

Concordia support staff feeling the cuts



Due to cutbacks, the info desk is one of a number of services that are feeling the squeeze, shutting down at 5 p.m. rather than 9 p.m. putting night students in need out of luck. PHOTO ELSA JABER

• TERRINE FRIDAY

John, a full-time employee at Concordia University, has used up many sick days and takes medication to control his anxiety, a condition he attributes to his job insecurity.

John refuses to use his real name for fear of getting fired. He's a member of Concordia's support staff and doesn't think the university will keep him around much longer, even though he's unionized.

"It's totally disgusting," John said. "They can move me somewhere else I don't want to work. And if I refuse, they get rid of me."

John, an employee of University Communications, says the new contract between the Concordia University Support Staff Union, which represents 450 workers, and the university doesn't mean much for the sake of job security.

The new contract, which came over five years late and was negotiated just last February amidst accusations of labour law violations, came just two months before interim president Michael Di Grappa announced the university's then almost \$10 million deficit.

"Imagine you're a student from China, Italy, or Spain and the only address you have is 1455 de Maisonneuve."

—a Concordia support staff member

"I understand it's a university and you have to make cuts sometimes," John continued, "but not like this. Not like this."

John isn't the only one worried about his job. Cuts made to Concordia's information desk also have employees worried.

The info desk on the ground floor of the Hall building, which used to have six employees and

was open until 9 p.m., now has two full-time employees and shuts down at 5 p.m.

"I think it's an essential service for the students," an employee at the desk said. "Imagine you're a student from China, Italy, or Spain and the only address you have is 1455 de Maisonneuve [...] I'm sure

duplication.

Former front-desk employee Allison Araneta echoed John's concerns, saying closing down the information desk looks like "the next step."

Araneta, a student employee, said after cuts were made to the info-desk hours, she saw her dismissal coming.

"They cut our hours, and then they finally just said 'Okay there's budget cuts, the summer isn't as busy, we don't need you guys anymore.'" The Political Science student said she's happy she at least got two weeks' notice.

Araneta worked at the information desk for two years but was never unionized under CUSSU. She says an info-desk is important, especially for an institution of higher education.

"I don't know what kind of school doesn't have an info desk," Araneta said, "especially one with such a spread-out campus."

Making time for politics

There is more than one way to cast your ballot

• PAMELA TOMAN

Students who intend to vote in next Tuesday's federal election may have to rethink where and how they'll cast their ballots.

On Oct. 14, Concordia University will remain open and regular classes will proceed as scheduled, despite the challenge this may present to students hoping to vote in ridings outside of Montreal.

According to Elections Canada, universities must follow the same guidelines as all other Canadian institutions, and are authorized to remain open provided they grant all eligible voters three consecutive hours during voting period on Election Day to cast their ballots. Since most students are unlikely to have classes scheduled back to back over the 12-hour

voting period, it is assumed that the flexibility of students' schedules will allow them the required time off to vote.

Although not everyone will be able to free themselves for advanced polling, other options include registering to vote by special ballot, voting by mail or at an Elections Canada office.

But as arts student Ashley Michnowski explained, sometimes students find out about these options too late in the game.

"I'm planning to vote in the advanced polls this election," Michnowski said. "I think it's unfortunate that some students don't find out about voting options until the last minute. These things should be more visibly advertised and promoted so that students can easily get to the nearest polling stations on time."

Journalism graduate student Amanda Wenek admits she has never voted in a federal election, since she has always been away from her hometown riding during voting periods.

"I think I'll vote on Election Day this time [...] I am not registered yet, so I have to look into doing that," said Wenek. "I've always found myself in different ridings and never felt I knew enough about any of the candidates to make an informed decision."

With election day fast approaching, students will have to decide how they will vote sooner rather than later—the deadline to vote by mail or by special ballot is no later than today at 6 p.m.

For more info about how, where and when to vote, please visit elections.ca.

Con U president talks sexism, international fees

• TERRINE FRIDAY

Concordia University president Judith Woodsworth says the hardest part about her job may not be pulling long hours or extinguishing fires, but may actually be her sex.

In an interview last Friday, Woodsworth said that even in her position, she sometimes finds herself the subject of an undesirable exchange.

"You still can run into sexism and people who may not take a woman seriously," Woodsworth said, "or can be patronizing, or who want to tell you how to do your job."

Both English-language universities in Montreal have female leaders, the other being principal Heather Munroe-Blum at McGill University.

"I think it's a coincidence," Woodsworth said, "but I think it's going to be good to have that bond."

Another topic of discussion included the recent deregulation of international fees by the province and when Concordia will take advantage of the move to get a greater share of the pie.

"It's going to be a long process," Woodsworth said, noting the university will continue to raise international fees relative to other Canadian universities "in a way that makes sense."

Dr. Woodsworth encourages students to send comments or questions to president@concordia.ca.

Judicial Board still in exile

• TERRINE FRIDAY

The chairperson of the Concordia Student Union's judicial Board, Tristan Teixeira, says he's being kept out of the loop by the CSU and can't do his job.

Teixeira, who acts as head of the CSU regulatory body, says his requests to be put on their mailing list are still falling on deaf ears, even after struggling with former Council members last year.

"The JB is never informed of meetings, special or regular," despite repeated requests, Teixeira said.

According to Article 6.6.1 of the CSU bylaws, Council agendas are supposed to be sent out at least five days in advance to members of Council and their permanent advisors. The JB acts as advisor to the CSU council.

Article 6.6.2 also says that meetings are supposed to be held "on the second Wednesday of every month."

"Last year was kind of like this too," Teixeira said. "There was a lot of breakdown in communication."

Teixeira says he's been trying to get a hold of the CSU president Keyana Kashfi to no avail.

"Whether she's overloaded or not responding to me, I have no idea," he said.

The Link called Kashfi for comment, but phone calls were not returned.

Rovins continues to rave

Independent candidate struggles for equal representation

• TERRINE FRIDAY

McGill University may not be the only place where independent federal election candidate David Rovins is not welcome.

At last Wednesday's candidate debate at Concordia University, the independent candidate in the Westmount-Ville Marie riding hadn't been invited either.

"[Independent candidates] have no ability to affect public policy in Canada."

—Colin Goldfinch, CSU VP external

"Monday night, students told me of the debate and I had not been invited," said Rovins, who also ran in the 2003 Quebec general election in the Bertrand electoral district.

Rovins, who reported to the Concordia Student Union office the following day, claims he was turned away at the front desk.

"As I became increasingly frustrated, I asked to speak to anyone on the executive," he said.

CSU VP external Colin Goldfinch, admits it was no mistake Rovins wasn't invited; no independent candidates in the riding got the memo.

Goldfinch says only the four major parties with the "ability to directly affect public policy in Canada"—including the federal Liberals, Conservatives, Greens,

House of Commons, they have no ability to affect public policy in Canada."

Just three years ago, independent Member of Parliament Chuck Cadman cast the tying vote in support of the Liberal's budget, which the Conservatives opposed. A federal election was called a few months later.

There is only one Green MP in the House, but there are three independents, two of which are in Quebec.

Goldfinch contends that his encounter with Rovins was brief and to the point.

"He asked why he wasn't invited," Goldfinch said of Rovins, "and we explained why he wasn't invited."

The debate, held last Wednesday, was co-sponsored by the Political Science Student Association, the Arts and Science Federation of Associations, the Canadian Federation of Students and the Concordia Student Union.

According to Goldfinch, the decision to not invite independents was collective.

Stop Harper!

Anti-Conservative demonstration draws crowd



Protestors fight for their right to (arts) party. PHOTO ION ETXEBARRIA

• ION ETXEBARRIA

Thousands of people banded together and marched in the streets of Montreal to call electors to vote against the Conservative Party last Sunday.

A broad coalition representing collectives on the Arts, Feminist, Anti-War, Trade Union, Environmental, First Nations, Human Rights and Social Rights movements portrayed Harper's mandate as a "big leap backwards" and urged electors via spokesperson and actor Emmanuel Bilodeau to "say yes to environment, yes to culture, yes to peace and social justice by voting any party except the Conservative Party,"

adding "We just want a government that does not embarrass us."

Francois Saillant, coordinator of the housing rights collective Front d'action populaire en réaménagement urbain, warned of the risk of a future conservative majority government.

"We have seen what conservatives can do as minority," Saillant said. "I think it will be a disaster if we give them the power to do whatever they want."

Among the crowd, two demonstrators in polar bear costumes waved signs for voteforenvironment.ca, an environmentalist website whose objective is to monitor voting tendencies in electoral ridings—a strategy for the candidate

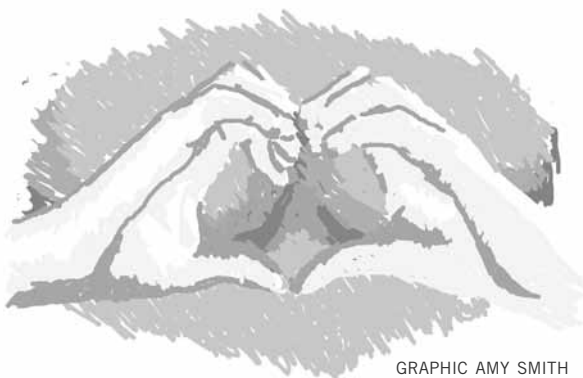
with the biggest chance to defeat the conservative counterpart to win.

The president of the Quebec Women's Federation, Michèle Asselin, criticized the conservatives' cuts on childcare funding and the proposed legislation challenging women's abortion rights.

Ghislain Picard, Chief of the Assembly of First Nations of Quebec and Labrador, broke a traditional position of the First Nations—maintaining distance between themselves and the federal election debate—by describing the conservatives as the "the most oppressive and colonialist government ever."

Canadians think pink

Cancer survivor to university students: stay healthy



GRAPHIC AMY SMITH

• MARTHA MACINTYRE, *THE CADRE* (UNIVERSITY OF P.E.I.)

CHARLOTTETOWN (CUP)—Three-time cancer survivor Marlene Cairns considers herself a prime example of how having the right state of mind can help a person beat cancer. "Wow. I know I am lucky," said Cairns. "I lost a friend this summer to breast cancer, she was three months younger than I. She didn't live to see her 50th birthday. I am grateful for every day."

Cairns says the cancer has kept her humble. She thanks "everyone who helps fight this disease"—the thousands of volunteers that come together every year for a cause they feel strongly about.

The Canadian Breast Cancer Foundation CIBC Run for the Cure is the Foundation's signature fundraising event. It took place in over 50 communities across Canada on Oct. 5.

"The more involved you become, the more survivors you meet, the more stories you hear, and the result is you just want to do what you can," said Cecil Villard, the event's P.E.I. chair.

What was originally a two-year commitment quickly turned into 10 years.

Being involved with the yearly run Villard says, "seems to be a good fit for me at this time in my life."

Villard notes there is a tremendous amount of breast cancer research underway.

"Yes, we will find a cure, hopefully sooner than later," he said, noting that last year, the Atlantic chapter of the Canadian Breast Cancer Foundation funded a full-time chair for breast cancer research at Dalhousie University in Halifax, N.S.

Villard says all money raised from the run helps find a cure.

"Money raised goes to research, bursaries, the purchase of equipment, etc," he said.

The Foundation's Atlantic chapter is contributing \$300,000 to hospitals to assist with the purchase of digital mammography.

"We have provided a large number of grants over the years to various causes related to breast cancer on the Island and across the Atlantic provinces, and of course, the many research projects we are involved in."

Cairns remembers back to when she was a university student. She says the way you live life when you are young determines your future.


"It seems just like yesterday. I am so glad that I never did smoke, that I always exercised and tried to eat—most of the time—healthy food. I don't think I would be here today if I hadn't lived like I did and continue to."

—compiled by *Jesara Sinclair*

GRAPHIC KETAN PATEL

"I was scared they were going to send me back to Spain and arrest me there and torture me," he told the CBC in March.

A guild spokesperson is slated to be named Oct. 7.



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Cover by Matthew Reichman

Bring Omar home

Canadian still detained in U.S. military prison



PHOTO ION ETXEBARRIA

• ION ETXEBARRIA

A demonstration yesterday called upon the federal government for the repatriation of Omar Khadr and the United States' military release of Khadr from prison in Guantánamo. Khadr was arrested by the U.S. military in Afghanistan when he was only 15 years old in 2002. He is the only Western citizen left in Guantánamo. October 5 to 11 has been declared a pan-Canadian week of action for Khadr's cause.

For more information please visit bringomarhome.ca

Upcoming events

Composting how-to

Concordia's award-winning composting initiative is reaching out to students, teaching them how to apply composting to home life. On Oct. 9, R4: Rethink Reduce Reuse Recycle, will host a workshop on outdoor composting at 5 p.m. Space is limited to 10 people, so they ask you to RSVP at recycle@alcor.concordia.ca or call 514 848-2424 ext. 7351. For more information, visit r4.concordia.ca.

Protesting against the police

Montreal citizens are expressing their concern about police-related deaths in the city over the past two decades.

On Oct. 11, a demonstration will take place at Pilon Park, at the corner of Henri-Bourassa and Pie-IX, starting at 2 p.m.

The protest is a call-to-justice for Fredy Villanueva, who became the 43rd person not convicted of a crime to be killed by the Montreal police force since 1987.

Shake hands with Dallaire and Bugingo

As a part of their month of diplomat programming, the Université de Montreal is hosting a discussion between Lieutenant-General Roméo Dallaire and François Bugingo, vice president of Reporters Without Borders and president of the RWB's Candian chapter.

Entitled *Du Rwanda au Darfour : l'oeuvre des Casques bleus, la part des medias*, the discussion will draw from Dallaire's involvement as Force Commander of the United Nations Assistance Mission for Rwanda and from Bugingo's coverage of conflict in the region and his continued struggles for freedom of the press.

The talk is free, and will take place on Oct. 14 at the Ernest-Cormier auditorium. For more information, visit moisdesdiplomes.umontreal.ca.

Applauding ethnic diversity

Long-time social activist and Officer of the Order of Canada, Dr. Vithal Rajan will explore the changing face of multiculturalism in a diverse society.

The lecture, *Inter Culturalism: Is Multiculturalism Outdated?*, will take place at the Atwater Public Library on Oct. 9 at 7 p.m. Dr. Rajan will explore the concept of inter-culturalism and the need to review old models of diversity. For more information, visit vithalrajan.com.

—compiled by Jesara Sinclair

Something academic

Imperative to exercise your right to vote:
Personal rights and freedoms under threat in Canada

• GILLIAN MAXWELL

Gillian Maxwell, a community activist based in Vancouver, B.C., is currently spokesperson for the Insite Community Safety Campaign, which supports safe injection sites, and is the founding member of the Strathcona Health Society.

Maxwell, trained in mediation and negotiation, has spent three years on the Vancouver Police Board and is co-regional leader of the North American Consultation for the Vienna Non-Governmental Organization Committee.

Maxwell is "passionate about people and community" and lives on the west coast with her husband, 18-year-old daughter, and puppy.

My experience comes from living in Vancouver, B.C. for over 30 years. In 1996, I moved into a neighbourhood that is famous for having the "poorest" postal code in Canada. Just a few blocks from our home many people were sick, visibly depleted, mentally ill and clearly dealing with significant health and social issues.

Out of the overall population of 16,000, 4,500 were injection drug users, 40 per cent were infected with HIV and 95 per cent with Hepatitis C. Overdose deaths from injecting drugs were one-a-day across the province. Researchers confirmed this was an epidemic and the Health Authority declared a public emergency.

At the same time we had been hearing of a different approach to

addiction from traditional law and order, which was called harm reduction and had started in Europe.

Harm reduction is grounded in pragmatism and humanism. Programs are designed to reach people who cannot, or will not, access programs that require abstinence to participate. The focus is on reducing the health, social and economic harms associated with alcohol, tobacco and illegal drugs for individuals and communities. Abstinence-based approaches are limited in responding to street drug scenes.

Particularly in our current political context, few words are more highly morally charged than harm reduction to those who see abstinence as the only positive outcome of illegal drug use.

However, evidence from Switzerland, where a huge open drug scene thrived in a number of cities in the 1980s, showed that drug treatment programs that required abstinence to enter, reach only 20 per cent of people actively using illegal drugs.

Harm reduction programming is designed to reach the other 80 per cent through needle exchange, street outreach, supervised consumption/injecting sites, programming in prison and methadone and heroin maintenance programs.

It is not a question of using drugs or not using drugs; there is a continuum of care that is inclusive.

These new ideas were introduced to Vancouver in 1997-1998 and because of the courage of the mayor at the time, they were

explained and discussed in many town-hall style meetings. The next civic election was won by a landslide on the promise of opening a supervised injection site. This came about in Sept. 2003 when the first supervised injecting facility, Insite, opened its doors. More recently, Vancouver has been one of two cities in Canada running NAOMI, a trial program of a heroin maintenance for people who are chronically dependent.

The results from Insite are excellent and include reduced needle sharing, unsafe injecting practices, public disorder, the risk of overdose and increased uptake to health services, including detox.

The results from the NAOMI trial are about to be released and all indications show that it will be as successful as similar trials held in Europe where the participants experienced stabilization in every aspect of their lives, and involvement in criminal activity was significantly reduced.

However, Stephen Harper is insistent on closing Insite down.

Harm reduction and evidence-based humanitarian policies are solidly embraced on the world stage. This summer in the first global forum of non-governmental organizations on drug control policy, called Beyond 2008, came together in Vienna at the United Nations. The 300 participating NGOs from all nine regions of the world approved by consensus a declaration and resolution that supports harm reduction. The World Health Organization, the Red Cross and Red Crescent Societies, the UN Office on Drugs

and Crime and the UN Secretary-General, Ban Ki-Moon, all voiced strong support.

On May 27, 2008, in a 60-page ruling, Mr. Justice Pitfield of the B.C. Supreme Court said that the federal government's Controlled Drugs and Substances Act was in violation of the Charter of Rights and Freedoms of Canada, which guarantees life, liberty and security of the person.

As with global warming, the federal Conservatives are in denial. Since they came into office in 2006, they have completely changed the direction of the National Drug Strategy. They have moved that portfolio from Health into Justice, their new "Anti-Drug Strategy" has been stripped of any references to harm reduction, and they are determined to close down Insite.

We are faced with a government trying to gain momentum around the demonization of people who have catastrophic life circumstances that only result in tragedy.

If this is something you do not agree with, you have power to change it on Oct. 14. Never underestimate your actions, never think you cannot make a difference and never think voting is a waste of time. Every moment counts and everything we do makes a difference.

As Dr. Martin Luther King, Jr. said: "Legislation and court orders can only declare rights. They can never thoroughly deliver them. Only when people themselves begin to act are rights on paper given life blood."

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Science College

Public Lecture Series

"From mind-reading to brain implants:
Ethics and the neuroscience revolution"

By: Eric Racine, Ph.D.
Clinical Research Institute of Montreal (IRCM)

Eric Racine will lecture on "From mind-reading to brain implants: Ethics and the neuroscience revolution" The speaker stipulates that the future of neuroscience promises to bring a range of novel basic and applied research that could radically change our views of brain health and human nature. Research has been carried out into the healthy and diseased brain. The brain defines who we are and the vulnerability of neurological and psychiatric patients. Neuroscience progressively crosses with crucial ethical, legal and social issues. The speaker will discuss the ethical aspects of basic and clinical neuroscience, "neuroethics", and some of the key challenges in current and future applications of neuroscience.

Date: Thursday, October 9th, 2008
Time: 8:00 p.m.
Place: Oscar Peterson Concert Hall
Concordia University
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Free Admission

Information: 514-848-2424 ext. 2595

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Insite into a bigger problem

'We're all drug users,' says safe injection site advocate

• JESARA SINCLAIR

Safe drug use advocate Gillian Maxwell says substance use shouldn't be so taboo, since we all do it.

"We're all drug users," Maxwell said in an interview after her lecture. "Why do we draw lines between people who drink alcohol or people that [use other] mind-altering substances?"

Maxwell, the first speaker in the Concordia University Community HIV/AIDS Lecture series, is an advocate for Insite, North America's only authorized safe injection site. Maxwell also mediates Keeping the Door Open, a coalition that works towards creating dialogues on drug use.

Her lecture last Thursday

focused primarily on her involvement with Insite and the research that supports the centre.

Maxwell feels that the reasons behind holding prejudice against drug users has very little to do with substance use but rather about socio-economic ideals.

"It's all about poverty," she said. "It's all about criminalizing poor people and having a target group you can blame things on." Maxwell cited drug users and sex workers as those who are targeted.

In its five years of existence, Insite has struggled with the federal government to keep its doors open.

"If you truly want to help people, you'll do everything you can to keep them alive and healthy,"

she said. "People mostly have excessive amounts of dependency because they do have big problems and they don't know how to deal with them."

Maxwell said that while she doesn't have her own clinical definition for addiction, she doesn't like to view it as a disease and says it can often be attributed to other factors.

"It's a condition that arises, comes up and goes down, for different people, at different times," she said. "Forget the conversation about the substances and start finding out why people have troubles in life, and what you can do to help them."

Hear the full lecture online at thelinknewspaper.ca.

Welcome back, Norman



The statue of Norman Bethune being hoisted off a flatbed truck yesterday afternoon. PHOTO ELSA JABRE



After some adjustments the statue was wrapped and awaits the unveiling ceremony. PHOTO JONATHAN DEMPSEY

• SEBASTIEN CADIEUX

The redevelopments of Quartier Concordia urban planning project made a great leap yesterday by resetting the newly restored statue of Norman Bethune.

