

the bridge

king's social justice and peace studies
newsletter

VOLUME 1, ISSUE 1, OCTOBER 2009

SOCIAL JUSTICE & Peace Studies



Welcome back to the 2009-2010 School year!

We are excited to bring you this year's first edition of The Bridge!

The Social Justice and Peace newspaper – The Bridge – is published in co-operation with The University of Western Ontario's affiliate, King's University College Social Justice and Peace Department. The Bridge is a tool for all students interested in Social Justice and Peace issues. Our hope is that this paper will be helpful for networking, connecting and will act as a stadium for you (our readers) to voice your opinions. We would like to encourage all readers, whether you are in first year, fourth year, or faculty, to contribute. Please see the *call to writers* on pg 24 for details.

The Bridge has grown to be an essential part of our most cherished Social Justice and Peace Program. We are excited to pass on the magic as it grows. We are currently operating with senior staff, and we will be keeping our eyes open, looking for anyone interested in helping out this year. We are seeking first, second or third year students to share in the character building experience of putting this paper together. Contact us through The Bridge's email at: SJPSNEWS@gmail.com

This first issue is dedicated to a dear friend who passed away earlier this year. We would like to pay tribute to Dr. Joan Mason-Grant. We continue to recognize your amazing contribution to the program, our lives and our hearts. We will keep your spirit strong as we think back to our days at King's. Rest in Peace.

A special thanks to all of the writers who have contributed. Thanks to Professor Bernie Hammond who is the SJPS Coordinator, Director of the Center for Social Concern. This paper would not be without the King's Student Council, and SJPS representative Emily Jarvis or the wonderful Rachel Courey the Social Justice and Peace Club President.

The Bridge was established by two social justice and peace students, along with the support of the program's faculty. The goal of this paper is to help Bridge the gap between King's, UWO and the London community. While reading through the following pages, we hope that you will ponder the contents with a critical lens of our inter-dependent common cause.

Unity, Justice, Empathy and Compassion will sustain us all.

Speak up and let us here what life means to you.

Peace and Love!

This is your Paper!

Dearly and Sincerely,

Chief Editors

Jennifer Hergott and Tal Potechin

Editors

Dawna Perry and Mark Filipowich

Staff Liason

Dr. Pamela Cushing



Please, as you journey into the following.
Listen to your Heart, let your mind defend and support.

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My Story of Empowerment

Professor Trojcek once told me, “Inherent to social justice is struggle.” As I grow older and wiser, and find more and more meaning in those words, I feel it necessary for those in the social justice community to share their stories of success and empowerment. Whenever I stumble across a story of youth creating real tangible change, I am egged on by “if they can, why can't I?” So here is my story to you. I hope it fills you with some sense of encouragement that sustains you in the struggle.

Last February, I took part in the D.R.E.A.M.S. 2009 summer trip to the Dominican Republic (DR), little did I know that this 14 day experience would become one of those defining life events. On this trip I met Mérite Jean. Mérite is a 23 year old man who was born in Haiti. When I met Mérite, he was working on one of the bateys (sugarcane plantations) that we visited. He had left his home in Haiti to find work in the DR in the hopes of earning enough money to pay his school fees.

After leaving the batey that day, I was touched by Mérite's story, but mostly I was distraught and frustrated. Why did he have to cut sugarcane with a machete day in and day out, with no real hope of making enough money to go to school, and what could I really do about it? While in the DR, I was studying Social Justice and planning my future to create positive social change, and here was someone right in front of me that needed help. All I could think was, if I can't help this person, right here, right now, what am I really going to be able to accomplish in my life?

Last spring after many feelings of inadequacy and doubt, I, along with the help of my peers, managed to raise \$2,200 for Mérite's education fund. In June 2009, I went back to the DR to visit Mérite and also visited Haiti for the first time. During this trip, Mérite and I went to the beach, out for dinner, played soccer, talked for hours, and just spent time as friends.

I had told Mérite after I returned home from the D.R.E.A.M.S trip, about my mentality going into this initiative. My government provided me loans so that I could attend school; his government was not in the position to do that, so I was going to try to provide that opportunity for him. Our positions could have easily been reversed. The time we spent together in June was especially meaningful as it solidified our bond as friends and as equals.

Mérite and I have been communicating at least once a week since February 2009. The following is taken from a recent email he wrote me:

“C'est avec un coeur très remplis de contentement que je te salue en disant merci. Sans te cache le passé, je n'avais pas l'espoir. Laisse moi te dire ça; ma vie commence à changer. Je commence à réfléchir un autre façon et je dis merci pour ça. Je ne trouve pas une expression pour dire mes remerciements, mais je penserai que un jour ça va. Je sais que tu me comprendre aussi. Sans te caché tu remplace mes parents ici à port au prince. Je demande une deuxieme pour te saluer tes familles et tes collaborateurs pour moi.”

