had settled into delivering their lines in a sleepy drawl. The introduction of the cab driver revived things a bit, and the play ended on a high note. Despite the wavering in the last portion, I thoroughly

enjoyed myself, and would recommend Harvey to anyone looking for a couple hours of diversion this week.



Harvey is playing March 9th and 10th 7:30pm, and March 11th @ 2pm. Tickets are ten dollars for adults and five dollars for GTC members and seniors.

THE GIFT FROM HEAVEN

DEJAN MISOVIC

SHE IS MORE BEAUTIFUL THAN SHEHEREZADA, MORE THAN ANY PRINCESS FROM FAIRY TALES,

HER HAIR IS LIKE LIGHT OCEANS WAVES,

THE COLOR OF HER EYES IS BLACK LIKE THE SANDS OF THE BLACK SEA,

BLUE LIKE ADRIATIC SEA,

GREEN LIKE GARDENS OF EDEN,

OR I DO NOT KNOW, BECAUSE SHE IS SO BEAUTIFUL, NICE AND KIND,

AND THAT MIXED UP MY MIND,

THAT I BECAME COLOR BLIND,

WE WALK ON THE GOLDEN SAND

HOLDING HAND IN HAND

WE WALK AND WE DO NOT NEED TO TALK

WE BECAME THAT KIND

THAT READS EACH OTHER MIND

SHE IS GOOD, AND WISE

SHE IS THE LORD'S GIFT FROM PARADISE

SHE IS BEAUTIFUL AND SMART

SHE IS MEDICINE FOR MY BROKEN HEART

We Canada Tour – Dialogue and Action for Earth Summit 2012

Where: U of A, Centennial Centre for Interdisciplinary Science Building

Room: 1-440, 11455 Saskatchewan Drive (East of 116 Street)

When: 6-8pm

Register for free tickets at: www.wecanada.eventbrite.com

SPEAKERS:

Elisabeth Guilbaud-Cox: As the Officer-in-Charge of the United Nations Environment Programme Regional Office for North America (UNEP RONA), Elisabeth promotes collaboration between UNEP and the Governments of Canada and the United States, and with the private sector and outstanding environmental, academic, and scientific institutions in the region. Before coming to Washington, she worked at UNEP's Headquarters in Nairobi where she showcased the organization's work around the world through the coordination of global media events. She is coming to Edmonton from New York!

Dr. Colin Soskolne is a professor at the U of A and has authored, co-authored, edited and co-edited over 350 published papers, chapters, letters, books, and proceedings.

Aleksandra Nasteska is the co-founder of We Canada.

"As Canadians we have a legacy at the Earth Summit 2012. It is Canadians that led the world by example in sustainable development. Today we are more of obstructors than leaders on the global stage. Civil society was not consulted for the official Canadian position for Rio+20. We are taking matter into our hands now. The people of this world need us to participate in progressive thinking, collaboration and action to ensure equity, and transition towards a green economy. We can't keep turning our back on the world. We won't."

Brought to you by the Model UN Club and We Canada

For more information feel free to email marina@earthsummit.ca

FACEBOOK: <http://www.facebook.com/WECANADA> TWITTER: <https://twitter.com/#!/wecanada> HASHTAG: #cndtour