The Quartier's urban redevelopment has been in planning for

over a year, and is finally bearing fruit with the new Norman Bethune square.

Work is being done to further develop Concordia's downtown campus as well as provide a leisure space for students and staff.

Bethune, an early proponent of socialized medicine in Canada, was known for forming the

Montreal Group for the Security of People's Health. Bethune gained greater recognition for giving free medical attention to the poor during the economic depression of the 1930s along with a number of medical innovations.

Bethune was also a hero in mid-20th century China where he worked as a field surgeon.

Who is Andy Wattie?

Cancelled by-election ends fringe politician's chance of imperial world bid

• GIUSEPPE VALIANTE, CUP QUEBEC BUREAU CHIEF

His name is Ronald Andrew Wattie. He is a vegan and a self-proclaimed running enthusiast. He is 71 years old and lives alone in a small, one-bedroom apartment in Montreal's east end. He never married and has no children.

But Wattie is no regular bachelor: he is a radical. He hopes to someday become the emperor of a new world order, reigning down on the planet's 20 countries from his chosen world capital, the island of Cyprus.

This fall, Wattie tried to gain exposure by running as an independent candidate in the Sept. 8 federal by-election for downtown Montreal's Westmount-Ville-Marie riding. While his counterparts campaigned on platforms advocating issues like fiscal responsibility and stiffer sentences for young violent criminals, Wattie had other ideas.

His political platform-cum-manifesto is simple, yet daunting. It centers on the idea that the world is overpopulated and with him at the helm "the peace of nature's balance would be restored." Wattie's solution: only one in every 50 members of an extended family is allowed to procreate.

"A woman could have one child, two or three, depending on her genetic qualities," Wattie told me one afternoon in September. "If she is average then she would have two."

Wattie is very fit for his age. He says he practices yoga daily and could almost get his feet over his head. He is about 5 feet 9 inches tall with a very thin and meager build. He has a full head of brown hair and speaks very softly. When he gets excited about his ideas for the new world order his eyes widen and he smiles timidly.

He was born in Montreal and graduated with a history degree from Sir George Williams University in the mid '60s. He worked odd jobs and traveled most of his life, he said.

The platform Wattie hand-delivered to

over 75,400 registered electors in his riding stated: "Females [...] would stay at home with their parents to discourage further procreation." This would happen until the world's numbers would be reduced to a "reasonable figure."

He further explained that when humans "get serious" about the critical issue of overpopulation, sex would be unnecessary and humans would breed by artificial insemination.

"Say you were selected father," he said, pointing in my direction. "I saw it on television, a male lion was used. He was put to sleep, and he had a vibrator inserted in his anus ..."

The world, according to Wattie, would be broken up into what he calls "20 naturally fronted (sic) regions." He pointed to a map of the world on his wall. There were black marker lines drawn all over it that he said represented the borders of the new world. The capital of the area that

"Say you were selected father," Wattie said, pointing in my direction. "I saw it on television, a male lion was used. He was put to sleep, and he had a vibrator inserted in his anus ..."

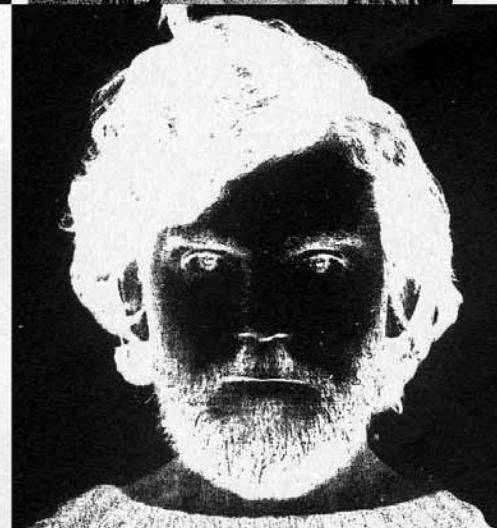
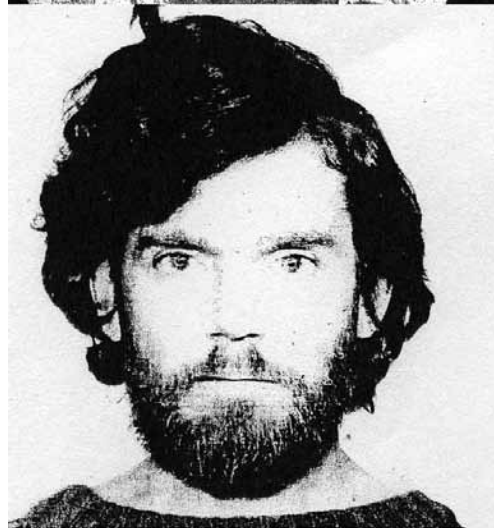
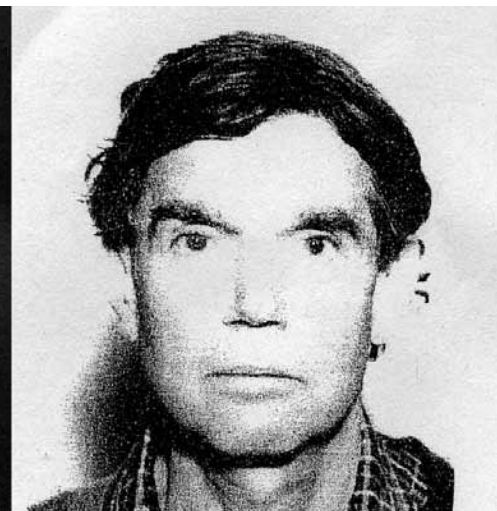
would encompass most of Canada, the United States, down to the Caribbean, would be Winnipeg, he said. "Winnipeg is very strategically located."

Every city in the 20 regions would select a representative to sit on the board of a capital city. A delegation from all 20 capitals would sit in the parliament of the world capital, Cyprus, where Emperor Wattie would rule.

"There's democracy on the local level," he said. He said he chose Cyprus because it is also "strategically located."

I wondered if Conservative leader Stephen Harper dreamt of a world where he was emperor, or if the New Democratic Party's Jack Layton has a map on his bedroom wall that he reorganized into a kingdom.

I also wondered how Montreal's voters



GRAPHIC AMY SMITH

would take to Wattie's plan.

The debate

Westmount's weekly newspaper, *The Examiner*, hosted a candidate debate in the old, musty and poorly lit auditorium of Westmount High School at the end of August. A few hundred people attended.

A table with party pamphlets was placed next to the auditorium doors, right below a plaque commemorating the students lost in the great wars, a symbol of a time when the country's public high schools had more to offer than a auditorium with aisle numbers scribbled in black marker on the paint-chipped walls above the seats.

Wattie's pamphlets were written by typewriter, on 11 by 17 inch paper, with a

audience during the debates, but sat there, slouched, and passed the mike back and forth to the candidates on either side of him.

The other candidates didn't seem to appreciate Wattie's vision.

"I don't share his values [...] but he's perfectly entitled to be listened to," said the first Canadian in space, Marc Garneau, running for the Liberals.

"Um yeah, [his ideas] don't jive with my philosophy, but that's his personal belief and uh..." Garneau trailed off, saying something about individuality.

Anne Legacé Dowson, the former host for CBC Radio Noon now running for the NDP, grimaced when I asked her about Wattie.

"Well I wasn't quite sure I understood (him) to tell you the truth," she said. "But I'm a big proponent of independent candidates and the electoral process."

"Even if he thinks women should say indoors," I asked, cutting her off.

"Well, I wasn't too clear on what he was saying there. I have to tell you, I was a bit surprised by that," she answered and slowly backed away, signaling the end of the interview.

After pontificating on the need for fixed election dates, Stephen Harper cancelled the by-elections a few days after the Westmount debates for a general election and ended Wattie's chance of promoting his empirical bid in the Canadian Parliament.

"Oh, I'm quite satisfied. I had a wonderful experience," he said back at his apartment in Montreal's east end in late September. He decided not to run again in the general elections. "I got my name out there, so it makes my work easy now."

He said he won't rule out running in another election if he thinks it will help him in his imperial bid.

"Being elected would have been great. But I don't know if I would have been elected," he said.

He received no questions from the

Gasoline powered pilgrimage

Zen from the art of *Zen & the Art of Motorcycle Maintenance*

• DANIEL STRELOW

Climbing the Bear Tooth Mountain in Wyoming, Mark Richardson recites a Zen maxim over and over again: “when walking, just walk.” It’s raining and he’s trying not to think of the road, or the rain, or the pain in the ass that is riding a motorbike.

He’s on his way to San Francisco, riding the same trail that, some 35 years earlier, Robert Pirsig traversed and which became the basis for a modern classic. It’s the pursuit of a deeper understanding of this novel that’s brought Richardson here, on this trip across the U.S.

In 1968, after being rejected by 121 different publishers, Robert Pirsig found a home for his novel and published the now-famous *Zen & the Art of Motorcycle Maintenance*. The book was an immediate success and has sold over five million copies worldwide.

The book provided semi-fictional account of a cross-country motorcycle trip taken by the author, his young son, and a host of people they meet along the way. It’s also a rumination on so-called “simple” values and their place in the modern, technological age. The book inspired so many readers, in fact, that quite a few of them re-



Hey Buddah, no hands! GRAPHIC MATT REICHMAN

trace the same route every year (Pirsig Pilgrims, they’re called) in an effort to connect even more deeply with the story.

In 2004, Richardson became one of those readers who decided to follow the Pirsig trail. Just don’t call him a Pirsig Pilgrim—“too religious for me,” he says. And although Richardson is by no means the first

to do so, his journey is unique in the fact that he’s written his own book on the journey, a kind of hybrid travel memoir/exploration of *Zen & the Art* as well as Pirsig’s personal life. On vacation from his job editing the Wheels section of the *Toronto Star*, Richardson took his Suzuki dirt bike from Minneapolis across the nation to San Francisco,

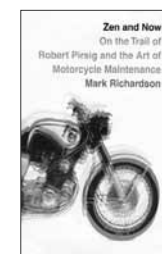
planning to arrive in the Bay City on his 42nd birthday.

That was the plan, anyway, and like many plans made on a motorcycle trip, it didn’t exactly materialize. “On a motorcycle you’re vulnerable—in every sense of the word, really. If it rains you get wet. If it rains hard, you get soaked. You can’t exactly turn on the wipers and

the seat-warmer.”

Richardson bemoans the loss of time caused by his detours and breakdowns, but one gets the sense that he wouldn’t really have it any other way. Each detour is a chance to meet another person and hear another story. The people he meets, many of whom are aware of the Zen Riders, seem to become the heart of his trip and, subsequently, of the book.

The real strength of Richardson’s writing, though, is how it weaves aspects of the two books together. *On the Trail* is not an explanation of Pirsig’s novel—it’s Richardson’s journey cast in the light and the spirit of the book. In this respect, it’s actually a good introduction to *Zen & the Art*. And Richardson agrees, if somewhat jokingly: “I see my book as a sort of primer for Pirsig’s. I think you should read my book first, understand it, and then read *Zen & the Art*. That’s the way to do it.”



Zen and Now:
On the Trail of
Robert Pirsig
Mark Richardson
Knopf Canada
September 2008
274 pp
\$29.95

Inside the mind of mental illness

Mike Barnes weaves bipolar disorder with random facts about frogs

• MADELINE COLEMAN

Mike Barnes’ memoir *The Lily Pond: A Memoir of Madness, Memory, Myth and Metamorphosis* begins with the question, “How much of our lives happens while we are unconscious?” The time I spent wading through Barnes’ frequent digressions and overwrought writing style was, admittedly, a period I would have preferred to spend sleeping.

The subject matter itself is undoubtedly intriguing; Barnes is a lauded Canadian author who has spent more than 30 years wrestling with bipolar disorder, and *The Lily Pond* chronicles not only his affliction, but also his experiences caring for his wife, who was eventually given the same diagnosis. How unfortunate that Barnes’ tiresome prose serves only to detract from the accessibility of his account.

Barnes says his primary concern before publishing the book was whether “this [would] be a story only someone with my background could appreciate.” Quite the opposite. But it isn’t Barnes’ affliction that puts a wedge between him and the audience.

It sometimes feels as though Barnes was ignoring the possibility that his readers might be less fascinated than he is by the minutiae of, say, Bruegel’s painting *Hunters in the Snow*. Trudging through his description of every painted figure in the tableaux, I wished Barnes would return to his own (much more interesting) life story.

The problem may be that he underestimates how important the human element is in grabbing and keeping readers’ attention. Barnes may disagree, but, to me, even a transcript of a mediocre conversation is more interesting than listening to someone pontifi-

cate on their interests.

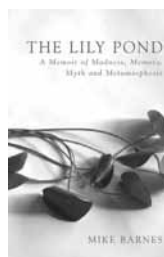
I found myself perking up when he began to describe what he and his wife went through when she began psychiatric treatment, then sliding swiftly back into disinterest when he devoted four pages to an excessively dry historical overview of mankind’s attitude towards frogs. The transition is jarring between Barnes’ many-comma-ed lyrical style and phrases like, “Cretan storage jars, from around 2000 BC, were decorated with frogs or toads....” This arduous dissertation takes away from the sympathetic and relatable nature of the telling, which I otherwise recommend to those dealing with a similar situation.

“My own long history with mental illness did give me a unique and informed perspective from which to try to help someone else,” he said in our interview. “But [...] I often

found myself just as bewildered, frightened, exhausted and saddened as anyone else would be.”

I wish that Barnes had spent more time discussing why he felt this way and less time pulling oblique cultural references out of his personal inspiration grab bag. For that reason, I never felt an emotional connection to Barnes’ story of personal suffering, something that a story about bipolar disorder should certainly evoke from its readers.

As it is, *The Lily Pond* seems written for Barnes’ benefit alone, and the effect is unintentionally masturbatory.



The Lily Pond
Mike Barnes
Biblioasis
Publishing
September
2008
220 pp
\$19.95

Lit Writ

Side Street

I called out to hope tonight,
Silence deafened the vacant air.
Tried sleeping in her niche
Hope completely unaware.
Conditional faith lay deep within,
Should I not, do I dare?
Sink or free fall,
Tally the odds,
Is anybody there?
The wind hissed no song tonight,
Tongue tied, gasping for air.
I called out to hope,
She still refused to care.

—Kelly Trager

To submit your fiction or poetry to the Lit
Writ column, e-mail them to
lit@thelink.concordia.ca

Don't panic

Incessant sequelization is mostly harmless

• PASCALE ROSE LICINIO AND
CHRISTOPHER OLSON

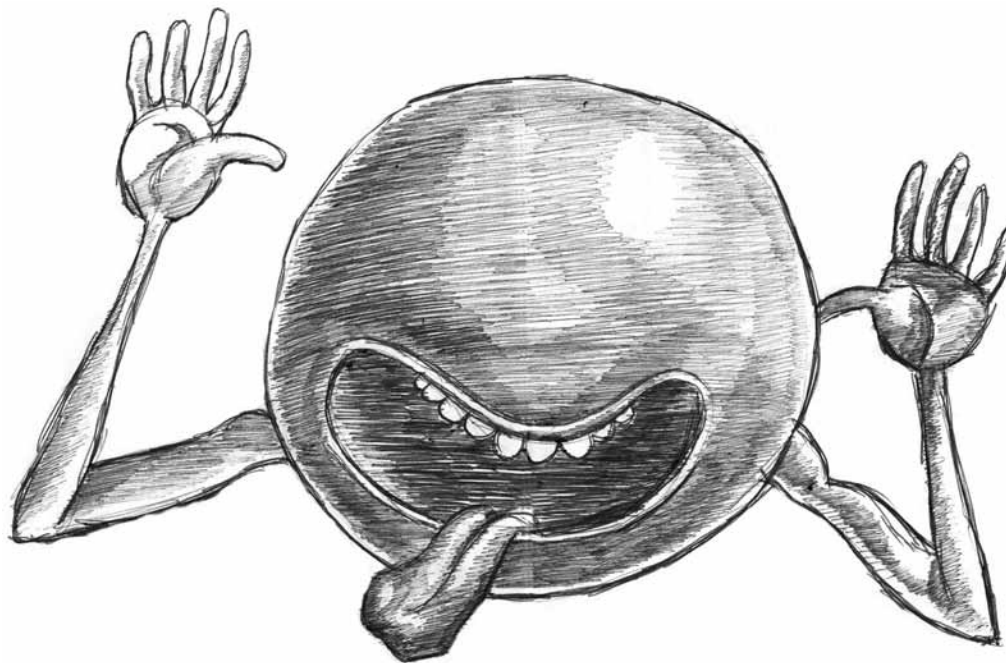
With the recent announcement of a sequel to Douglas Adams' *Hitchhiker's Guide to the Galaxy*, *The Link* asks, is it okay to write a sequel to a dead author's books? After discovering how much the authors concurred on this issue, both sides melded into one.

No one will be able to tell for certain whether penning a sequel to Adam's *Hitchhiker* trilogy (published in five parts) will have been a wise or a rash decision unless one of two things happens: it's released, and it turns out to be really good, or it's released, and it turns out to be really bad. The important thing is we won't know for certain until we read it.

We see permutations of this debate almost every month, whenever a Hollywood film director adapts a prized (and possibly prize-winning) novel for the silver screen. If the movie is successful, some will claim it's because the director paid tribute to the spirit of the original novel—especially when characters and plot sometimes bare a shoddy resemblance to the source material—while others will always sigh and say the book was better.

If a director can take liberties with a film adaptation while remaining true to the spirit of the book, why can't someone write a sequel that's also true to the original?

Even Adams took liberties with his own



Know who isn't smiling? Douglas Adams, cause he's dead. GRAPHIC CHRISTOPHER OLSON

plays to the books, and finally in the screenplay for the recent film adaptation, filmed posthumously but with Adams' prior consent. When critics decried the changes made in the movie version, they didn't realize they were criticizing Adams' own tweaks to the source text.

If children's author Eoin Colfer's take on the *Hitchhiker* series manages to recreate

conclusion that Adams' admits he always wanted for the series, the debate over whether it was appropriate or not to pen an unauthorized sequel will be mute.

But if Colfer fails to capture the essence of Adams' style of prose, or adequately continue the plot, then don't panic. The halls of literature's past and present are filled with examples of forgotten narratives, and our movie

houses are lined and shelved with sequels and remakes that failed to capture the public imagination or become part of our cultural heritage. Just because a book or a movie has a sequel, doesn't guarantee that it will survive the test of time, or remain behind long enough to sully the name of the original.

The only ones who will have remembered Colfer's book are Adams' fans, and the occasional user of Wikipedia, where it'll probably bare nothing but a seven-line mention of the fiasco. Then again, who knows if Wikipedia will even last?

What we know for certain is that there's at least one person who won't be offended by the sequel, and that's Douglas Adams. For one, because he's dead. But also because of what we know about him.

In his dying days, Adams described himself as a radical atheist. Let's not give his work a religious and sacred dimension that he himself would have fought against. Adams didn't believe in sacred cows, so why should the last sacred cow be Adams' books?

By playing creatively with the limits of time and space, by giving us a taste for compelling and extravagant paradoxes, the late, great Douglas Adams created and magnified a genre—the science-fiction comedy. What better homage to Adams' work could there be than keeping the genre alive within the universe he himself created?

Once... upon a time

An interview with Toronto's Rebecca Rosenblum, author of *Once*

• LEILA AMIRI

Open a book and what you usually get are a couple hundred pages of someone else's life, and if it's well-written, you're left wanting to see more. Rebecca Rosenblum's *Once* is aptly named, for we meet these people but once and are left to think about them at our leisure after the story is done.

We have one encounter, one story, one glimpse into the lives of sixteen characters, everyday young adults, lost but always on the move. Gracious and eager to speak to her readers, Rosenblum has a confident hand that pulls her readers along for the ride. Rosenblum lives in Toronto, and incorporates the city into her work, so that for her Canadian readers this series of sixteen short stories has a way of touching home.

The Link: Do you take ideas from your life, from those around you, or is your fiction pure imagination?

I do take small events and impressions from the real world to spark some of my fiction, but the writing is far more imagination than anything else. These people

are like the people in my world, like me, but I find it difficult to try to record directly from real life—there are too many extraneous details to weed out, too much personal weight that doesn't translate to the reader. Some true stories are too good not to try to use, but in general, I prefer to make things up.

Do you ever think about your characters after the story is done? Do you ever wonder what happens to them?

I am pretty over-involved with my characters—I often work out all the days and weeks and years surrounding the story that I end up telling. Sometimes I think about how they're going to die. I am not sure if all the work I do is relevant, but my writing process is definitely maximalist—I think of far more than I can write, and I write far more than I can use. I like to think that "excerpts of someone's life" is exactly what these stories are—that the characters have been somewhere before the first page and are going somewhere after the last page of each.

You bring us into the lives of adolescents and young adults. What is it about them that attracts you

in this way?

I think that people are at their most interesting when they don't know something—what to do, who they are, or just what's going on—or they don't have something, like love or respect or confidence or money or a job. And then there's the simple fact that I've only ever been a child, an adolescent and a young adult so far. I absolutely don't believe one can only write what one knows, but what I have experienced so far sure has absorbed a lot of my attention.

A lot of writers, like Haruki Murakami for example, are writing about these urban scenes, little snippets of people's lives, something out of the everyday. What attracts you to this and what do you think attracts readers to these scenes?

I write mainly from the world around me, though of course through the filter of my brain. So, though there is sometimes some magic and/or weirdness in my stories, I think that they are pretty firmly rooted in the everyday life of a lot of people. Cities are important to me, because they push people up against each other who might not elect that experience given the choice. That's the same

reason I'm drawn to writing about jobs and the workplace—incidental relationships are fascinating to me. There's plenty of room for the imagination in what I see on the bus every day.

Is writing what you've always wanted to do? Do you see it as a passion, a job, a hobby?

Writing fiction is not my job, because no one is making me do it—though I have tons of help and support, I could stop tomorrow and no one would mind. That's a really good thing for me to remember when I'm tired and bitchy and writing the nth draft of something hard: no one asked me to write this, no one is dying to see it but me, but no one will write it if I don't. That's usually enough to keep me working, and when it isn't, I probably shouldn't have been writing that piece in the first place.

Do you think you'll ever write a novel?

I think I'd like to, someday. A year ago, I saw this as a much more pressing concern, how I could marshal my forces to write a long narrative. And for a brief time this spring, I was working on something I thought would work

in that form, although I quickly discovered that it wouldn't. I'd been writing stories for so long before I began to have some insight into how they work, what the parameters are, what I wanted to do with them, though I haven't explored tonnes of possibilities. Working in 15 page chunks is a whole other skill from working in 200 page chunks—most of what a story-writer knows won't help him or her write a novel. No one ever asks a novelist when she or he will write a book of poems. I would love to develop those other skills, but for now, I am pretty deeply involved with, and fascinated by, stories.

Read the entire interview with Rebecca Rosenblum on *The Link's* website, at thelinknewspaper.com/lit



Once
Rebecca
Rosenblum
Bilioasis
Publishing
September
2008
192 pp
\$19.95



LiNK

concordia's independent newspaper

...in their shoes

exploring mental illness
from the perspective of
those who live with it



mental health special issue

Movies from ‘round the globe

37th Festival Nouveau Cinema looking to attract a new audience with lineup of international films

• INTRODUCTION
BY JOHNNY NORTH

“Fuck you’re beautiful,” is the opening line of *Derrière-moi* and appropriate for describing the hundreds of serious, dark, hip and completely ridiculous films being showed at the 37th annual Festival Nouveau Cinema.

“I’m trying to find people that have fun making films. The ones that go outside the norm do inspire me to make a movie,” said Julien Fonfrède, the programmer in charge of the Temps Ø films section. “It’s an idea of cinema, of not taking it as serious like everybody in the industry usually does.”

Fonfrède was recruited by FNC thanks to his work on programming the Fantasia Festival held at Concordia in the summer.

“[The FNC] contacted me, and I said cool!” he said. “I love this festival. From my perspective, it introduces a lot of creativity and it’s really artsy. I’m doing that with Temps Ø. I’m programming in a much larger way. I’m not programming films just for teenagers anymore.”

Fonfrède tries to get films that are not made for a particular audience. “If I show something like Japanese animation, I would never just show something that’s just for those fans,” he says. “We always play films that can attract a new audience. I usually play the films that people don’t know about or didn’t play in the big festivals.”

One of those films in particular was made by Toshio Lee, filmmaker of *Detroit Metal City*, an adaptation of a cult manga; a romantic comedy played out as a death-metal fable.

“It’s completely dumb and it’s

funny. It’s also very smart at the same time,” he said. “It talks about different cultures and the idea of a young kid who’s into pop culture. The kid ends up with two different identities. It’s completely different from what everyone does in Western films. The idea of being a freak is already completely normal in this society.”

Transfert
(Quebec/Canada 2008)
Written by Helen Simard and JoDee Allen. Directed by Guillaume Paquin-Boutin

Guillaume Paquin-Boutin, a Concordia grad in cinema, presents a six-minute film featuring random metro passengers breakdancing to the music of Kid Koala. The dance-choreography is a little too fast at times—they switch back and forth between different routines so quickly that the film is over by the time you get a chance to take it all in. There’s no real story here, but if you like random breakdancing for a few minutes, it’s worth the time.

—Johnny North

Derrière-moi
Seville Productions (Quebec/Canada, 2007)
Written and directed by Rafaël Ouellet

The story line of Rafaël Ouellet’s *Derrière-moi* is definitely one that makes you think. The French film set in Quebec, tells the story of a young country girl (Lea) influenced by a “wild” city woman (Betty), who is in her neighbourhood for the summer. Lea is

intrigued by Betty and her life experiences and the two become friends. Leading ladies Carina Caputo and Charlotte Legault do a good job playing their respective roles. The movie starts slowly, with little dialogue in the first few minutes, but once the dialogue starts it keeps rolling smoothly from there. In terms of the production, there were many scenes that were dark, to the point that it was hard to make out the actresses’ faces. All and all the movie was slow, but nonetheless entertaining. There was nothing predictable about the movie; therefore the ending was quite unexpected.

—Laura Giaccari

Nollywood Babylon
National Film Board
(Canada, 2008)
Written and directed by Ben Addelman and Samir Mallal

This feature documentary introduces us to the heart of Lagos, Nigeria, with its chaotic streets and impressive market. It’s there, in the 1990s that Nollywood, now the third-biggest cinema industry in the world, emerged after years of civil war and violence.

Every month, Nollywood produces more than 200 B-Movies with small budgets. They may look amateur to our “Americanized” eye, but the directors succeed in explaining why over 80 million of Africans are crazy about Nollywood films.

“Nigerians are strong in storytelling and it is more exciting when the stories you tell are your own stories,” says a Nigerian poet



Scene from *Waltz with Bashir*, an animated film being shown at FNC on Oct. 16-17.

interviewed in the movie. These movies address Nigerian concerns from their traditional rituals to their modern urban life.

This documentary is a very refreshing view on Africa and a real attempt to describe a genuine movie industry. It makes good use of the camera and has a great soundtrack, but it could have dug deeper—brought us more into this society. The directors succeed in answering the question of Nollywood popularity, but fail to raise more questions.

—Annabelle Blais

Voy A Explotar
Canana/Cinematográfica Revolucionario/Verisimilitud/El Fondo de Inversión y Estímulos al Cine (Mexico, 2008)
Written and directed by Gerardo Naranjo

Gerardo Naranjo’s *Voy A Explotar* is a poignant film that explores the nuances of teenage love-in between two self-styled

rebels. He, a corrupt politician’s son (who recently was ousted from his studies at a seminary) and she, a free spirit who refuses to kowtow to any number of authoritative figures.

Naranjo’s use of light and fluid colour make the film an interesting watch that always keeps the viewer peeled to the screen, wondering what kind of novel idea the director will come up with next. The madness and complexity of being entangled inside of a teenage relationship is adeptly spelled out here with a touching air of sincerity one rarely sees in a lot of films about younger people. There is truth to their actions and words, and the passion that permeates from the screen will keep you near-entranced until its 106-minute runtime is over.

—R. Brian Hastie

The FNC starts this Wednesday and runs until Oct. 19. Listings and ticket prices can be found at nouveau cinema.ca.

Tickle me politically correct

Band waits two-and-a-half months after bassist’s death to release first full-length album

• STEPHANIE STEVENSON

“Life is short,” responded Sean Kennedy, lead singer of indie rock band Tickle Me Pink, when asked about the message he wants fans to take away from each show. Lyrics of passion, anger, regret and foreboding give Tickle Me Pink’s songs a sense of imminence and authenticity that is lacking in many bands within their genre.

After placing first and second in his high school’s talent competition in Colorado, he and future bandmate Stefan Runstrom started a band. With Kennedy on vocals and guitar, Runstrom on drums, and after sever-

al lineup changes, bassist Johnny Schou and guitarist Steven Beck cemented the line-up.

The band produced two well-received EPs, and was set to release their first full-length album, *Madeline*, on July 1 of this year. However, that day Kennedy’s best friend Schou was tragically found dead of an accidental opiate overdose. Although deeply devastated by the loss of their bassist and good friend, the band decided to move forward for his sake, and added Joey Barba to the lineup just in time to take off on tour with Finch and Scary Kids Scaring Kids.

To Kennedy, one of the things he holds important is the ability of fans to pay atten-

tion at shows and to hear his lyrics clearly, which is why he is so focused on using proper diction while performing. “I write these songs for a reason,” said Kennedy in a serious tone, “and I want people to hear them.” A few songs in particular, such as “Madeline,” and “The Time is Wrong” closely reflect some difficult experiences that Kennedy has had in his young life, making them particularly relatable.

With any luck, the people of Montreal will be hearing his songs live in the not-so-distant future. Until then, they can look forward to the band’s release of *Madeline* next Tuesday.



The new Tickle Me Pink move on following a tragic death.

Old and new breeds of laughter

Two of the open-mic comedy acts available every week in Montreal

• MORGAN O'SHEA

Amateur comedy is a little-known and quickly-growing scene in Montreal, where amateur and professional comedians gather at dimly-lit clubs and try out new jokes on unsuspecting and often drunk audiences.

Concordia student and local stand-up comedian Paul Baluyot has been doing comedy for six years. "Each set is a learning experience," he says. "It's like school—every time you do comedy it's like a class and you learn something new each time."

The Comedyworks (on Bishop above Jimbo's Pub) hosts the open mic every Monday with the two crowd favourites going on to compete at Best of Open Mic every last Sunday of the month. Jim "Jimbo" Skomorowski has owned the pub/comedy club for 18 and a half years and is proud of his open mic; "The last three and a half years have been booming [in the amateur scene]. It used to be we would get 10-12 calls from comedians trying to get on, now we have from 20-25 every week calling. The quality of the comedy from these new faces is remarkable."

When entering the club, Steven Lévesque greets you. Soundman and fellow comedi-



Stand up comedians go through learning experiences on stage.
GRAPHIC MATTHEW REICHMAN

an, Lévesque is the guy that runs the room, from setting the line up to making sure the comedians sound good and the show runs smooth. "We give every new comedian a chance. If it is your first time, you are guaranteed a spot."

Down the street at the AMC forum, the Comedy Nest hosts their open mic night every Wednesday night. Ryan Butler runs the show. As co-owner, Butler takes a special interest in the amateurs, "The best part of open mic is the farming system we have here in Montreal. I have seen many comedians get

picked up [for Just for Laughs] from these rooms. It is something special seeing a comedian grow from nothing to something."

So if you're bored next Monday or Wednesday, go support some local comedians. There are ups and downs and you never know what to expect, but it's worth the \$5.

Comedyworks is located on 1238 Bishop Street. The Comedy Nest starts at same time and is located on 2313 St. Catherine Street W. Both open-mic nights start at 8:30 p.m.



Snow demonstrates his experimental filmmaking style.

Toronto's Snow hits Montreal

Experimental filmmaker shows off his work to Con U students

• RENEE TOUSIGNANT

Concordia University's De Sève Theatre was packed as students and faculty alike came to hear Michael Snow, an experimental filmmaker and artist from Toronto, speak and screen three of his films.

"An Evening With Michael Snow" kicked off Tuesday evening with an introduction by Martha Langford of the Art History Department, who noted the impact Snow has on the curriculum of the three film programs at Concordia. In fact, the first movie screened to every student in the School of Cinema is his short film, *Standard Time*.

Snow, a pioneer in experimental filmmaking as well as an accomplished artist in several different mediums, started the conference by letting everybody know, "This is something I'm not good at." Despite this warning, Snow grabbed his audience's attention throughout the evening.

The films screened were *Wavelength*, his most well-known film, *WVLNT (Wavelength for Those Who Don't Have the Time)*, a shortened version of the latter, and

finally *Sshtoorrtty*, the title of which is the result of the superimposition of the words "short" and "story".

After the screenings and many questions from the audience, I had the opportunity to speak with Snow myself. One thing became apparent through this artist's films and ideas: Snow makes movies all his own.

"My interest in film came about partly through seeing what you can do with it in a technical sense rather than the inspiration of other films," he said of his initiation into the world of cinema.

Snow even admits he never really watched movies before he became a filmmaker. He was recruited to work for a company where he learned video animation, which sparked his interest in the camera and its possibilities.

"It was a very confused and confusing time for me. It took me quite a while to find out that I was doing something that was mine," Snow said of his first years as a filmmaker. "That was one of the things I guess that I wanted. I didn't want to imitate. I hoped I could make some kind of contribution that would be mine."

The accidental band

Montreal's The One Night Band is back and better than ever

• BARBARA PAVONE

It was a fluke, really. The long-time friends were only supposed to play one benefit concert in 2003 and go their separate ways. That's when the unexpected happened: they evolved into The One Night Band, one of the finest reggae-ska bands out there.

The self-explanatory name is "not the best band name ever but, [...] we stick with it," jokes front-man Alex Giguere. The ONB began as a group of seven but after a grueling tour in 2007 only four had the perseverance to continue: vocalist/guitarist Giguere, bassist Pascal Lesieur, organist Larry Love and drummer Steve Dumas.

The successive tours in '07 with Chris Murray and JFK caused three members to quit, exhausted and broke, but all Giguere recalls is that: "all the shows were packed, [and] it was an awesome experience."

After a three-year hiatus the new One Night Band is

finally releasing their first album as a quartet: *Hit & Run*. It is "totally different" from their debut, *Way Back Home*, and is more "raw and energetic [...] which suits the more energetic shows [they] want to give," explains Giguere. Their eclectic sound of soul, ska, and reggae is influenced by "old-school [music] like Prince Buster and new cats like The Aggrolites and The Slackers."

Another change will be the lack of French lyrics. Although three songs were written 'en français' for *Hit & Run*, the band "wanted to have the best record ever [and didn't] want to have one French song just to have it." Besides, "it feels more natural even though we don't speak [English] well," he lies—his English is flawless.

For the next two months they'll be on the road and Giguere, who hates being cooped up in a studio, can't wait to "travel [and] play with new bands. You learn so much by playing with other people." In November they'll tour Europe for the first time and Giguere's second time ever on a plane



The One Night Band chillaxing before going on stage.

is cause for some stress. He assures me he'll get through it because, "playing shows every night," is the greatest perk, "that's why I'm in music."

Catch The One Night Band at Café Campus (57 Prince-Arthur E.) this Thursday at 8 p.m. Tickets are \$6 in advance and \$8 at the door, call Admission at 514 790-1245.

What's

going on

Events listing
for the week
Oct. 7-13

Cinema

War and Peace (Original Russian version with English subtitles)
Now until Oct.10
Listings vary
cinemaduparc.com

Les Aventuriers Voyageurs
Thursday, 7 p.m.
cinemaduparc.com

Both located at 3575 Avenue du Parc

Comedy

The All-Star Survivor Improv Show
Sunday, 8 p.m.
Theatre Ste. Catherine, 264 Ste. Catherine Street E.
Tickets \$5
Free improv classes from 5-7 p.m.

Exhibits

Signals in the Dark: Art in the Shadow of War
Now until Oct. 11
Leonard & Bina Ellen Art Gallery
1400, Blvd. de Maisonneuve W., Ground Floor J.W. McConnell Library Building, Metro Guy-Concordia

Music

Les Vétérans (album launch)
Today, 5-7 p.m.
Le Cheval Blanc, 809 Ontario E.
lesveterans.com

Mason Jennings & Zach Gill
Wednesday, 8:30 p.m.
Les Saints, 30 Ste. Catherine Street W.
admission.com

Digable Planets & The Morph-tet featuring Jonathan Emile
Thursday, 9 p.m.
Les Saints, 30 Ste. Catherine Street W.
admission.com

NOFX, Dillinger Four, The Flatliners & Dirty Tricks
Friday and Sunday, 8 p.m.
Metropolis, 59 Ste. Catherine Street E.
Tickets \$22 in advance, \$25 at the door

Theatre

Harvest V Festival 2008
Now until Oct.11
Various venues
Presented by The Montreal LGBT International Theatre
villagescene.com

—compiled by Johnny North

Grain and glamour

Cinema Politica's *The Real Dirt on Farmer John* hits close to home for director

• CHRISTOPHER OLSON

Hippies, radicals, philosophers, wild parties, and The Doors playing through the loud speakers are all the things you wouldn't normally expect to see on a farm. Then again, this is John Peterson's farm, and if they didn't have any dirt on him, they couldn't have made *The Real Dirt on Farmer John*.

Director Taggart Siegel of Collective Eye Productions was there with Peterson almost all of the way. "It's a very biographical film for me, even if I'm not in it," he said.

After the early death of his father, Peterson was forced to run the farm while simultaneously going to college and making new friends. After discovering his own artistic expression in college, the farm quickly became a "hippie commune" according to friends and neighbours.

As Siegel remembered from his own experiences, "It was like a farm version of Andy Warhol's Factory."

"Art has always gone hand in hand with agriculture," he continued. "Traditional communities would have music and cheese and wine, and get-togethers. [But] we had art installations and screenings of our films."

It's those early forays into filmmaking that developed into a lifelong career in documentary film for Siegel, who weaves an astounding collection of archival film on a subject so far removed from Hollywood, it's amazing that so much of it has survived throughout the years.

Preservation, as it turns out, plays a large

role in the film. For all of his freethinking, highfaluting ways, Peterson is an environmentalist, as well as an architectural conservationist.

"There's something paradoxical about him," says Siegel. "In a way he's more traditional than traditional people." While other farmers grudgingly accepted modern farming techniques that may be harmful to the Earth, and gleefully tore down old barn houses, Peterson reinvented himself as an organic farmer, and pushed to preserve old buildings, including the 100-year-old school house where his parents were taught.

In an early scene in the movie, Peterson takes a handful of dirt, and without any forewarning, he places it in his mouth. "The soil tastes good today," he deadpans.

Though peculiar, this oddball behaviour, which seems to have dogged Peterson's life since childhood, serves an important point. "If you were to sample soil on a non-organic farm, it would have been full of nitrates," points out Siegel. "It'd be like poison."

Peterson was never into the heavy drug use that proliferated during the 1970s and it's that rejection to letting chemicals override his natural sensations that echoes his commitment to forgoing fertilizers, enriched in chemicals made to kill the microbes that are actually beneficial to our health.

The Real Dirt on Farmer John is really two films: one is about a starving artist, the other about a farmer. While farming provides endless material for Peterson's art, and ensures that he never goes hungry, it's



Farmer John and his girlfriend dressed as bees for a music video.

his inventiveness and creativity that keeps him from suffering during the economic crisis of the 1980s.

"What's different about farmer John's story," says Siegel, "is he lost everything, but he got it back. It's really a film about redemption."

Redemption not just for farmer John, but for farming itself.

From a hippie radical in the 1960s to the economic depression of the 1980s, and finally, beginning again as an organic farmer in the late 1990s, the life of John Peterson makes for a fascinating life history.

The Real Dirt on Farmer John, will be playing at Cinema Politica next Tuesday. Film starts at 7:30 p.m. at the Hall Building in H-110, 1455, De Maisonneuve.

spins

good laugh: 'Love Is Noise.'

1/5

—Joelle Lemieux

The Verve

Parlophone



Admittedly, my knowledge of The Verve is limited to 'Bitter Sweet Symphony' so when I chose this album to review, I assumed the music would be good. Little did I know The Verve hadn't even been making music for the last ten years! Ever the optimist, I popped the album in, and sat myself down for some chill tunes with some semi-interesting lyrics... which was definitely not the case. Although the band has reunited with its original members, the magic that created 'Bitter Sweet Symphony' has obviously decided to stay on the sidelines along with original band member Simon Tong. The album is mediocre to bad—the lyrics are the new definition of cheesy and the music accompaniment is uninspired at best. Check out their unimproved sound with 'Sit and Wonder', 'Columbo' and 'Appalachian Springs.' Or, for a

Alejandro Escovedo

Back
Porch/Manhattan Records



George Harrison once said he'd rather be a musician than a rock star, a sentiment that rings a bit hollow coming from a Beatle. If it applies to anyone though, it's roots rocker Alejandro Escovedo. Critically loved, but commercially overlooked, *Real Animal* is the Austin native's ninth album and it's as cutting and straightforward as anything the honest Texan has ever done. 'Always A Friend', which was recently covered by Bruce Springsteen, kicks things off in exhilarating fashion. Mellow tracks like 'Swallows of San Juan' and 'Slow Down' are potential show stealers, matching his past's most moving work. If there's a negative, it's possibly Tony Visconti's production, which comes off a tad too polished (and dated) at times for the natural honesty and grit of Escovedo's songs.

Still, fans of Strummer, The Replacements, and even the Constantines should take note. This is about as real as you can get.

3.5/5

—Salvatore Ciolli

Cheap Time

S/T
In the Red
Records



Fuzz-drenched power pop from pretty Memphis, Tennesseans. Think Exploding Hearts but drenched in even more hiss. Damn catchy stuff but I'll be damned if it isn't a bit too homogenous, even for my tastes. The production bleeds every instrument together into a big mushy mess that only the guitar solos are able to fight their way out of. See, I'm a sucker for a great hook and shout along chorus, but after a while it gets impossible to tell when one song starts and another finishes. Still, it puts a smile on my face to know bands like this exist. It's great background music for beer drinking mind you. I get my kicks from "People Talk", despite the corny intro. I get my laughs from the

tongue-in-cheek (I hope?) album cover.

3/5

—Cody Hicks

Jay Reatard

Singles 06/07
In the Red
Records



The current pop-punk heavyweight champion has been getting sweeter on the singles he's released since Blood Visions, his snarling punk masterpiece. This compilation charts his course towards perfect power-pop. The first track, 'Night of Broken Glass', is scary enough to fit on his solo debut track two 'Another Person', features giddy carnival organ and things really get drenched in syrup. And, shit, is that an acoustic guitar on track three? He roughs things up again mid-album with 'It's So Useless', but I'll be damned if 'I Know a Place' doesn't sound like vintage Supergrass. Sadly, side four on the double vinyl consists of sleepy Blood Visions demos that are interesting at first, but will quickly have you reaching for the album proper.

Apparently the CD comes with a DVD of live footage, but the LP format is superior because you can easily ignore the snooze of a fourth side.

4/5

—Cody Hicks

Tickle Me Pink

Madeline
Wind-up Records



Sometimes you just want to have background noise while you try to sleep on the bus, and Tickle Me Pink's newest album *Madeline* would be perfect for this situation. The album is very pop-punk and reminiscent of a dozen other bands that sound almost exactly the same. The reason I think this album deserves a half-asleep listen is simply that once in a while, they would manage to snap me out of my reverie with a surprising sound or lyric, most notably the recurrent "you're nothing more than a typical whore" in the opening song, 'Typical'. All in all, nothing spectacular, but not horrendous either.

2/5

—Mathieu Biard

Soccer strikes back

Men's and women's teams both show promise after poor season starts

• DIEGO PELAEZ-GAETZ
& JOHNNY NORTH

Concordia 1 Montreal 3

Showing a newfound confidence and resolve, the Concordia men's soccer team managed to get an early lead, but ultimately succumbed 3-1 to the fifth-ranked team in the country, the Université de Montreal Carabins, at Loyola Field Friday night.

Despite a crushing 6-0 defeat to the Carabins last week, the Stingers proved early that they would be no pushovers on their home turf. Stingers forward Sean Hanrahan pounced on a rebound 13 minutes into the game to give the Stingers the early lead and stun their favoured opponents.

Concordia managed to hold onto the lead for most of the first half—their defence avoided the costly miscues that have plagued them this season. Their offense counterattacked aggressively—with just under 10 minutes remaining, Hanrahan had a chance to strike again, but the pass from midfielder Aref Amiri was just a touch too far for the streaking forward.

The Carabins started turning up the pressure late in the first half, as they earned two corner kicks in the final 10 minutes. Luckily for the Stingers, Carabins midfielder Guillaume Couturier fanned on a wide-open shot from close range on the first one, and midfielder Gabriel de Foresta put his header off of the crossbar as the visitors stayed scoreless.

Concordia's luck ran out in stoppage time, as UdeM midfielder Wandrille Lefevre got behind the Stingers' defence and capitalized on his breakaway opportunity by putting the ball past Concordia goalkeeper Daniel De Palma. It appeared that Lefevre might have been offside on the play, but the refs swallowed their whistles to allow the Carabins to tie the score heading into halftime.

"I thought he was offside, but that's part of the game," said Stingers captain Bryan Bourbonnais.

The Carabins carried the momentum from their flurry to end the first half as they wasted no time testing De Palma. Less than five minutes into the second half, the Stingers' keeper made a remarkable kick save on a close range shot by Carabins forward Jean-Jacques Seba to keep the game tied.

De Palma was a veritable wall in the second half, as he cut off numerous scoring opportunities and gave his team a chance to win it.

The most notable of these saves was a remarkable leaping grab right in front of a waiting UdeM forward. They both ended in a crumpled heap after the play, and De Palma was slow getting up. Luckily for the Stingers, he was able to continue.

"The game starts at the back, and we seemed very relaxed these last two games with a veteran back there," said fourth-year keeper De Palma, referring to last week's tie against eighth-ranked Université de Laval. "I've been around for years."

However, a bad pass by Stingers defender Kouyabe Ignegongba fell right at the feet of Lefevre minutes later. The Carabins midfielder wasted no time lofting it up to midfielder Anasse Brouk, who calmly let loose a left foot blast that got by De Palma and gave UdeM a 2-1 lead.

The Stingers fought valiantly the rest of the way, but their fate was sealed when a dubious call gave the Carabins a penalty kick with under 10 minutes remaining. Couturier got De Palma to bite on a head fake and put the ball in the top right corner of the net to give the Carabins a two-goal lead.

Despite the loss, the mood seemed much better for the Stingers after the game. "We lost, and I'm not happy about that, but we passed better and created more opportunities offensively this week," said Bourbonnais.

His goalkeeper agreed. "There's a definite buzz in the locker room," said De Palma. "This season is far from over."

Concordia 2 Montréal 4

A questionable penalty shot was the deciding factor for the Concordia Stingers women's soccer team last Friday at Loyola Field in a close 4-2 loss to the Montréal Carabins.

Con U came into the game with no wins and two losses—they were blown out against Montréal the week before and against the Sherbrooke Vert et Or in a 6-1 loss last Wednesday. To start the game, Con U barely managed any offensive rushes out of respect for the much faster and highly skilled UdeM players.

"I think we were tentative to start, but when you get beaten by

them 7-0 that's going to happen," said Jorge Sanchez, Concordia Stingers women's soccer coach, who was pleased with how his team coped with the powerful offence of the Carabins. "For a team that absorbs a lot of pressure defensively, we didn't give up the first goal until roughly 20 minutes in."

Con U came right back following the first goal. A well-placed kick by Stingers defender Jennifer Duff found its way right in front of the Montréal net where Stingers defender Johanna van der Veen blasted it off the goal post. Fortunately for Con U, the rebound went to Natasha Sicondolfo, who made no mistake ending the Carabins' eight-game shutout streak and scoring her first goal this season.

"It felt really good to test the goalie finally. Right place, right time. The goalie was diving and I just chipped it over her," said Sicondolfo, who felt her team "played very competitively today. All of us gave everything we had."

The Carabins took back the lead before the half thanks to forward Veronique Laverdiere. Laverdiere scored a second goal in the second half, but Con U answered right back when Stingers midfielder Karen Stewart outworked the defense and found a home in the Carabins' net.

"I felt like I worked my ass off for it," said Stewart, on her first goal of the season. "We finally did a through ball, which is amazing. Through balls are the easiest thing to do, every time we did it before it was just a little too short."

"Karen scored a great goal," said Sanchez. "I told her it doesn't have to be fancy. Sometimes effort beats skill."

Roughly halfway through the second half, Stingers defender Jennifer Ethier-Gamache made a diving play to kick the ball away from the Carabins' Veronique Maranda around the goal area of Con U. Seconds later, the referee blew the whistle for a penalty shot. Immediately the loyal fans in attendance yelled out in protest of the call. Stewart ended up getting a yellow card for her attitude against the call.

"We clearly kicked the ball out of bounds [legally]. He didn't even call it right away, only when everyone was screaming," she said. "When it was 3-2, it was very close. When you step back, and see all that hard work for



Stingers defender Kouyabe Ignegongba chases down ball. PHOTO ION EXTEBARRIA

crap call, it's heartbreaking."

"It depends on the referee's angle. From my angle I don't know if it was deserved or not," said Kevin McConnell, head coach of the Carabins. "Anytime you go to the ground inside the box, you never know. I think it could have gone either way."

"Three of their four goals were on a corner [goal], a free kick and a penalty shot. In regular play they only scored one goal on us," said Sanchez. "The effort was there. We told them, there's going to come a time in a game where you're competing hard and it pays off."

Concordia 2 Bishop's 0

Concordia's consistent effort finally paid off for them against the Bishop's Gaiters in a 2-0 win last Sunday at Coulter Field. Duff and Stinger Andrea Davidson scored the goals for Con U.

"Nothing is really expected from us," said Stewart. "We're just underdogs and we have nothing to lose."

Concordia's women's team will look for their second victory against l'Université du Québec à Trois-Rivières Patriotes this Friday in Trois-Rivières. The men square off against Trois-Rivieres on Friday as well before travelling to Sherbrooke on Sunday.

It's never over

Stingers football squad gets back to their winning ways against Montréal

• JENNIFER AOUAD

Concordia 19 Montréal 18

The Stingers came 1.8 seconds away from ending a three-year winning streak over the Université de Montréal Carabins before escaping with a 19-18 victory on the road Saturday afternoon.

It all came down to the final play with the Stingers in possession at midfield, only six points short of a tie. The Complexe Sportif de l'Université de Montréal crowd was rocking as Stingers quarterback Liam Mahoney rolled left to the sideline before launching a pass downfield to rookie receiver Sanchez Deschamps, who ran it in for a shocking 55-yard touchdown to seal the win.

"He's one of the fastest guys on the team," said a breathless Mahoney. "When I saw him with that much field ahead of him, I knew no one could stop him."

The Stingers had held the lead for most of the game thanks to a huge 48-yard interception return for a touchdown in the first quarter by Mark DesLaurier. Concordia's lead was maintained until the beginning of the third quarter before UdeM scored touchdowns on two consecutive drives.

Immediately after the kickoff to start the second half, Carabins QB Marc-Olivier Brouillete completed six consecutive passes for a total of 82 yards.

Their second drive of the half was shorter, but Brouillete capped it off with a 40-yard touchdown pass to Mathieu Razanakolona over the outstretched hands of Stingers safety Bryan Charleau that gave the Carabins a 16-10 lead.

After seeing their team take the lead, the home crowd started get-



Stingers halfback Mark Deslauriers (#22) getting ready to pounce on the Carabins. PHOTO ION EXTEBARRIA

ting raucous, as the CEPSUM was booming with screams of "Allez les Bleus!" The Carabins continued dominating the action into the fourth quarter, as the teams each exchanged two singles to bring the score to 18-12.

However, it all unraveled at the end for the UdeM faithful—Mahoney completed the deciding

pass and broke the hearts of the over-confident Carabins with a backbreaking touchdown to take home the win.

"Where was that all game?" a fan teased Mahoney as the teams mingled on the field after the game. The Stingers' QB completed nine of his 13 passes for 123 yards on the night.

After the game, Mahoney admitted that he "didn't expect anything to happen, but something did [...] we made something out of nothing."

This is the second time this season that the Stingers won a game with little to no time left on the clock, the last of which was an early season game against McGill

in the Shaughnessy Cup. Concordia pulled through in the last 20 seconds to beat McGill 46-41.

The Stingers' next game is against Mount Allison, who comes in with a record of 2-3. Come support the Stingers on their home turf at Loyola field Saturday, Oct. 11 at 1 p.m.

Stingers show no mercy... but umpires do

Concordia advances to semifinal as game called early due to 10 run mercy rule

• DIEGO PELAEZ GAETZ

Concordia 11 McGill 1

Concordia's baseball team obliterated the McGill Redbirds 11-1 in the deciding game of their quarterfinal series after splitting the first two contests.

The teams traded runs in the first inning, as McGill's Adam Gordon knocked in the first run of the game with an RBI double in the first inning.

The Stingers responded in the bottom half of the inning—Redbirds pitcher David Haberman walked three consecutive batters before hitting the Stingers' Andrew

Diorio with a pitch to bring home Emmanuel Hamel-Carey.

The score stayed tied through the third inning, as Stingers pitcher R.J. Leibovitch dominated the Redbirds lineup. Leibovitch wasn't even supposed to pitch.

"I made the decision to start him at 3 p.m. today," said Stingers manager Howard Schwartz. Leibovitch allowed only three hits on the game while striking out seven.

The floodgates opened in the bottom of the fourth. Two costly errors by the Redbirds infield allowed the Stingers to score three runs in the inning to grab a four to one lead.

The fifth inning didn't bring better news for the visitors, as the Stingers continually beat on relief pitcher Jacob Gallinger. Hamel-Carey provided the killer blow with a two-run double, and the Stingers scored five runs in the inning to lead nine to one.

"We knew that they had used up their best pitchers in the first two games, so we were confident going in," said Leibovitch.

The sixth inning provided the final blow for the Redbirds, as Diorio pounded a double down the left field line to make the score 11 to one and this forced the umpires to call the game because of the 10 run mercy rule.

"We think we're the best team in the country," said Stingers captain Jason Katz, who finished with three runs. "We proved a lot to ourselves and our coaching staff today."

The Stingers move on to face Lafleche in the next round, and the team is brimming with confidence despite two early season losses to the Dragons.

"They're kids; we've been there before," said Leibovitch.

His manager agreed with his assessment.

"We're starting to peak," said Schwartz. "They took awhile to wake up and start playing the right way, but they're up now."

Friday night lights

Stingers rugby double-header against Bishop's bring back a big win and close loss

• ANDREW O'KILL-GRIFFIN

Concordia 34 Bishop's 7

Friday night's rugby double-header saw the women's rugby team dominate easily over the Bishop's Gaitors 34-7 win, and despite the bitter wind the team was on fire.

Third-year veteran halfback Jen Rosenbaum started the pummeling with a try after hard work on the 22. The team was quick to bring the intensity into the game and Bishop's were slow to react. Not long after the first try, Rosenbaum made a remarkable chase after a kick, dismantled the opposition and stole possession.

After 30 minutes of game play, Concordia pumped it up to 17-0 with tries from flanker Vannessa Ng and flyhalf Erika Hamilton—who also contributed two conversions.

The women played professionally—rarely a dropped ball and continued tenacious attacks from the backs caused the Gaitors' defence to fall apart. Con U's inescapably tough captain and scrum half Melanie Tranchemontagne pointed out a few elements, which contributed to the solid win,

"The game was very clean [...] we noticed where Bishop's was weak and we made sure we got the ball out quicker."

Whenever the backs enforced their presence on the defending Gaitors, the difference in intensity was pretty evident. "A few of our girls were playing out of position, but when our backs are on, we're deadly," said Tranchemontagne, clearly confident of her team's potential.

"We kicked the wind out of their sails [...] they worked really hard to get the ball to the backs," said Graeme McGravie, women's rugby head coach, and his words couldn't have described it better.

Three more tries put in by Tranchemontagne, Rosenbaum and flanker Laurie-Ann McDonald brought the game to 34-0. Hopes of a shutout were high as the

girls defended with real grit down to the last ten minutes. After frequent harassment at the Stingers' 22, Bishop's eventually pushed hard enough. Second row Leeanna Coates scored a try that was converted by fly half Sue Magwood, closing the game at 34-7.

"I was really happy with the effort," said McGravie, but admits that the team still has some work to do.

"We still lack intensity in the second half, and if we can't bring it up for Laval, they'll get us." The women are away next Sunday to play versus Laval.

Concordia 20 Bishop's 25

An unfortunate series of games have brought the league standings to 0-4 for the Concordia men's rugby team. But don't take this team at face value. They're a talented and hard working team who don't go down without a fight. Friday night's game against Bishop's was a fine example.

There were some moments where varying forces of evil conspired against the team and left them wondering where the ref's head was. When centre Jonathan Dextras-Romangnino jumped to catch a receiving kick only to be clipped in the legs in mid air by an over zealous Gaitor, an act that would normally cost a player a red card, all they suffered was a ten-yard penalty—a slap on the wrist. In any case, the teams played hard and wouldn't give each other much leeway.

After a drop goal, a conversion and a try, the team caught up to 20-10.

"There's definite improvement on the team cohesion, but still too many mistakes," said head coach Clive Gibson. "They need to clean up the tackling [...] they gave two weak tries without too much of a fight."

The Bishop's crowd accented each foul up with chants of "YOU FUCKED UP!" No doubt some low form of psychological warfare. I was looking for the fire hose.

The second half was a battle of fitness.



Con U's front line prepares to hold back the opposition. PHOTO ION EXTEBARRIA

But as Gibson commented, "They still got to work on the support lines [...] the turnover rate was ridiculous."

Despite lacking two starting centres and a flanker, the team's strength in improvisation will help them when it comes to play-off games.

"There were a couple of good phases of play when guys were making their tackles and giving good continuity to the game," said Eric Van Thiel, team captain, and 8-man.

"The scrums and line outs were greatly improved," said Gibson, looking at the positive side of the game. "It shouldn't have been a five point game."

"There were also bad parts where we

were losing balls in contact and missing tackles," said Van Thiel, highlighting the more humbling moments of the game. "The guys need to work on keeping the intensity through the whole 80 minutes."

After a few fierce runs at the try line in the final moments, the Stingers were close to tie the game at 25, but the Gaitors managed to kill some time by kicking high and into the wind, finalizing the win at 25-20.

Determined to stop the losing streak, Gibson has plans for the team's moral revitalization.

"There'll be a change when they come back [...] we'll be a different team come playoffs [...] if we're not, it will be a short playoffs."

scoreboard

	Home	Away	Record
Women's soccer	Concordia 2 Bishop's 0	Montrea 4 Concordia 2	1-7-0
Men's soccer	Concordia 1	Montreal 3	0-6-1
Men's rugby	Bishop's 25	Concordia 20	0-4-0
Women's rugby	Bishop's 7	Concordia 34	4-1-0
Baseball	McGill 6 McGill 3 Concordia 11	Concordia 3 Concordia 6 McGill 1	9-7-0
Football	Montreal 18	Concordia 19	3-2-0

schedule

	Who	When
Men's hockey	@McGill vs. Carleton	Friday, 7 p.m Saturday, 5 p.m
Women's rugby	@ Laval	Saturday, 1 p.m
Football	vs. Mount Allison	Saturday, 1 p.m
Women's soccer	@ UQTR	Friday, 8 p.m
Men's soccer	@ UQTR @ Sherbrooke	Friday, 8 p.m Monday, 3:30 p.m

the Reggie's report

Engineering assault on bar ends in fiasco, spilled beer

• ROBERT MCNAMARA JR.

The calm of Reggies was shattered on Thursday as Concordia's Engineering students ran amok in the only way they could; unintended structural failures and lame plumbing hijinks.

The Engineering invasion unfolded in a series of events that could have been caused by students with the malicious streak of a squirrel. Amid what must have been a fair amount of prancing, pranks were pulled that must have brought the perpetrators great joy and the rest of the drinking population passing concern.

A table located in the corner of the bar was home to two terribly excited figures, fiercely guarding a building erected with empty beer cups. At first it was merely a few engineers who joined in the construction, but soon more bar patrons were drawn into the activity. Within minutes, the construction site snowballed into an inclusive activity that drew students from all faculties, as empty beer cups reached for the ceiling.

The next time I am at a house party, I will definitely build a cup castle and hope that it becomes the social highlight of the evening.

Cheers erupted throughout the dimly-populated bar every time a cup was successfully added to the make-shift monument, a tableau of geometrical appreciation that served as an ode to gravity's constant presence, the force that keeps us grounded and keeps sky-bound objects finite.

It soon became clear to the alcohol-free that the cup building was simply a decoy for a more sinister event. In the far reaches of Reggies, a rather foul prank was unfolding in the bathroom.

By midnight, the bathroom floor was filled with a few inches of water. The source of this renegade sanitation decision was an upturned pipe in one of the urinals; the pipe was flipped over but in my half-drunken stupor I hardly noticed.

An empty bladder and a testicle scratch led me to the final step of my transaction with the urinal: the flush. My hand clenched the lever, as I pulled down water shot out of the top of the misplaced pipe. A near-river gushed water everywhere, touching the ceiling and raining hell upon male patrons, who looked like they had just stepped into a firehose's trajectory.

Soaking wet, I tried my best to not look like

a troglodyte descending into a higher rung of the evolutionary ladder. Alas, it was not to be as I stumbled around, moaning unintelligible, angry monosyllabic words of disgust and anger at being tricked.

It took staff another hour to realize that the plumbing disaster was unfolding and place a garbage bag upon the offending contraption. But the damage was done and scores of half-drunken patrons were wet, bewildered and in my case, almost amused. The engineers had declared guerilla warfare, the tools of Reggies had been turned lose.

My companion for the evening was a young man whose favourite activity seemed to be testing how far down the drunken rabbit hole he could go. He was oblivious to the war of faculties unfolding around him. The only thing he cared about were the dollar cups that people were using to build their monument to...Well, I'm really not sure what the monument was for, but suffice it to say, by the time tables were cleared for a larger dance floor, the offending shrine of engineering pride was gone. Perhaps it will be built next week, or perhaps another make-work project will be undertaken. A bridge made of swizzle sticks, or perhaps a boat composed of empty bottles.

The morning after the engineering fiasco

In the morning I woke up and checked my e-mail. I discovered that my booze-loving companion wrote me a long, rambling account of how he saw the previous evening...or rather, how he thought the night went. I thought the end of his letter was particularly poignant.

"An ex bought me a drink. 'Shitbeard' and I consumed mucho whiskey. Our cups overflowed, but no matter how much we drank, we couldn't make Alaska important. We drew diagrams on the walls detailing how to protect ourselves from heartbreak. We loudly critiqued sartorial gaffes. I committed one myself by emptying beer on my shirt. On the way out I suspect I dropped my wallet at least a dozen times. I announced secrets and frustrations very loudly. I parted ways with 'Shitbeard.' I finally felt The Void when my head hit the pillow.

Boy, should I ever stop drinking.

Boy, could I use a drink right now."



Bullet-ridden buildings in the Bosnian capital. PHOTO MICHAEL SABELLI

Destination: Sarajevo

Concordian witnesses the Bosnian capital's slow return to normalcy as the scars of the past are dealt with

• MICHAEL SABELLI

I was never really sure what to think of Bosnia and Herzegovina. I definitely didn't think that it was one of the most beautiful countries in Europe with such an adoringly vibrant and welcoming culture.

The word Bosnia used to bring about pictures of war, shelled-out buildings, collapsed bridges and an unknown, overwhelming feeling of uncertainty and fear. While I was in the region, I decided to visit the country and see for myself.

Traveling around Croatia, I slowly collected an image of the war in Yugoslavia from Croatians as I grasped the basic reasons for why it happened. Basically, Yugoslavia was a land of many different peoples dispersed along indefinite boundaries.

I had to find out for myself, so I boarded the bus and after eight hours I arrived in Sarajevo. What I found was a completely different and immensely more personal version of the war.

The bus station was a cold, deserted parking lot. Unlike Croatia there was no welcoming committee looking to rent out bachelor pads, only taxi drivers sipping their morning coffee all wanting to take me for a ride. I didn't know exactly where I was going so I decided that I was better off without them.

After changing out of my summer clothes and into jeans and a hoodie, a smart-looking young student approached me offering his aid. The well-spoken English and humble demeanor of my new friend, Malik, was better than the hot espresso I greedily desired at five in the morning. Malik was

waiting for his girlfriend who was supposed to be on my bus. Deciding that she must be on the next one, he invited me to his place where I could relax, freshen up and wait for day.

In his poorly-constructed apartment building, Malik prepared Turkish style coffee for both of us. I hoped that my host was a truer representation of Bosnian hospitality than the cabbies.

I left Malik's apartment with a stomach full of his mother's homemade cabbage rolls and jumped on the tram for the city center and the Harris Hostel, highly recommended in past travels.

At night, the darkness covers the bullet holes.

To my discovery it would be quite the march uphill from the city center, past a large Muslim cemetery filled only with casualties from the siege that lasted from 1992 to 1996, the longest siege in modern warfare.

Thousands of white graves glistened in the early morning sun. Stopping for a moment's rest after the tedious uphill trek, I looked back down on Sarajevo. In the clear daylight it hit me that Sarajevo is a city in a valley, completely surrounded by mountains.

Arriving to a warm welcome from Harris himself, his mother prepared a cup of tea as I checked out the heart-warming view of Sarajevo from the large balcony out back. Looking down on the city, it occurred to me that the Serb forces sat all around the top of the mountains and held the city

without entering it.

Harris took me out later and gave me a personal tour of historical must sees, like the bridge where Archduke Franz Ferdinand was assassinated, the Holiday Inn that served as the only safe zone during the siege, as well as the Olympic park. My guide told me about the optimism that was felt during the 1984 Winter Games. Residents believed that Sarajevo had become an international city and growth was sure to follow. Less than 10 years later, those dreams would crumble under ethnic rhetoric and artillery fire.

The tour was not over as Harris brought me to another site of different optimism. Next to the Sarajevo airport, I was told by locals that the UN set up lawn chairs to watch the massacre. Under their feet, Bosnians dug an underground tunnel in secret which reached a kilometer outside the city. Ask any Bosnian and they will tell you that the tunnel was the defining factor in saving the city and it's people, not UN humanitarian aid.

Walking around the old center at night, the darkness covers the bullet holes, and people flood the streets looking for a good time and some great eats. Bosnia's economy makes it a deal for tourists; a wood burning oven-baked lasagna and a half-liter of wine cost the equivalent of four Euros.

Sarajevo is an exceptional city full of proud and friendly people with a remarkable history comparable to the likes of Rome, Paris and London. While visiting Sarajevo with no real knowledge of it, the delightful surprise left me with new insights, and made me want more.

Correction:

In last week's news article, "Breaking the cycle" (Volume 29, iss. 7), *The Link* printed that Vancouver-based Insite opened in 1997.

Insite actually opened in 2003, the health emergency was declared in 1997. Montreal does not have its own Supervised Injection Facility, Cactus does not operate one.

The Link regrets the errors.

Protestors make democracy work

Americans stand up to greed and the mother of all debts

• DANIELLE WEBB
CUP ATLANTIC BUREAU CHIEF

ANTIGONISH (CUP) — Students should take note of what happened in the United States over the past week. What seemed like one of Wall Street's darker days was actually a victory for the American people.

It is proof, in an increasingly skeptical world, that democracy can actually do what it was designed to do: represent the people.

September 29, the U.S. House of Representatives voted down a \$700-billion bailout deal designed to help several American banks and investment firms avoid bankruptcy in the midst of an ongoing economic crisis.

The day following the vote's failure, the New York stock market lost a trillion dollars and America's governing Republicans were stunned and seemed adrift. Beyond Washington, the bailout's rejection in Congress was met with cheers and relief.

When word got out about the bailout proposal, thousands of Americans took to the streets in protest.

One Texan legislator said the proposed solution would see American taxpayers

In the span of a few weeks, both Canada and the United States proved why we need democracy.

"inheriting the mother of all debts."

Another protestor on Wall Street, on the Thursday before the historic vote, told *Democracy Now*: "People on Wall Street do not know the difference between right and wrong. They don't know that it's wrong to lie, it's wrong to steal, and then they make a few mistakes, and want us to pay for it."

The bill was defeated because taxpayers refused to bear the brunt of corporate America's greedy mistakes, and they made this sentiment known to their elected representatives by the thousands, quickly setting taxpayer protection as one of the main points of debate in Congress.

On Monday, the day of the vote, U.S. President George Bush and a number of other senior government officials heavily lobbied the House of Representatives to

pass the bill despite protest from the constituents. But these elected representatives refused to bend to the president's demands, and instead spoke for the people.

As if that weren't enough, less than a month earlier, a similar protest took place in Canada. As a consortium of major broadcast media in this country decided to exclude Green Party Leader Elizabeth May from the federal leaders' debate, Canadians spoke out en-masse against the decision, forcing its reversal.

The Canadian public was outraged when word got out that both Prime Minister Stephen Harper and NDP Leader Jack Layton said they would refuse to show up if May were included in the debates.

At first, the networks caved to these two men, who are supposed to embody what democracy means in this country. But, once the public made it clear that catering to Harper and Layton was unacceptable, the media overturned the decision. The power of the people prevailed.

In the span of a few weeks, both Canada and the United States proved why we need democracy. Without the expression of this voice, Canada would be experiencing cowardice and intolerance in the highest echelons of the country, and corporate America would not be experiencing the consequences of their poor and greedy financial decisions.

Both of these countries have important elections coming up, the most visible form of the public's participation in democracy. These recent events should offer us even more encouragement to exercise our right to vote. Events like these are reminders that the power is with the people, and we can, in fact, effect change.

As the future of our country, students should take inspiration from precedents like these that prove expressing dissatisfaction with the government really can make a difference.

Perhaps, if we all banded together, declaring the unacceptability of the current post-secondary education system and the gross amounts of debt we carry from the beginnings of our adult lives, the government would actually listen and turn the tide in our favour.

We need to remember that democracy is truly with the people, by the people and was designed to make our voices heard.



Letters@thelink.concordia.ca

Don't forget the other election

Premier Jean Charest is likely to call a provincial election in 2009. The Charest government is currently increasing tuition and ancillary fees by \$220, which will come into full effect by the 2011-12 academic year. Make no mistake; there will be radical financial changes and student revolt before then.

Education minister Michelle Courchesne has proposals on her desk that include charging tuition at CEGEP and further thawing the post-secondary tuition freeze. These policies will be implemented under a stronger Charest majority and students are clearly left to themselves to prevent this from happening.

I think most students fundamentally believe in affordable education, and I can assure you that Charest does not have our best interests in mind. Eighty per cent of the provincial population over 15 years old has not received any form of university education.

Student unions across the province should be discussing tactics now, and Concordia and McGill know that intensive comradeship between federalists and nationalists is the most productive route.

You will never see Charest wearing the symbolic red patch of the student movement.

Is the CSU in contact with any political party? Has the CSU called for a public forum to address a looming provincial election? It is easy to point the finger at the

union, but what are all of the student organizations doing? Organizations funded by union and ancillary fees.

To put the future of education in Quebec in perspective, a number of the provincial Liberals are currently campaigning with the federal Conservative party.

Students may be up against an incredibly powerful government in Quebec, but we have also reached the strongest point in our political history.

Baby Boomers are in their final throes of power. A well-mobilized Echo generation has the potential to be a politically concentrated behemoth. Not since the Boomers were our age has the student movement had this much potential.

Charest is going to call an election soon enough, and it's up to students to fight against Charest and the widening economic gap in society. It's an exciting, daunting task.

I'm sick of watching friends drop out or be kept out because of tuition fees and expenses, and I hope a student organization reads this and takes initiative. For goodness sake, 80 per cent of the province may not have a shot at what we have. Our foot's in the door, let's keep the damn thing open.

—Matthew Brett
Concordia Alumnus

The Link's letters and opinions policy: The deadline for letters is 4 p.m. on Friday before the issue prints. *The Link* reserves the right to verify your identity via telephone or email. We reserve the right to refuse letters that are libelous, sexist, homophobic, racist or xenophobic. The limit is 400 words. If your letter is longer, it won't appear in the paper. Please include your full name, weekend phone number, student ID number and program of study. The comments in the letters and opinions section do not necessarily reflect those of the editorial board. And maybe that's the whole point.



COMIC SINBAD RICHARDSON

crswrdpzzlol

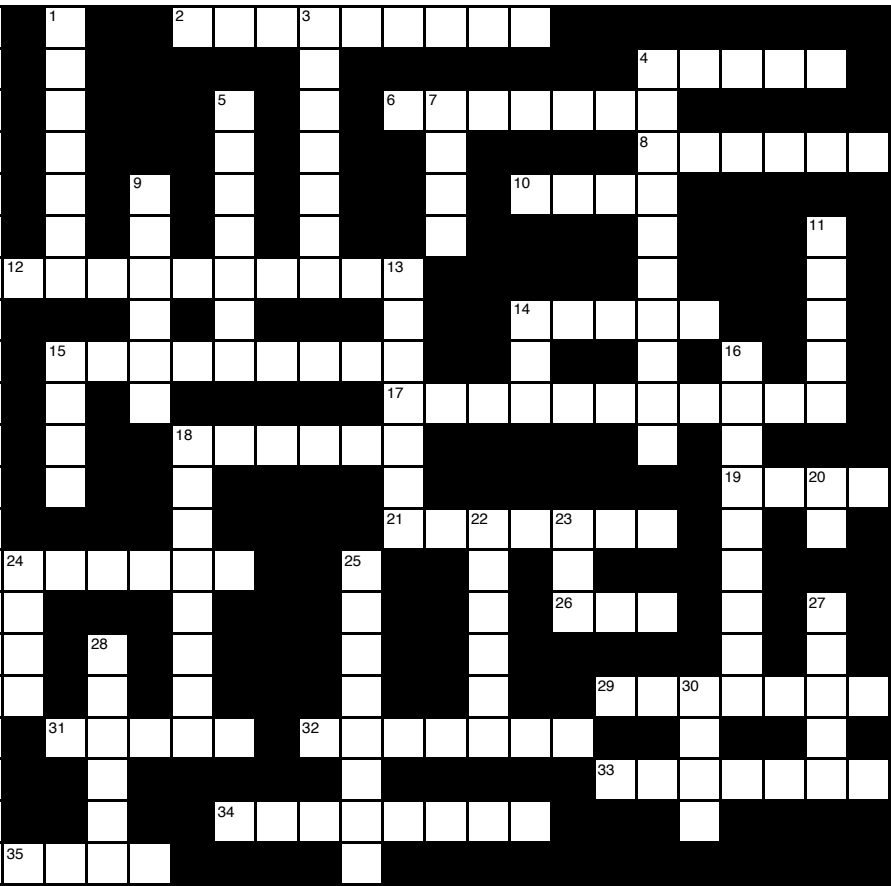
• JUSTIN GIOVANNETTI

Across

- 2. a UN agency dealing with this, has its head-quarters in Montreal
- 4. Montreal mayor arrested for sedition while in office
- 6. falls at which Cartier thought he had reached the east
- 8. Jean Talon and Atwater
- 10. Montreal's new city bike service
- 12. a network of tunnels and stores unique to downtown
- 14. I run on rails and through the dark, heralded by three notes
- 15. Montreal before Montreal
- 17. where locals experience the universe, often when high
- 18. the world knows it as Soleil, we know it only as...
- 19. the zenith of this city's leadership in Canada, where it welcomed the world
- 21. this French company opened a new sector in Montreal's creativity
- 24. a lake on Mount Royal
- 26. an exit at Square Victoria or the 40
- 29. the man who designed Mount Royal
- 31. I am wrapped in plastic and yet you know what I am
- 32. our enemy
- 33. these ring our island and connect us to the world
- 34. a man who broke the colour barrier in Montreal
- 35. Montreal's downtown is named after me

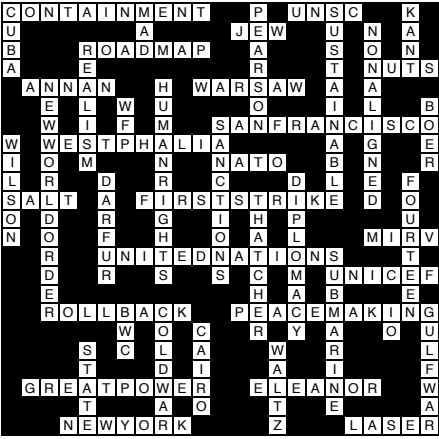
Down

- 1. the number of traffic and footbridges around Montreal
- 3. the man who conquered Dorval airport
- 4. Montreal's climate
- 5. a sunken concrete blemish
- 7. one of Montreal's most high-tech industries
- 9. this organization named Montreal a city of design
- 11. you could ride their buses, then they dropped the CU
- 13. Montreal mayor known for his vision.... and debt creation



- 14. the central theme of Saint-Helene Island
- 15. Montreal's flag bearers
- 16. a violent meet of global dignitaries in Montreal's sky
- 18. made of wood, these navigate the old city
- 20. party responsible for driving away much wealth during two events
- 22. these summers have been known to surprise
- 23. Montreal's high-powered brass is found here
- 24. the sponsors of our ice coliseum
- 25. a bridge, a square, a queen
- 27. colloquial reference to Loyola's borough
- 28. in the early 21st century, this controversial decision was reversed, but never completely
- 30. you make our cardinal points, and split us in two

issue 7
solutionz



THIS WEEK IN HISTORY OCTOBER 7, 1988

Students fuming: No hope for escalators

“Despite Quebec’s bill 84 prohibition on smoking on escalators, piles of cigarette butts are cleaned from the mechanism yearly.”

The Hall Building was a different place 20 years ago as droves of smokers rode the escalators up and down floors, but one thing hasn’t changed: those escalators still rarely work.

Concordia’s escalator problem predates the university itself.

The 43-year escalator troubles began with fateful decisions during the Hall Building’s construction in 1965.

“Some cuts had to be made and one of the cuts was to put in a weaker type of motor,” explained Services Rector Charles Giguere.

That decision proved to be final, the contractor who built the escalators went out of business the year after the Hall building was completed, as a result, all replacement pieces had to be made custom



for Concordia.

Once it was realized that the escalator motors were unable to cope with foot traffic, rated for only 5,000 people per day, the solution was too expensive—\$1.5 million in 2008 dollars.

Giguere defended the escalator problems by stating that the escalators, built to serve the Hall Building’s 12 floors, were, “a high-traffic area and they’ve undergone a lot of use in the last 25 years.”

The article concludes by stating that Concordia doesn’t know when the escalators will function properly.

Ain’t that the truth.

—Justin Giovannetti

editorial You can’t outsource local news

People need to be informed, a healthy democracy requires that its citizens be well versed in the issues and pulse of their communities.

Canada’s newspapers are increasingly incapable of filling that role.

Local city reporters strive to cover their beats from newsrooms that exist more as metaphors than actual centers of information. After years of under-investment, the strain is beginning to show.

As newsrooms turn gray, reporters are not being hired as frequently as they used to be. Those journalists who are bought out are not leaving to allow place for creativity in stagnant papers, but to cut costs. For those who remain, less time is being spent on beats as management expects more work in fewer hours.

As a result of these cuts, the paper that arrives daily on doorsteps is not the best that its reporters can make it; quality has suffered.

Newspapers are losing readers to the Internet, that’s a fact. Conglomerates like CanWest have charged that the loss of interest is due to changing habits in information consumption, they aren’t wrong. But those media companies don’t understand why.

The Internet offers readers access to the world’s entire news sphere, it is only natural that they migrate towards the best-written and most relevant content. Bland information that is produced on a minimal budget to meet a corporate goal rarely invigorates the spirit, informs the citizenry and leaves one thinking.

In an attempt to squeeze maximum profitability out of minimal content, newspapers have set the stage for their own demise. It’s a vicious cycle: readers head to the Internet for quality content, leaving newspapers to respond by cutting more of theirs.

After decades of sitting on top of the advertising market, newspapers have had trouble adjusting as the Internet has overtaken it. As the ad market has become crowded the Internet has taken a chunk of the ad pie; that doesn’t mean they should have all of it all.

There is still a place for newspapers. Not all people don’t want to curl up on the couch with their computer or Blackberry. When men and women wake up across Canada, many want to sit down in the morning with the strong smell of coffee and the feeling of newsprint between their fingers.

Newspapers need to give readers a reason to read the paper. Readers are not stupid, they know newswire copy and they know quality. Give readers smart content and they will buy your paper.

—Justin Giovannetti
Opinions Editor

Silence wins when words are boomerangs

A friend of mine got stood-up the other day. Not at a restaurant or a coffee shop. She and other arts students sat in a classroom in the EV building waiting patiently—for a Conservative candidate who promised to speak, but never showed up.

When I heard this I was shocked but not surprised. The Conservatives are famous, or rather infamous, for their inaccessibility. They don’t talk. They don’t answer. They don’t speak when spoken to. But they do win.

Which got me thinking... What does it mean when the best thing to say is nothing at all? When the most cogent political advice you can give someone is to shut up and just sit there?

It means we’re screwed, that’s what it means. It means that our politics are twisted and broken. Absence has become presence of mind. Silence is using your words wisely. The medium has no message left.

Our elected officials take every opportunity to attack one another like abused dogs, tearing out each other’s throats for a few minutes in the spotlight, a quarter of a percentage point, a pat on the head, anything. Should anyone try to make a statement that says anything at all, it is quickly intercepted, dissected and re-released to attack its maker.

We’re left with a system where the party that’s doing the best is the one that didn’t even release its platform until a week before votes are cast. This has created a situation where our politicians don’t try to present ideas in an accessible way, but content themselves with destroying one another at all costs or wait while opponents destroy themselves.

And who’s to blame? We are. By buying into the spin, we encourage it. If we don’t demand clarity, we won’t get it. It’s our responsibility to hold politicians accountable and speak out when we see them acting like petty six-year-olds.

We have to listen to what our politicians are actually saying or not saying and judge them through the merit of their ideas. Demand real content and demand respect; otherwise this dirty political battle will never end. Our country, our laws and our way of life are too valuable to go to the last candidate standing.

—Clare Raspopow
Features Editor



LiNK

concordia's independent newspaper

...in their shoes

exploring mental illness
from the perspective of
those who live with it



mental health special issue

steps in the right direction

an introduction to *the link's* mental health special issue

• CLARE RASPOPOW & MATHIEU BIARD

Canada is currently the only country in the G8 without a mental health strategy. Last week, Senator Michael Kirby came to Concordia to tell Canadians why it's imperative that this situation end.

Until last year, Canada devoted only one day per year to mental health. It was called "Depression screening day," an arbitrarily chosen day in October where people could go to someone sitting behind a small fold-out table, answer a few questions and find out if they were depressed.

This approach was typical of Canada's traditional attitude in dealing with mental health issues in the past: lip service, something to be glossed over or handled quickly.

But due to the efforts of dedicated advocates like Senator Kirby, this sad situation seems to be coming to an end.

This year there is an entire week devoted not only to depression but all aspects of mental health awareness. And in keeping

with the increasing importance of promoting an understanding of mental illness and dispelling misconceptions, *The Link* has put together this Mental Health special issue.

The degree of stigmatization that surrounds those suffering from psychological disorders is abundantly clear. The Canadian Medical Association reports that 46 per cent of Canadians believe that the term 'mental illness' is used as an excuse for bad behaviour. One in four Canadians are fearful of being around people who suffer from serious mental illness.

So, while this special issue was conceived to let those who have suffered from mental illness speak for themselves, it soon became clear that the current state of mental health awareness, where preconceived notions come attached

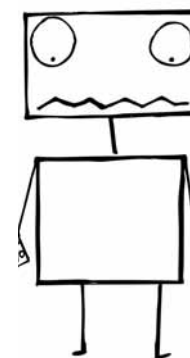
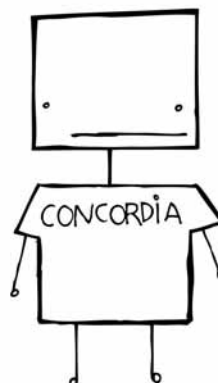
to labels such as 'schizophrenic' or 'depressed,' demanded caution.

While it is essential to tell the world about the struggles and challenges of those who suffer from mental illness, the social ramifications of announcing mental health status was more than could be asked of any participants.

Our goal in publishing this special issue is to have people reevaluate their conceptions of mental health and to shed light on an issue that is still deeply misunderstood. We invite you to read about these people, their experiences,

and the overwhelming stigma still surrounding mental illness.

Included is a list of mental health resources available for those seeking help and we hope that this special issue proves to be as enlightening for you as it was for us.



lexicon

Agoraphobia: an exaggerated fear of open or public places. It often accompanies panic disorder.

Anti-depressant: medication used to help relieve depression in its various forms, usually refers to tricyclics, MAO inhibitors, or SSRIs.

Anti-psychotic: medication used to treat psychotic disorders, mainly schizophrenia. Older versions are typical anti-psychotics while newer are atypical anti-psychotics.

Anxiety disorder: any disorder whose main feature is over-

whelming, exaggerated, or irrational anxiety. The main anxiety disorders include specific phobias, social phobia, panic disorder, agoraphobia, generalized anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder.

Bipolar disorder: a mood disorder characterized by alternating episodes of mania (or a lesser form of it called hypomania) and major depression. Mood stabilizing medication such as lithium is usually used to treat it.

Cognitive behavioural therapy (CBT): method of psychotherapy focused on changing cognitions, beliefs, and interpretations in order to rectify problematic emotions and behaviours.

Defence mechanism: Psychoanalytic concept referring to mechanisms used to relieve anxi-

ety. The fundamental defence mechanism according to Freud was repression, but others include reaction formation, identification, intellectualization and many others.

Diagnosis: The assessment of a patient by a trained professional using the DSM criteria. Prognosis and treatment can then be determined.

DSM-IV-TR: The abbreviation for the Diagnostic and Statistical Manual of Mental Disorders Text Revised, published by the American Psychiatric Association. The DSM is the manual that describes all the mental illnesses we know and defines the criteria for them.

Mood disorder: any disorder whose main feature is one of abnormal mood states. Includes major depressive disorder, seasonal affective disorder, bipolar disorder.

Mood stabilizer: medication used to treat bipolar disorder, the most common one being lithium.

Paranoid schizophrenia: one of the three main types of schizophrenia (others being cata-

tonic and disorganized schizophrenia). Characterized by delusions of grandeur, delusions of persecution, and hallucination.

Phobia: a persistent, irrational fear of a specific object, activity, or situation that leads to a compelling desire to avoid it.

Positive psychology: a school of psychology that focuses on creating happiness and not curing mental illness.

Psychology: the scientific study of mental processes and behaviour. Applied psychology deals with mental illness mostly through psychotherapy.

Psychologist: a trained professional in either research or applied psychology with a Ph.D in psychology. Cannot prescribe medication.

Psychiatry: the practice or science of diagnosing and treating mental disorders, with a focus on physiology and pharmaceutical intervention.

Psychiatrist: a trained doctor with an M.D who has chosen to specialize in psychiatry.

Psychoanalysis: school of psychology founded by Sigmund Freud. This discipline focuses on the existence of a subconscious force that drives our behavior.

Stigma: a set of negative perceptions or stereotypes attached to a particular illness or condition.

Therapist: anyone that offers therapy or counselling can be a therapist, no training is required.

psychoanalysis? cbt? drugs?

what do i need?!

• SAMAH FADIL

Ask anybody if they've ever felt sad or unmotivated at some point in their life, if they've ever been anxious about an event or nervous about a big exam, if they've ever felt paranoid or suspicious.

Most people go through a wide range of emotions throughout their lifetime. Most people can brush these feelings off or deal with them in their own way. For others, these feelings can take over their lives.

A hormonal imbalance in the brain can be the cause of a person's inability to cope with their emotions. And for these people, a diagnosis and treatment can mean the difference between a functional, productive life and spinning out of control.

Take Craig*. He's a tall, well-built man that anyone could instantly fall in love with. Married with three beautiful children, he's a charmer and has a smile from ear to ear. Wearing the latest trends in fashion and walking with nothing short of confidence, he seems like your everyday man. But there is something different about him, something that most people are not aware of. Craig was diagnosed with Schizophrenia seven years ago.

More specifically, he has paranoid Schizophrenia and when he's off his meds, he says that he can't think straight.

"I'm listening to the voices that are in my head, while my wife is sitting right next to me asking me a question. Then I realize that she's noticing, so I try to speak to her, but I can't think of anything to say. I just can't get away from the voices," says Craig.

Fortunately, there are a variety of tools that are given to people who are diagnosed with mental illnesses, and whether you're afflicted with Schizophrenia, mood, anxiety, personality, or eating disorders, there are ways to take control of your life. The right combination of different tools is what Dr. Mottard, of Sacré-Coeur Hospital's psychiatric wing, believes works best.

There is no doubt there are many different types of treatments for these illnesses, and some are more popular than others. This includes psychoanalysis—often portrayed as a patient lying down on a chaise lounge in a doctor's office, recounting tales of their childhood in hopes of finding the source of the problem and, consequently, getting rid of it.

Then there's cognitive-behavior therapy. This type of treatment still requires some talking from the patient, but there's more to it. Here the patient tries not only to change their behavior, but their thought-process regarding it. For example, someone who is afraid of being outdoors, or agoraphobic, would try to understand why they are scared of going outside, try to see it from another perspective, and then try to separate the action of going outside with the irrational fear they might have.

Then there is the use of pharmaceutical drugs.

So which one is better? Can a patient use psychoanalysis without drugs, or take medication without CBT? According to Dr. Adam Radomsky of the Department of Psychology at Concordia University, "psychoanalysis should NEVER be recommended for the treatment of anxiety or mood disorders. It simply hasn't been shown to be effective." Radomsky



GRAPHIC MADELINE COLEMAN

went on to explain that evidence from research and patients clearly shows a favour for a mix of both CBT and pharmaceutical drugs to help the patient cope with illness.

In Craig's case, symptoms can range from just hearing voices to full-on hallucinations, as well as extreme paranoia and suspicion about everything and anyone around him. His wife Sandra*, noticed his behavioural change just before he was diagnosed. She says Craig started being noticeably different.

"He didn't talk much and was just suspicious of everything," she explains. "He only listened to his father, who convinced him to go to a hospital."

Sandra says they tried talking to Craig to understand what was happening, and after a couple of days a psychiatrist diagnosed him with schizophrenia and put him on medication.

The likelihood of being medicated with disorders like Schizophrenia and bipolar disorder is much higher. Dr. Mottard says that certain mental disorders are more clearly diagnosable than others.

"Even if some symptoms can overlap between illnesses, there is a physiological imbalance for disorders like schizophrenia and bipolar disorder. The medication that's administered is to counter this

imbalance. Cognitive-behavior therapy can help the patient once they've been treated with medication," he explains.

This is exactly what happened with Craig. After being put on an anti-psychotic used for the treatment of schizophrenia, he followed up with a cognitive-behavioural therapist.

Now, he goes to see a psychologist weekly, saying that getting things off his chest are an important part of his health.

"I know that the pills are what are really keeping me balanced, but I feel like talking things out gives me a perspective on things. Of course, when I'm off my pills I don't think anyone's worth talking to, but I guess that's why they put me on the drugs first, and then take care of the talking," says Craig.

Dr. Mottard, who has been treating Craig for over a year now, says that, in the end, what people need to understand is that there is no sure cure to mental disorders, and that it's more of a combination of medication, cognitive-behavior therapy, effort and support from family and friends that helps the patient cope.

**Names have been changed.*

keeping your emotions locked away in repression is not healthy

express yourself

• BONNIE WONG

How are you doing? Really. If you could ask that question of the entire student body, most people would respond with a simple, "good."

But is that habit, social pressure, or you I hear? Not enough respect is given to our feelings, sometimes we don't believe they're worth expressing. Our emotions are a fundamental part of the cognitive experience, and therefore our mental health.

There's a study on positive psychology—improving positive mental health as opposed to fixing negative mental health—that shows that the happier people are, the more functional they become. Being happy makes you more motivated, confident and even smarter. You'll actually be better at your job, or school. Being sad, angry or stressed does the opposite.

Emotions elicit a biophysical reaction; stress and anger actually release potent concoctions of corrosive hormones that cause muscle tension, anxiety and insomnia. Ever felt

so upset that you were
nauseous? Well,

sorry to remind
you of it, but

read on

and maybe next time you can deal with that feeling without losing your lunch.

We've all been there, feeling so angry you get drunk with your friends and smash beer bottles in a back alley, or even so immensely sad that you seem to lose the will to live. Our emotions are powerful, and the more intense they feel, the harder they are to control and deal with in a constructive manner.

Defence mechanisms kick in, such as passive-aggressiveness—behaviour characterized by indirect resistance to the demands of others, and avoidance of direct confrontation. Other defence mechanisms include: projection, intellectualization, suppression, repression etc. The list goes on.

I'm seriously reaction-formative. That is when you channel all the emotion into something else with a constructive intent. For example, if I have an upsetting fight with my roommate, I'll compulsively clean the kitchen, do the dishes, wash the floor, wipe the shelves and maybe bake some cookies. Even writing this article is an attempt at a constructive response to something I'm not dealing with directly.

Intellectualization is a common one for academics, especially when feelings (unless you are an applied human sciences/psychology major) are considered a distinct function from what constitutes mental deftness, such as reasoning and knowledge. There's an instinct to then cut off our emotions and think rationally about things like interpersonal relations or conflict, but doing that is like trying to walk with crutches because you don't like your foot. You're moving along without dealing with something integral to the problem.

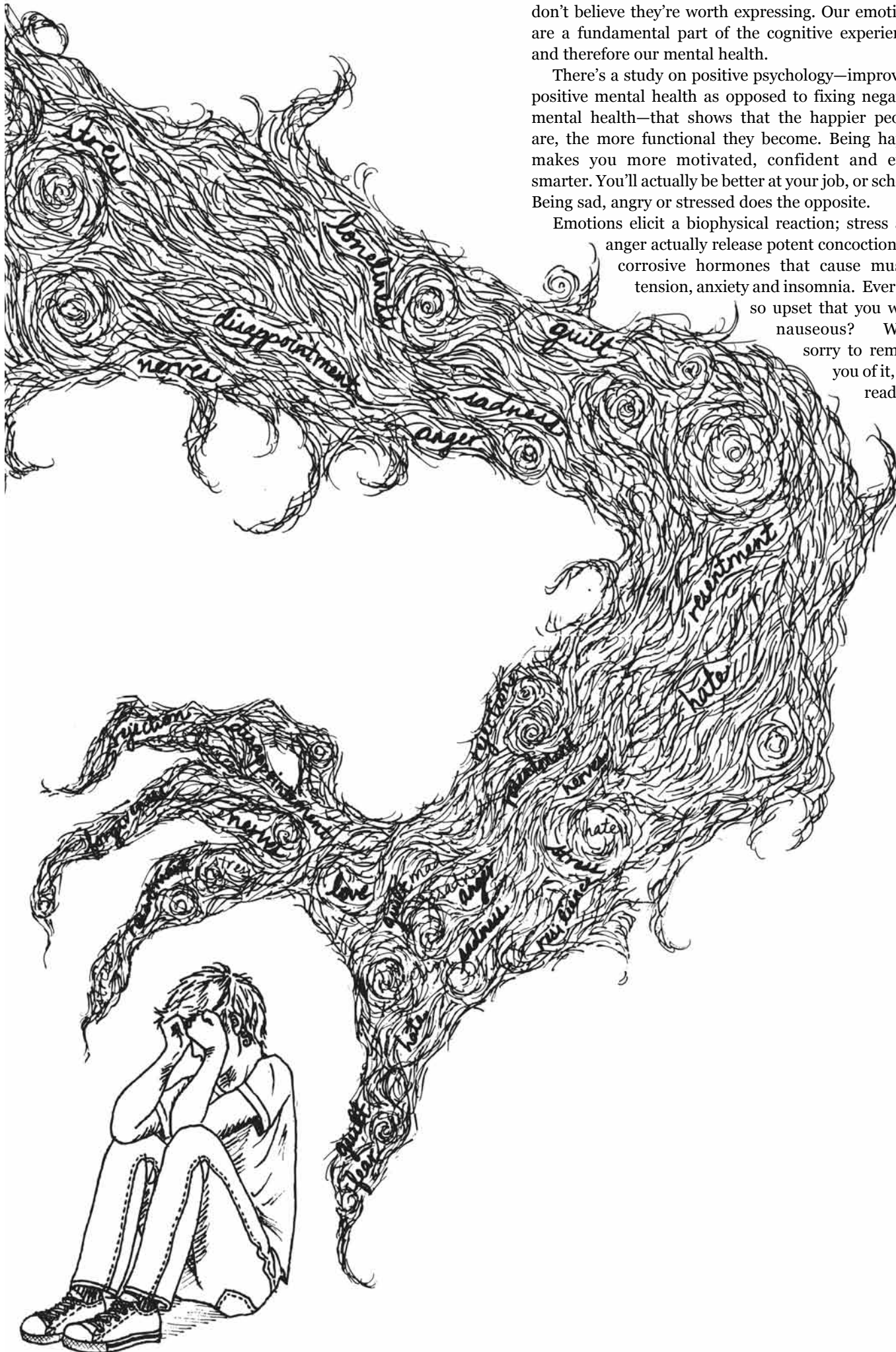
Which brings us to suppression and repression, which often makes the emotion turn bitter, or you'll deal with it at a later date, which is less ideal. Also, emotion and cognition feed on each other. If you feel strongly about something you'll think about it, and if you think about it, you'll experience it again emotionally.

A lack of direct confrontation probably means you won't get what you want, and feelings of dissatisfaction are stressful. It puts the pressure on our relationships, and can create conflict or a power struggle, which doesn't make anyone feel better.

Without proper acknowledgement of how you feel, what you think of yourself, and of others, resolution becomes nearly impossible. Selective perception stops anyone from being able to constructively diagnose or act. Respect and understanding are fundamental to the health of our relationships and they go both ways. Relating to others is one of the ways we support and even define our own mental health and happiness.

We don't choose our emotions and we can't change the situations that elicit an intense emotional response, but we can act constructively. This involves being honest with yourself, knowing your weaknesses, not being overly critical, and having the initiative needed to act and work on whatever is wrong. This might mean admitting your mistakes and swallowing your pride.

The more personal and important the feeling, the greater the risk is and the harder it is to express. With emotional experience, our confidence increases, which lets us relax and feel in control. Little things will stop bothering us, like how we always seem to miss the bus, or seem hopelessly swamped in homework. We'll be more open which makes us more resilient and adaptable to whatever happens in our lives. Higher self-esteem allows us to be more generously empathetic with others, which lets us contribute more to our relationships and get more in return. That's healthy.



GRAPHIC VIVIEN LEUNG

grounded by depression

Taking on depression, stigmatization, and discriminatory policies all in one

• CHRISTOPHER OLSON

What if depression was the cause, and not the effect, of losing your job? What if the stigma surrounding a mental disorder was more hazardous to your health and well-being than the disorder itself?

At the age of 43, with three children in primary school and barely halfway through paying the mortgages on his house, Davis* faced the prospect of being disbarred from a highly specialized career, in a field he had been serving in with flying colours for over 20 years, when it was discovered that he was suffering from a clinical depression.

Davis is an airline pilot, and as recently as 1994, a diagnosis of clinical depression would have immediately put an end to his career and effectively rendered his years of on-the-job training useless.

"It was not a policy, but a stigma that doesn't encourage people to seek help, but suppress their feelings and instead internalize them," says Davis, who feared not only for his job, but the financial security of his family, including his daughter and his two sons.

Davis became enamoured with flying at a very young age, determined to become a pilot, like his father before him. Like anyone with great passion and ambition, Davis concentrated his efforts to attain his goal of being a pilot and sharpened his focus on the future. And as with any human effort, his path was anything but easy.

At the age of 13, Davis' mother died of what was thought to be Thyroid cancer. Her death was a shock to the entire family. But despite the emotional toll of his mother's death, Davis didn't pull the plug on his future career plans—although the loss of his mother would remain with him even into his own parenthood.

"This photograph was taken a few weeks after [she died]," said Davis, pointing to a portrait of himself in a young cadet's uniform, with a pilot's wings lapel pin attached to his jacket—a photograph framed and presented to him on Father's Day by his three children.

At age 14, roughly the same age as in the photograph, Davis received a free scholarship to a flight academy, only to have the offer revoked when it was learned that he would need glasses to correct his vision.

His dreams of becoming a Royal Air Force cadet deterred, Davis instead aimed at going to work as an airline pilot, and paid for his own

flight courses.

As a young man, Davis moved to the West Island, where he spent many hours at a local airfield while trying to earn his pilot's license, taking his girlfriend—and future wife—for dates at the local club house.

Twenty years after moving to the rural countryside, Davis was serving as a pilot for one of Canada's largest airlines, and seemingly at the height of his career.

But as someone with aspirations of climbing ever higher, Davis decided to take an advanced flight course that would not only afford him a pay raise, but bragging rights as the pilot of the much larger Boeing 747.

In 1992, during the intense study period before exams, Davis' depression started to show definite signs.

"I wasn't taking [the stress] well. It became obvious to others, and myself, that I was suffering from depression," he recalls.

"At the very worst of it," says Davis, "it became impossible for me to read. Words on the page just didn't make sense anymore." Large periods of time would vanish from memory, as though his mind were a "typewriter running out of ink ribbons," says Davis.

"So, you airline pilots aren't allowed to get sick, huh?"

—Davis' company doctor

That precious ink turned out to be the chemical serotonin, a neurological chemical which is thought to be an integral component in healthy brain activity, and in depressed patients it exists in far smaller quantities.

Davis finally received confirmation of his depression from his company doctor, who diagnosed what he already knew—what he had been keeping quiet in fear that he would lose his job.

Davis was on medical leave for a full year, during which he received counselling and was prescribed anti-depressants. Like the long period of study and exams on his path to becoming a pilot, Davis' progress was extensively scrutinized and put under observation by a team of physicians.

Similar to the glasses he was prescribed to improve his vision as a child, anti-depressants improved the way he looked at the world around him, and more importantly, the way he valued his own personal achievements.

Despite the vast improvements in Davis' health and his seeming return to normalcy, it couldn't be ruled out that



GRAPHIC MOLLY SOWIAK

he would not suffer a relapse when he returned to his job—at least according to the Ministry of Transport, which refused to return his license upon receiving a clean bill of health.

It was Davis' company doctor, the woman who diagnosed him in the first place, who challenged the Ministry of Transport's policy of indifference, and who was instrumental in bringing his case to court.

"I knew people who lost their jobs," says Davis, who maintained a subdued optimism throughout the trial, knowing the obstacles that he faced. "Each of them dealt with it in their own way. Some pilots did okay, but not all of them. It's very individual, as any doctor will tell you."

In the middle of the trial, his doctor turned to Davis and said to him, "So, you airline pilots aren't allowed to get sick, huh?" It was a moment that would stand out in Davis' memory. Now he could be sure that someone was unequivocally on his side, someone who could state eloquently and with conviction the opinion that Davis deserved the opportunity to return to his job.

After two years away from work, the judge presiding over the case decided, after hours of testimony in Davis' defence, that the Ministry's policy did not accurately reflect medical opinion, and that his license should be returned to him after completion of routine training and flight simulation.

"The court case was precedent-setting," says Davis. "It was the first time a pilot could fly while on medication."

After learning to live with a terrible depression, and taking the stigmatization of mental illness to court, Davis still had one final opponent to overcome: his medication.

In order to receive his license and return back to work, Davis was required by the Ministry of Transport to agree not to alter his dosage or change his medication for the remainder of his career.

"The medications on the market have improved greatly over the years," says Davis, but not being allowed to alter his intake, he feels, has stood in the way of ever fully removing himself from the stigmatization of mental illness.

"Every time I take the medication," says Davis, "it's a reminder that I once suffered from a terrible depression. Supposedly, there aren't any side effects [to anti-depressants]. But 15 years is too long, and the dosage too large, without developing some kind of dependence on the drug."

When he finally retires, Davis plans to wean himself slowly off the medication that once sustained him through a terrible depression and provided him with financial security for almost two decades.

But at age 57, with his three children having left the nest—and his nest egg waiting for him at the end of three years—the horizon is nothing if not rosy.

This past summer, Davis reached a milestone in his profession. After a period of intense study and preparation, during which Davis did not show any signs of buckling under pressure, he attained the highest position available to a pilot: the Captain's chair of a Boeing 777.

For someone who has faced so much turbulence in his path to becoming a pilot, Davis' lucky number has finally come up.

*Name has been altered.

the hows and wheres of support

• ALEXANDRA MURPHY

My sister struggled to feel good for nine years. When she turned 13, she went from being a happy, smiling kid to a depressed, angry teenager. Her life became unbearable as soon as she started high school.

"I felt overwhelming sadness. Every day was dark, inside and out. It was difficult to cope with life," she said recalling those difficult years.

I remember her locking herself in her room as soon as she got home from school. When she came out, I could tell she had been crying. Often, she was moody and would snap at me.

"I didn't know what was wrong with me," my sister confided years later. When the symptoms persisted, my parents took her to see a psychologist who concluded that she was suffering from a severe depression.

The depression carried through to CEGEP and continued into university. As her younger sister, I was frustrated by her mood swings and erratic behaviour. I didn't understand why she couldn't be happy. I thought that she was selfish: she monopolized all my parents' time.

At the age of 21, she was diagnosed with bipolar disorder. My sister's life began to improve gradually. The diagnosis gave her and our family some answers. I became more sympathetic to her suffering because I started to understand that her moods were beyond what she felt she could control.

Bipolar disorder is defined as changes in mood and energy. This disorder is characterized by depressive and manic episodes with periods of normal mood. Symptoms of a depressive episode include prolonged sadness, feelings of worthlessness and suicidal thoughts. A manic episode may entail racing thoughts, ecstatic moods and poor judgment. It affects a person's ability to function. For example, getting to work or school and even socializing becomes extremely difficult. Its usual onset is late adolescence or early adulthood, but it may take many years to get the proper diagnosis.

Whether someone may be experiencing a bipolar episode, negative feelings such as sadness, anxiety and hopelessness, or another variety of mental disorder, there are many support systems out there. The most immediate resource for Concordia students is Concordia Health Services.

Dr. Jeffrey Levitt, the coordinator of Concordia's Counselling and Development Centre, works with many students who are going through rough patches in their lives. "We see students who suffer from anxiety and depression, students who have stressful relationships or poor self-esteem," he said.

Students might blame themselves for feeling sad or nervous and try to hide it from others. However, seeking professional support can help relieve symptoms, provide hope and give a sense of control over one's life.

Dr. Levitt explained that most students who seek

counselling can work through their issues in a few sessions. "Most people suffering from poor mental health want help. Often, they are encouraged by others to get counselling. Once they take that initial step we help them recover," he said.

The Counselling and Development Centre's mission is to empower students so that they will be successful in all areas of their life.

"Psychotherapy offers patients a method to understand themselves better," said Dr. Levitt. "It encourages people to make better decisions about their lives. We want to offer students coping strategies."

But those who suffer directly from mental illness are often not the only ones who might need help in dealing with its effects. AMI-Québec offers support and education to families and caregivers who are affected by mental illness. They treat a range of different disorders from Schizophrenia to postpartum depression and organize activities and workshops that promote awareness of mental health.

"Education and awareness play a huge role in overcoming the stigmas associated with mental illnesses. It must be an ongoing thing and people have to be willing to share their stories," said Ella Amir, AMI-Québec's executive director. "We feel that the best way to educate and inform the public is by telling a story. We bring people with mental illnesses forward and give them the opportunity to share their story with others."

AMI-Québec holds the view that everyone has gifts. "We just have to create the circumstances and the opportunities for people to exercise their interests," said Amir. Unfortunately, some people with mental illness are reluctant to seek support. "This is part of the tragedy: there is help and with help people can do better," she said.

Amir explained that the first step to supporting someone who is struggling with their mental health is by educating oneself about the disorder, including learning about the symptoms and treatments. "Afterwards, you can learn how to be in a relationship with this person," Amir advised.

Revivre has been providing people with information about mental illness for the last 23 years. In the beginning, it offered support only to those suffering from depression and bipolar disorder, but it later expanded its services to include those suffering from anxiety disorders. Anxiety is often present at the same as depression and bipolar disorder. "One doesn't cause the other, but often people who are suffering from depression experience symptoms of anxiety as well," said Bruno Collard, Revivre's coordinator of services.

"Our mission is to gather the best information on these disorders and to provide this information to as many people as possible. We give support to people suffering from these disorders and help their families and friends," Collard said.

Revivre's staff, composed of volunteers, community workers, psychology B.A.s and social workers, offers weekly support groups, a telephone hotline, an online discussion forum, bi-monthly conferences, individual counselling and information.

Their support sessions can be open or closed. Open sessions allow non-members to drop in, free of charge with no follow-up activity. Closed groups are offered to people who pay an annual membership fee

and register for the 10-to-12 week period, allowing participants get to know and trust each other. Members are also offered relapse prevention and visual art therapy.

Collard explained that the support groups are successful because of the participants. "The help doesn't come from someone who has clinical knowledge. It comes from somebody who's experiencing depression, bipolar disease and anxiety. The people who attend our support groups realize that even though they are feeling low, they can actually give help themselves, just by relating to others," he said.

Collard believes that if we want to help others, we need to listen. "We underestimate the effect that listening has on someone who is feeling depressed. These people need to be heard. We need to welcome their experiences and validate them," he encouraged.

There is no quick solution for those suffering from depression, bipolar disorder or anxiety, but recovery is possible.

My sister was able to regain control of her life and become a happier person by tapping into several different support systems. First, she worked with her doctor to find the best medication and dosage. "Instead of just taking anti-depressants, I was given mood stabilizers as well. I started to feel better because I felt more in control," my sister explained.

Second, she chose a therapist that she felt comfortable talking with and whose treatment approach she understood. "The talking improved my self-esteem; therapy provided me with good coping techniques," she said.

Finally, having a good network of friends and parents who communicated openly and in a non-judgmental way all contributed to her ongoing process of recovery and leading a successful life.



GRAPHIC CHRISTINE HALE

• RACHEL TETRAULT

My uncle Phil is a street poet living with schizophrenia who roams the streets of Montreal—sometimes canning, sometimes playing his panpipes in the park, sometimes sleeping under a tree. He paints pastel pictures, mostly nudes of women holding flowers and sitting by fountains, at St. James Church on St. Catherine Street. St. James Church is where Phil goes to eat, get his haircut, hang out and do art. He is a talented poet, who can sometimes be spotted selling poetry books outside of McGill University.

I asked Phil if I could photograph his apartment for a project I had called “Sense of Place.” Phil lived off and on in a Montreal-owned, men-only housing complex on St. Denis. He usually stayed there but in the summer he prefers to sleep outside. I shot his room from every different angle as he sat drinking his forty of Black Label and talking to me behind the camera.

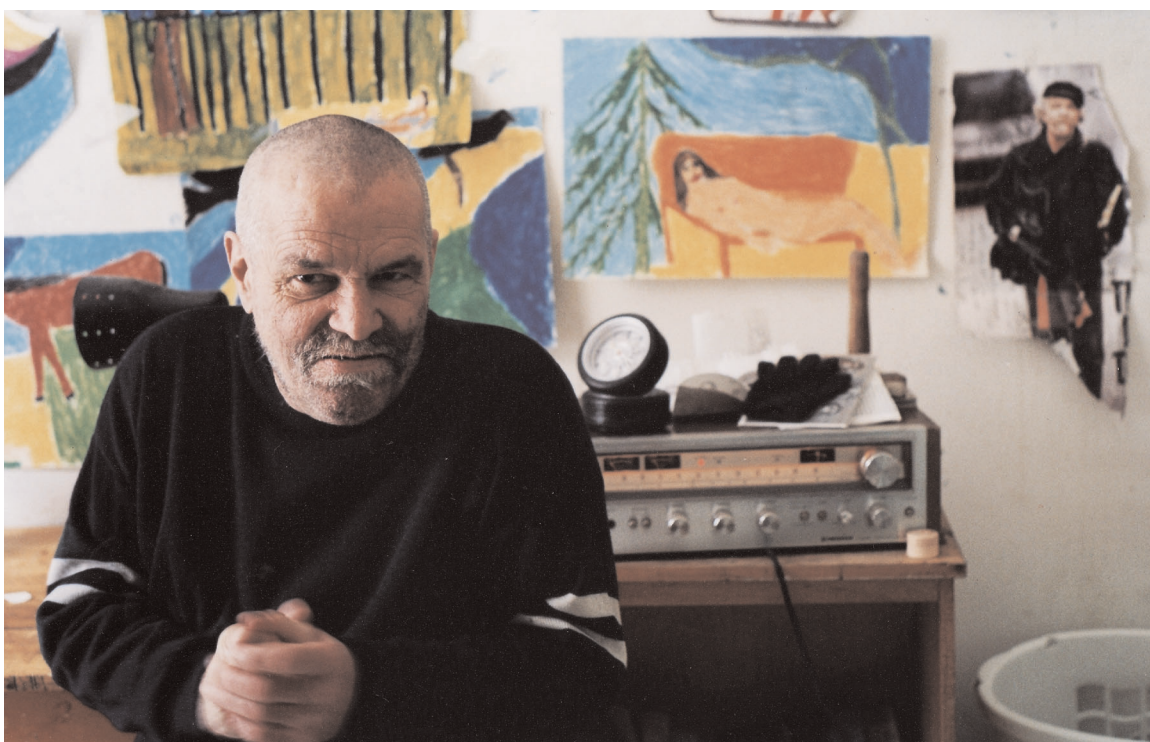
Phil



Hurray For The Can Man

*Hurray for the Can Man
on the lowest level of the proletariat
drops down into the garbage can
to support his addiction—
alcohol food cigarettes or prostitutes
it would take a thousand cans in order
to pay for love
two weeks of canning and
the result he wouldn't be sure of—
to support his desire for alcohol
one day would suffice
which doesn't mean his virtue
would support his vice;
hurray for the garbage can
the most despised of things
for managing to satisfy the
small army of canners
who dig for the cans worth five cents.*

PHOTOS RACHEL TETRAULT



Sometimes I see Phil for a coffee or a smoked meat sandwich, and he gives me advice on photography projects, fun things to do in the city, or tells me a “believe it or not”-style story about meeting Mick Jagger when he was 13 years old, and then he smiles slyly.

He usually brings me a painting or a new book of poems. When he leaves he walks down the street and begins to blend in with the bustling Montreal downtown scenery.

Phil is living with schizophrenia and he finds solace in alcohol. He is an artist who describes his world through poetry and painting. There are thousands of people living with mental illness on and off the streets of Montreal, my uncle Phil is just one of them.

sucky september

PTSD symptoms may be in full effect for former Dawson students

• LAURA GIACCARI

It took me two years to acknowledge that I may be suffering from post-traumatic stress disorder. I realized that normal occurrences like a power outage on the first day of school made me nervous to the point that I was anxious and sweating profusely, waiting for something bad to happen. And realizing this I finally decided to seek help.

I started by reading about PTSD. And as I read I found my own symptoms detailed in the literature. PTSD is an anxiety disorder related to exposure of extreme trauma. It's a condition that develops after going through an ordeal where an individual experiences or watches someone else experience the threat of serious injury or death.

Any student who was at Dawson College on Sept. 13 when a man with a gun held a school hostage, changing the lives of many and ending the life of one may suffer from PTSD.

Whether someone was in the Atrium with the gunman or in a classroom on the seventh floor, they felt threatened. For people who were in classrooms the fear of the unknown took over—there was no way of knowing how

dangerous or life threatening the situation was other than word of mouth.

The fear and panic of the students in the Atrium was based on a very real and present danger—the threat of injury to themselves or others around them was immediate. After experiencing such intense fear it is only normal for a student to suffer from PTSD.

Symptoms of the disorder include persistent anxiety or increased arousal that were not present before the trauma. Sufferers can experience hyper-vigilance, an exaggerated startle response, or difficulty falling asleep or staying asleep due to recurrent nightmares during which the traumatic event is relived. Severe cases of the disorder can seriously affect a person's lifestyle.

After what I went through on Sept. 13, I suffered from hyper vigilance and a more-than-exaggerated startle response. I knew it was normal but never thought these were symptoms of PTSD. In reading the list of symptoms I was shocked to learn that I actually may have the disorder.

Finally, just this past year, I began seeing a counsellor. I was not sure who to see or where to start, so I went back to Dawson to see if the counsellors there could help. One very helpful

counsellor told me that the Dawson counselling services were only available to Dawson students, but he understood the impact Sept. 13 had on much of the student body, and spoke to me for a while anyways. After my visit he advised me to speak to a Concordia counsellor. My conversation with the Dawson counsellor made me realize that I was not the only one going through this, that there were many others.

I've spoken with many of my classmates who were also at Dawson College on Sept. 13, and I've come to the realization that many of them experienced and are still experiencing symptoms of PTSD. The biggest problem with this disorder is that many people do not even realize they are suffering from some of the general symptoms. Most of the people I've spoken with have not really looked into what they've been going through. I myself am guilty of this.

Fellow students have told me they've experienced nightmares, were on edge in public areas, and were skeptical about things that would have never seemed odd before. Many of them have not sought any form of counselling, because they felt it would go away with time.

In going to see a counsellor myself, I learned that this was true. If your symptoms are not impeding you from living a regular life they will slowly go away as time passes.

But the month of September is generally a hard month to endure for many Dawson graduates. PTSD symptoms can reoccur or be more intense near the anniversary of an event. Many people will avoid anything that reminds them of painful experiences, avoiding certain activities that may trigger a memory.

Seeing a counsellor can help a lot, but so can speaking with someone who was there that day, someone who shared a similar experience. Speaking to someone is the best way to get through your issues.

If you have been suffering from symptoms of PTSD look into it, read up on it, and speak to someone. It can go away with time but if you've started to change your lifestyle in order to avoid traumatic memories, then you should speak to someone immediately. You should not have to alter your life because of fear. Therapy sessions can help.

If you feel like your PTSD symptoms become bothersome then you should look into the campus counselling services.

concordia counselling and development worth the wait

• MAE PRICE

Whether you are dealing with a death in the family, a bad break-up, or simply looking into career options after graduation, the Concordia Counselling and Development service boasts, on average, a two-to-three-week waiting period. And, unlike McGill, there is no same-day drop-in service available to students.

Monday to Friday, from one to four p.m., McGill Counselling sees students on a drop-in basis. During that intake period they assess the gravity of the student's situation and appointments are scheduled accordingly.

But while a drop-in system might reward students with same-day service, Dr. Jeffrey Levitt, coordinator of Concordia's Counselling and Development Centre, explains why this system is not as effective as it may seem.

"Students often connect with the first person they speak with. Therefore whoever does the intake should continue working with the student," says Levitt. A drop-in intake service can't guarantee that continuity.

Dr. Ted Baker, the director of Counselling and Tutorial Services at McGill, has a different take on the issue.

"We feel that being able to determine the severity of the issue is more important than worrying about whether they bond with the intake counsellor," says Baker.

He does, however, acknowledge continuity as an important factor. That's why during intake, students are informed that it is only an assessment, and not a full counselling session.

"By limiting the sessions to 20 or 30 minutes we don't get too involved in the story," says Baker.

While a drop-in system may be more effective at meeting students' needs on a more timely basis, the volume of students Concordia C&D sees every year, compared to other university counselling centres, might make such a system impossible. While McGill books approximately 2,000 one-on-one appointments per year, Concordia books approximately 7,000.

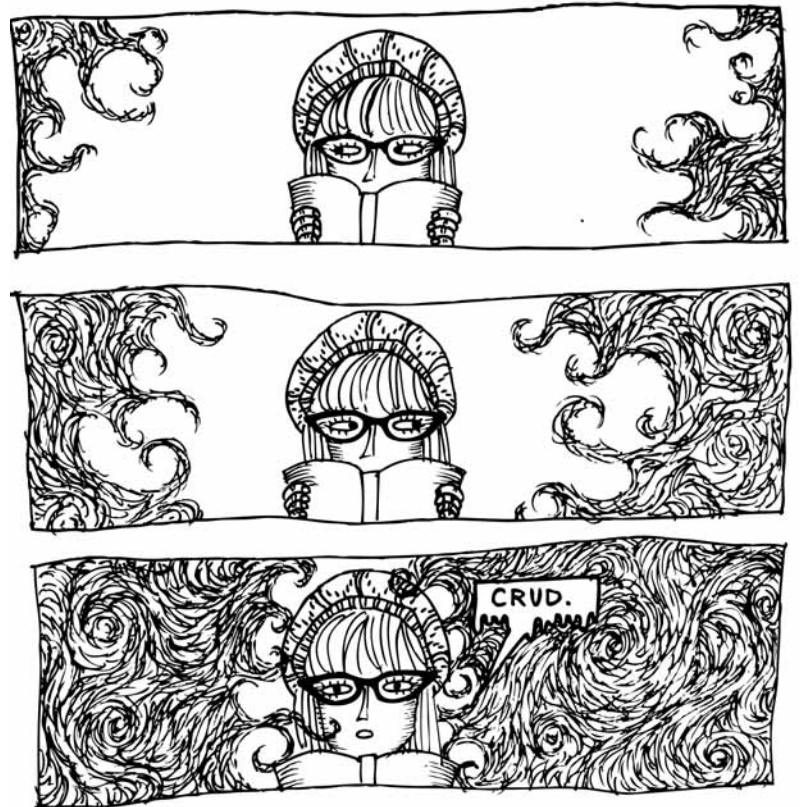
"We see more students than most counselling centres do. The culture of Concordia is such that it is less taboo. There is less shame in seeing a counsellor which means there is a higher demand," says Levitt. And with a higher demand comes a longer waiting period.

Levitt also attributes Concordia's two-week waiting list to the fact that Concordia's C&D is so much more than a one-on-one counselling service.

"Part of our identity is investment in student success. We offer workshops and student outreach. We are not just a psychotherapy clinic. In that respect, two weeks really isn't that long. We could shorten wait times but it would be at the expense of workshops and student outreach," says Levitt.

Indeed, compared to McGill's outreach and workshops, Concordia has much more to offer. While McGill offers approximately 30 workshops over the year, Concordia offers more than double that in the first semester alone. And while McGill does outreach only by request, Concordia does outreach in many areas of university life whether requested or not.

Finally, Levitt acknowledges that students also play



GRAPHIC VIVIAN LEUNG

a role in the wait times: "Sometimes, when students fail to show up for appointments, it hurts the department and fellow students."

Levitt encourages all students to cancel appointments at least 24 hours in advance, either by email or phone, so that other students may make use of the service. He would also like to make it clear that no student is ever turned away in an emergency situation. If a student needs to be seen immediately, then arrangements will absolutely be made to make it possible.

students on the front lines of mental illness

• JOSE ESPINOZA

When Sam turned 18 years old, things changed. For no apparent reason the world around him ceased to be as safe as it had been—germs were lurking everywhere, threatening him. To protect himself, he began to limit his contact with his environment.

Now 22 and a first-year student at Concordia, Sam keeps up his cleaning regime. He washes his hands 10 to 15 times a day, especially after they come into contact with something. He carries a small bottle of antibacterial hand sanitizer with him that he uses frequently. Sharing a cup is absolutely out of the question. He can't touch a door handle without first protecting himself with a piece of paper. He can, however, list the cleanest washrooms in Concordia.

Sam suffers from Obsessive Compulsive Disorder, a condition that causes recurrent obsessions or compulsions that are severe enough to cause significant distress or impairment. These obsessions are uncontrolled, alien thoughts that result in anxiety and lead to compulsive repetitive acts such as hand-washing, ordering, and checking in a desperate effort to relieve or prevent some of this anxiety or distress.

"I tend to pay more attention to the germs floating in the air than what the teacher has to say," admits Sam, who must juggle the difficult tasks of making friends and getting good grades while trying to control his overwhelming fear that students will stop washing their hands and trigger a massive epidemic.

Schools are often the front line when it comes to students looking for help regarding mental health issues. According to Concordia's Rights and Responsibilities website, having a mental illness does not mean that a person cannot function well in their daily lives, and living proof of

this is all over campus, with an estimated 15 per cent of students being affected by some sort of a mental disorder, according to Statistics Canada.

But in the face of a Canadian Medical Association study that reveals that 46 per cent of Canadians think the term 'mental illness' is used as an excuse for bad behaviour, the stigma is extremely strong and it can be challenging to give help to those in need.

With mental illness most likely to present itself between the ages of 18 and 24, students should ask themselves if Concordia University does enough to help students suffering from, and dispel, the misconceptions surrounding mental illness.

"I think most students tend to label those suffering from mental illness as crazy," says Emil, a 21-year-old who suffers from depression. His first recollection of having depression is at the age of 15 following a break-up with his girlfriend. In his student life, Emil avoids telling the people around him that he suffers from a mental illness. The stigma he encountered from revealing his depression in college still haunts him.

"Once, I had really bad depression in class in [college]," he recalls. "I started to cry and people around me were whispering. A few students along with the teacher asked me what was wrong. Others were laughing and not being very nice."

"I don't want that to ever happen to me again," he continues. "That's why I don't even go to school anymore when I have a bad day."

Rania, a fellow Concordia student, also tries to keep her condition from the attention of the rest of the student body.

"I hate it when people tell me I look too thin," she says. Rania has been suffering from anorexia since the age of 17. Like many girls, in her teens she started to see herself as fat and began

to restrict her food intake. She says that the comments from her fellow students just make her more self-conscious about her body.

Ideally, Sam, Emil and Rania would all be taking advantage of Concordia's Counselling and Development Centre that offers help to students struggling with mental illnesses. However, Sam stated that he wasn't even aware of the services offered by the school.

"I wish [there were services]," he said. "I'm having trouble making friends [because of my condition]."

Emil, on the other hand, is quite knowledgeable about Concordia's mental health services but has not gone to them for help.

"I am aware of the counselling centre but I never have time to go," he says. "With school and work, I have a very busy life."

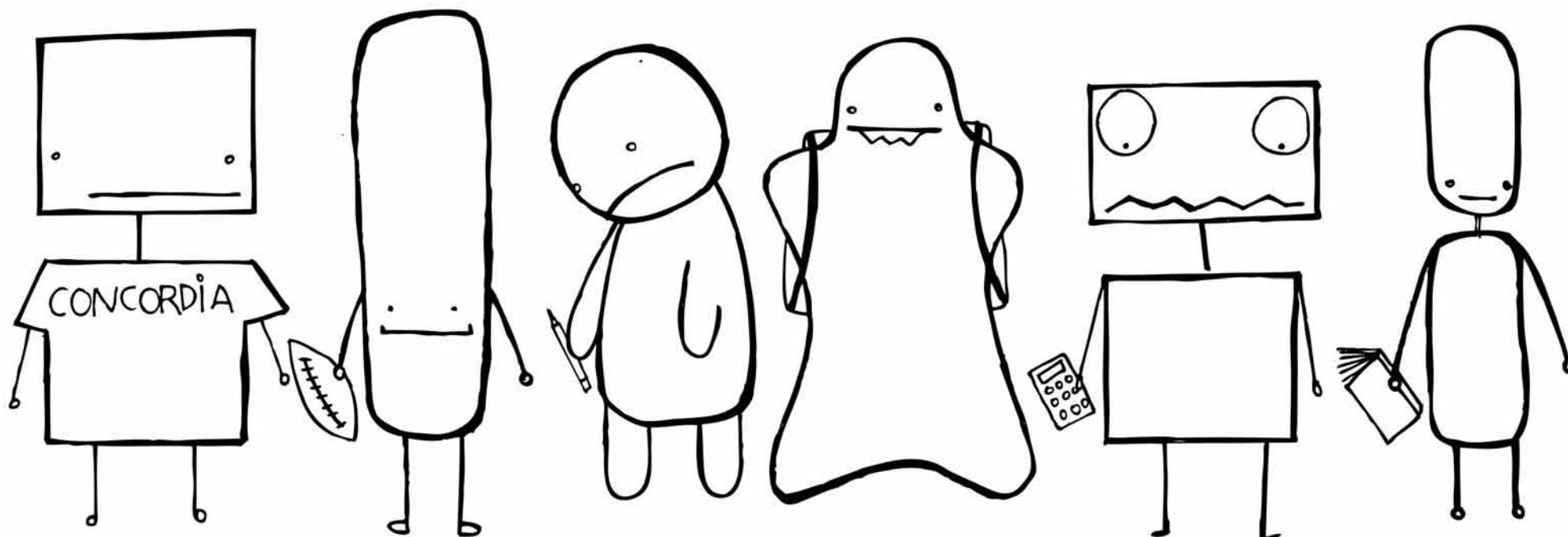
Rania gets help from outside the university. She is seeing a psychologist near her house, but the Health Services department at Concordia referred her psychologist to her.

Concordia offers extensive services to its student body and tries very hard to publicize them. Apart from the online documentation, there was an open house held on Sept. 23 to inform students about the services that Concordia offers. There are also pamphlets and information about the services posted around the university.

But it seems that the onus for promoting an understanding of mental illness on campus rests largely on the student body.

We must remember that we're all students trying to meet our academic requirements and function in university life.

For students wishing to seek resources on mental health problems, there are two offices the university recommends. The Concordia Health Services office and the Career and Counseling office which are located on both campuses. All inquiries are confidential.



GRAPHIC YASMIN SABAN

• ANALYSIS BY FABIANA PEREIRA

The statistics on mental health in general are appalling. The Canadian government's awareness campaign has informed the masses that one in five Canadians suffer from mental illness. This means that, on any day, chances are you will cross the paths of dozens of the afflicted walking down a busy street. During my last trip to Ottawa this became very clear to me.

These people flooded the busiest corners, begging or just muttering, completely ignored by passer-bys. I have always wondered whether the rate of mental illness in society has been rocketing because the ailments are now simply much more recognized—and therefore diagnosed—than a couple of decades ago.

But after this short walk through downtown Ottawa, from the Photography Museum to the National Gallery, within the roaring traffic jam and passing through the absent-minded faces of urban workers, I could just as easily believe that people are just getting sicker.

Let's take the example of kids with attention deficit disorder and attention deficit hyperactivity disorder. The disorders' symptoms range from poor attention span to impulsiveness, problems with authority and excessive talking. These seem to me to be normal depictions of children throughout human history.

Plus, there are no tests capable of proving the presence of either ADD or ADHD, so children are diagnosed with the conditions following a dubious assessment of the 'appropriateness' of their behaviour.

To start with, since when are children necessarily 'appropriate' according to adult parameters? The descriptions of this 'disease' in medical books created loopholes for transforming children's common bad moods and bad manners into a recognized disease.

As a result, healthy youth overwhelmed by tight schedules of extra-curricular classes and excessive homework lose the right to complain, or merely react, otherwise their busy neurotic parents will label them as sick and get doctors' help to drug them accordingly. In addition, children with real adaptation problems—derived from unstable households or other social conflicts—are compressed into conformity instead of getting the emotional support they need.

46

per cent of Canadians think people use the term mental illness as an excuse for bad behavior.

Ritalin is the most commonly prescribed drug for this condition. Among its side effects there have been reports of cardiovascular disorders, hallucinations and suicidal thoughts. In the UK, there have been at least nine Ritalin related deaths reported to the Medicines and Healthcare products Regulatory Agency since it became available in the early 1990s.

Facing these issues, the very doctor who defined the disorder in the '70s and '80s, Dr. Robert Spitzer, admitted that up to 30 per cent of youngsters classified as suffering from disruptive and hyperactive conditions could have been misdiagnosed.

They may simply be showing perfectly normal signs of being happy or sad, adds the doctor.

David Farnell and Lulu-Cohen Farnell from Real Foods for Real Kids who make and deliver all-natural food to selected Toronto schools, note that their hyperactivity is a perfectly normal reaction to the high doses of refined sugar in their diets.



However, despite the severity of Ritalin-like drugs and the inconsistency of attention-disorder diagnoses, Dr. Spitzer still declares that he is less concerned by wrong diagnoses and possible side-effects from those drugs, than failing to prescribe them where needed.

"By and large the treatments for these disorders don't have serious side effects," he told the Times Educational Supplement. "I mean, some do, but they're not that serious, whereas the failure to treat can often be very hard on the child and on the family."

Dr. Spitzer acknowledges, though, that some parents put pressure on doctors to diagnose ADHD and obsessive-compulsive disorder, and prescribe drugs. What he does not mention, though, is the billion-dollar drug industry, who by advertising directly to parents and doctors alike, feeds the frenzy around drug-ging 'hyperactive' children. The same industry also provides the drugs to sustain the fragile balance of depressed teens and young adults—another rising part of Canadian population.

As is the case for many other mental illnesses, "the diagnosis of depression is relatively new to medicine," says William Avison, a professor of Sociology at the University of Western Ontario. Besides the fact that the more an ailment is known, the more chances it has to be identified, there are other explanations for the rise of depression in North-American societies.

"We have a society which is bountiful and which, when compared with other societies, where the people are scratching for a living and earning a dollar or two a day, they might not pay as much attention [to being depressed]," says Benjamin Singer, professor emeritus of Sociology at Western. "Other societies [...] may say somebody is just not feeling well. Today, we have a diagnostic category for it." The question becomes: when someone is not feeling well, it is normal for people around to inquire the reason for it?

The word 'depression' seems to be self-explanatory. But is it easier to find oneself attacked by a disease than to take responsibility for one's own happiness and understand the current source of stress in one's life?

Material abundance seems to bring with it intoler-

27

per cent of Canadians are fearful of being around people who suffer from serious mental illness.

ance for emotional discomforts, as if looking into one's negative feelings equaled opening a can of worms. However, when one is diagnosed with depression, sadness and melancholy can be viewed not as results of life's negative events but rather as the causes of such events.

"I am not sad because there is something wrong with my life; the only thing that is wrong is that I am feeling sad," is the mainstream message, and in most cases the meaning of depression is overlooked. Drug companies incite the impersonal approach to this condition by using the media to help individuals diagnose and drug themselves—without mentioning the need to understand the meaning of negative feelings in the context of each individual's life path.

According to author Krissie Ruthefort, "advertising plays a major role in the steady increase of depression diagnoses in North America... because drug companies have the marketing of their antidepressants down to an art."

Those companies offer health practitioners free informational lunches and shower them with souvenirs and drug samples, which will end up being prescribed to the MDs' patients. At the same time, mass advertising that promises a pain-free way to feel good is bombarding these patients.

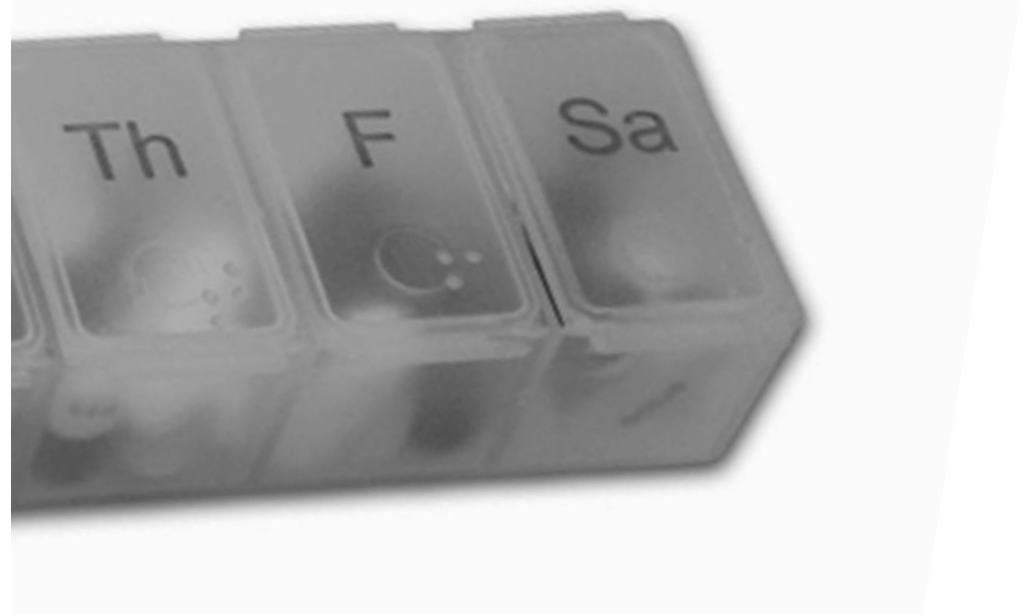
Direct-to-consumer advertising was only allowed in Canada around ten years ago, remembers Prof. Singer.

"People were dependent strictly on their physicians and pharmacists for information about these kinds of problems." Then the situation changed completely.

"Pharmaceutical companies can now advertise and arouse demand that may not have been there before. That's where the mass medium plays a role. They evoke or they help to determine what the patient is going to ask the doctor for," Singer says.

Over-prescription also seems to be very pragmatic

demic in canada



from a liberal policy point of view, says Prof. Avison: “In a society in which there isn’t enough time to use alternative means of intervention such as the verbal techniques, the medication has proven to be something which is economic.”

However, when something is not done due to lack of time, it usually means the problem is not enough of a priority. Drug expenses are significant, but are nonetheless covered by most health insurances, including public ones, and can be deducted from income taxes. The patient must carry on talk therapy, in most cases, alone.

The bias can also be noted in the very choice of words used to describe individual-oriented treatments such as psychology, psychotherapy, and cognitive-behavior therapies. Mainstream health practitioners—let alone drug companies and budget-conscious governments—refer to those practices as part of the so-called ‘alternative techniques’, and nickname them with possibly derogatory terms such as ‘talk therapy’ or ‘verbal techniques’ (in the framework of the ‘too much talk and no action’ philosophy where, in this case, ‘action’ means drugs).

Furthermore, both the idea of ‘alternative’ technique and “talk, or verbal therapy” suggest the idea that helping individuals understand the source of their profound sadness and deal with it in the context of their lives is a marginal, or foolish one, whereas repressing the pain and keep on fulfilling society’s expectations would be the important, right thing to do.

59

per cent of Canadians say they expect the number of people with a mental illness to increase over the next 10 years.

Dr. Avison stresses the role of society’s expectations, or conflicting social roles, as a factor for the increase of depression rates, especially among women with double-shifts of work at home and at their full-time jobs, and single-mothers.

“The vast amount of stress and strain that these

women experience trying to be simultaneously the major breadwinner in the family as well as the major family caregiver exposes them to really high levels of stress,” he explains.

Some of the other social trends leading to pandemic depression in North America would be the increase in social inequality, longer work hours and commute, over-competitive workplaces, life in polluted megacities, lack of social contact, and economic instability.

“I think that the levels of stress or at least people’s perception of stress in their lives have increased rather dramatically,” continues Dr. Avison. “I think that we live much more busy and much more conflicted lives than people did 30 or 40 or 50 years ago and I think that makes a big difference in terms of the onset of depression.”

Similar reasons apply to the multiplication of suicides in the last decades, which accounted for about two per cent of annual deaths in Canada since the late 1970s.

The impact of the above-mentioned tensions in the household, besides other issues such as the unrealistic goals spread by media regarding one’s ideal body image, lifestyle, and overall level of happiness have been boosting both depression and suicide rates among youth.

According to the Youth Suicide report by the Canadian Task Force on Preventive Health Care, for both males and females, the greatest increase between 1960 and 1991 occurred in the 15-to-19-year age group, with a four-and-a-half-fold increase for males, and a three-fold increase for females.

In fact, the report tells, suicide is one of the highest causes of death for Canadian youth aged 10-24, second only to motor vehicle accidents. Each year, on average, 294 youths die from suicide—and for every youth suicide completion, there are nearly 400 attempts. We are talking about 117,600 suicide attempts per year—this is a lot of calls for help.

Social forces are definitive factors in the suicide equation, as Aboriginal teens and gay and lesbian teens may be at particularly high risk, depending on the community they live.

“Suicide is a microcosm for those most under stress and most at risk of unresolved crisis in society,” declares retired Professor Jeffrey Asher, adding that

79 per cent of suicides are male. And while Prof. Asher argues that feminism, which challenged men’s traditionally dominant role in society, may have contributed to this, he admits that traditional expectations play a key role in straining this population.

“Men are still defined by their incomes [...]. Husbands and fathers blame themselves for low income, job loss, bankruptcy, and family poverty. If he cannot provide adequately for his family, a man loses the central definition and meaning for his life,” Asher says.

The rise of mental illnesses as well as suicides in the Canadian population and youth in particular are a complex phenomenon. On the one hand, it involves the psychological strain caused by unstable economic situations and conflicting cultural messages, which make difficult for people to figure out what should constitute acceptable social values, roles and behaviors. On the other hand, the inflation of mental illnesses has to do with the trend towards medicalizing otherwise normal human responses to unbalanced circumstances.

It is as if the man laid off from his job but still expected to pay all the bills had caught a depression like someone catches a cold. Or as if the woman who finds out she is a lesbian and loses all her childhood friendships would solve her anxiety away by taking serotonin boosters. Or if the neglected child would straighten up her contempt for authority by chewing Ritalin instead of candies.

In all these cases, and many others, talk therapy could help these people be aware that they have the right to feel down and rebellious, that such feelings are not a disease, let alone personal shortcomings. It is important to know what a person is responsible for, in order to better prepare a strategy for dealing with the factors that each individual can really control in their lives.

60

per cent of Canadians agree that the diagnosis and treatment of mental illness is underfunded.

Of course, this is much more difficult for children with problematic parents—but hopefully they will be able to look after themselves when the time comes. The point is, no drug is going to solve one’s problems completely, only a personal journey of discovery leveraged by plenty of human contact—which can be achieved through supporting family, friends, efficient therapists, and some serious informative books and websites available for those who reach out for them.

By speaking out, individuals can understand how their lifestyle impacts on their mental health. By listening to one another and noticing the common roots of their problems, citizens can figure out how their problems are the result of a clash between workplace, family, and gender-related values. The issue of widespread mental illness is more than ever a public one.

In this light, drugs are, at its best, temporary palliatives to most sufferers and cannot constitute a long-term strategy to efficiently treating it on a public scale. It is about time to review the cost-effectiveness of such policy. Given the proven impact of social pressures in the booming rates of depression and other mental illnesses, the next logic step is to specify which social changes are being called for.

What do people need? Which crucial changes will render a healthier society? It is time to engage in a collective talk therapy. As a rule, those types of discussions derive in political revolutions—especially when big industries are about to lose part of their big bucks. But it sounds better than a nation of drugged automatons.

mental health resources in the greater montreal area

Concordia University, Applied Psychology Centre

Individual psychotherapy, couple, family and sex therapy. No referral necessary.
Loyola Campus—Psychology Building (PY-111)
psychology.concordia.ca/contacts/APU.html
Fee: max \$40

Foster Pavillion, Drug and Alcohol Treatment Centre

Individual and group psychotherapy
3285 Cavendish Boul.
Tel: 514-486-1304

Cognitive Behaviour Therapy Service

Individual cognitive behaviour therapy. Out patient behavioural treatment.
2100 Marlow Ave. #261
Tel: 514-485-7772
Fee: \$45-90

IMPACT Mental Health Support Centre (French services)

Treatment for chronic mental disorders, without drug/alcohol abuse. Referral needed.
2460 St. Antoine St., Suite 107
Tel: 514-939-3132
Fee: Small

PRACOM Support Group

Day and evening social integration and individual therapy.
1995 Marie Anne St. E
Tel: 514-527-6766

Depression and Manic Depression Network Support Group.

St. Luc's Parish, West Island Montreal
Meetings: Mon. 7:30-9:30 p.m.
Tel: 514-696-6166

Concordia Women's Centre/2110 Centre for Gender Advocacy

Support group for those who have experienced childhood sexual abuse and incest.
2110 Mackay St.
Meetings: Mon. 7-9 p.m.
Tel: 514-848-2424 ex.7431
Email: centre2110@gmail.com

Women Aware

Support for women who experience conjugal violence.
Tel: 514-908-9014
Addiction Recover
Support group for addictions of any kind.
Meetings: Tues. 7:30 p.m.
Tel: 450-671-8714

Mary's Recovery/Cognitive Principles

Self-help groups for fear, anger, stress, depression, anxiety, panic attacks, phobias and gambling addiction.
Westmount YMCA, 4585 Sherbrooke St. W
Meetings: Tues. in French, Thurs. in English
Tel: 514-485-2194
Fee: Free, donations appreciated

Recovery Inc.

Self-help groups. Group therapy for maintaining and improving mental health and well-being.
St. Matthew's Church, 4940-A Macdonald, south of Queen Mary
Meetings: Mon. 7:30 p.m.
Tel: 514-481-4258
recovery-inc.org

McGill University Health Centre—Royal Victoria Hospital

Individual and group CBT. Referral required.
1025 Pine Ave. W.
Tel: 514-934-1934 ex. 34290
psych.mcgill.ca/labs/rvh/dep-service.html
Fee: \$0-55

Sex and Love Addicts Anonymous (SLAA)

Support group for sex and love addiction. Also offers online meetings
Tel: 514-983-0671
dasa-slaa-mtl.cbt.net/home.html

La Cle Des Champs

Support groups in French and English.
Tel: 514-334-1587

AMI-Québec

Educational programs on bipolar disorder, OCD and schizophrenia. Registration required.
5253 Decarie, Suite 200
Tel: 514-486-1448
Email: program@amiquebec.org
amiquebec.org/EducationPrograms.htm
Fee: \$25, \$5 for materials

Tel-Aide

Telephone listening service to callers provided immediately, anonymously and confidentially.
Tel: 514-935-1101

Self-Help Against Depression (SHAD)

Non-directed group therapy and other services
Tel: 514-684-9896

Concordia University, Counselling and Development Centre

Counselling for all Undergraduate, Graduate and Independent and Continuing Education students.
Loyola Campus
7141 Sherbrooke St. W
AC Building, Room 103
514-848-2424 ex. 3545
SGW Campus
1455 De Maisonneuve Blvd. W.
Hall Building, Room H440
514-848-2424 ex. 3555

Crisis Centre (West Island)

Crisis hotline for various disorders, housing services, short term follow-up and mobile intervention services.
Tel: 514-684-6180 (24 hour line)

TRACOM

Crisis hotline for various disorders.
Tel: 514-483-3033 (24 hour line)

Canadian Mental Health Association

General info on anxiety disorders
Tel: 514-521-4993
acsmmontreal.qc.ca

Aqpamm (French)

OCD support group
Tel: 514-524-7131
www3.sympatico.ca/aqpamm/

Centre d'écoute de Laval (French)

Hotline
Tel: 450-664-2787
Email: cecouteval@hotmai.com

Centre de recherche Fernand Seguin (French)

Individual CBT
hlhl.qc.ca/crfs/cetoc/index.html

Clinique externe consultation de liaison (French)

Tel: 450-668-1010 ex. 5589/2059

Deprimes anonymes (French)

Hotline
Tel: 514-278-2130
deprimesanonymes.org/index.htm

Gai-écoute (French)

Hotline
Tel: 514-886-0103 or 1-888-505-1010
gai-ecoute.qc.ca

Groupe d'entraide G.E.M.E. (French)

Individual and group therapy—Anxiety Disorders, Depression and Burnout.
Tel: 450-462-4363
geme.qc.ca/index.html

Revivre (English and French)

Anxiety, Depressive and Bipolar Disorder support Association
Tel: 514-738-4873 or 1-800-REVIVRE
Email: reviver@revivre.org

Les Amis de la santé mentale

Support groups, discussion groups and individual counselling.
750 Dawson Ave.
Tel: 514-636-6885
asmfmh.org/html/english/index.html

Urgence psychiatrique de Laval

Psychiatric evaluation
Tel: 450-668-1010 ex.2255

Phobies-Zero

Support groups that meet in Pierrefonds.
14068 Gouin W.
Meetings: Thursdays
Tel: 450-922-5964 or 1-877-922-5269