Translation-“It is with a heart full of contentment that I greet you in thanks. Without hiding the past, I did not have hope. Let me tell you: my life has started to change. I am starting to think in a different way and I say thank you for that. I cannot find an expression for my thanks, but I think one day I will. I know that you understand me too. Without hiding from you, you are replacing my parents here in Port-au-Prince. I ask you a second time to greet your family and collaborators for me.”

I invite you to be one of the collaborators that Mérite thanks. This year, I want to bring together an excited team to lead different fundraising events for my friend Mérite. Fundraisers work on numbers. When more people are involved in organizing an event, a greater social network is created and more money can be raised.

Since this is my last year of university, in the future I am not sure if I can continue fundraising for Mérite to the same extent. I thus want to raise as much money as I can this year and am officially asking for your collaboration.

After this school year Mérite will have one more year of secondary school to complete. Then, if we have raised enough money he will move on to university. Only 1.1% of Haitians go to university. Be the change. Help Mérite beat the odds.

Kaleigh Foran

(Please contact me if you are interested- kforan2@uwo.ca or Facebook: Kaleigh Foran)

4th Year Honours Specialization Social Justice and Peace Studies and Minor in French.



The Living Library is a community of life experienced individuals who are willing to share their knowledge and experiences in a one-on-one book-to-reader exchange. On September 30th, 2009 the living library was at King's University College, where real people displayed the table of contents to their lives and gave the readers the choice of which chapters to explore.

The living library is a "Means of promoting respect for human rights and human dignity and aims to raise awareness of and enable constructive dialogue about prejudices that frequently lead to discrimination against individuals or groups of people." The objective of Living library is to help everyone understand diversity by breaking down existing stereotypes and discrimination by discarding the labels mainstream society denotes to certain individuals by speaking to each other on a human level.

The Living Library at King's holds a diverse collection of books: Aboriginal Social Worker, HIV positive prevention worker, Muslim lawyer, Artist/Custodian, Woman organic farmer, Stay at home dad, Visually impaired PR specialist. The books are open books, willing to share experiences living in a society that marginalizes them for who they are and what they do. The essence of the Living Library is human to human connection. It is an attempt to shed labels and preconceived notions by gazing deeper into the human soul, beneath the layers of societal based stigma and reaching in to start to understand what is outside our own experiences.

The Living Library started in Denmark and has been encouraged to take place in libraries around the world. Thanks to Susan Ackland from King's University College Career Services, Meaghan Shannon from the Cardinal Carter Library and volunteers, students and faculty at King's had the opportunity to experience the Living Library.

This was a chance for students to uncover the human spirit and understand the position of others, while helping to build understanding for others. Students and faculty alike walked away with insights from a world lived different than their own. There was a resounding positive response to the Living Library and many hope for a second edition of the Living Library.

Beth Prysnuik—Social Justice and Peace Graduate

What do you know about Latin America?

Students United in Representation of Latin America (SUR LA) intends to reconceptualize the popular notions of Latin America.

SUR LA is a student initiative determined to promote Latin America at the University of Western Ontario through advocacy, education, and social justice. We have taken as our priority to unite Latin American students and students with an interest in Latin America, under a forum where we can enhance the Latin American identity and become the vehicle to develop critical thinking about the region.

There were two main reasons that inspired this project;

1. The fundamental changes in the political realm: People in Latin America are mobilizing to demand changes in the structure of power relations. After centuries of colonialism and interventionism Latin Americans have said: No more; no more pillaging of our resources, no more political and economic impositions, no more cultural and philosophical dictums.
2. Need for representation: An ever increasing interest from the Latin American diaspora and from non-Latin Americans alike. The University of Western Ontario has an increasing number of students from Latin America with a growing number of programs and courses related to Latin America; therefore it is necessary to come up with a comprehensive organization that addressed the interests of students and the general public.

Our mandate stands on three pillars:

Advocacy
Education
Social Justice



Students United in Representation of Latin America

1151 Richmond Street, London, ON, 519-317-2001

usc.clubs.surla@uwo.ca

Web: suruwo.weebly.com

Facebook: SUR LA at UWO

Thank you

Juan Diego Castro—4th year Political Science student and SJP Activist

President

KING'S WARCHILD CLUB

The King's University College War Child Club is directly affiliated with War Child Canada, an independent charitable organization part of the worldwide network, War Child International. War Child is devoted to providing urgently needed humanitarian assistance to war-affected children around the world. Its support programs are present in more than a dozen war-torn countries. War Child works directly with local partners who have the knowledge, dedication and commitment to rebuilding their communities and creating opportunity. Our aim here at King's is to generate awareness, support and advocate for children's rights. One hundred percent of the funds that are raised are given directly to War Child Canada. They are in turn used to alleviate the suffering of children by bringing material aid into war zones; supporting the children who have been evacuated into refugee camps; initiating rehabilitation programs once a child returns home safely; and finally, being influential in healing the psychological damage caused by warfare.

We have many exciting events planned for this up coming year at King's, such as bake sales, socials, coffee houses, and, our biggest event of the year, Keep The Beat, a non-stop musical event full of fantastic local talent and speakers!

If this article has sparked your interest and you would like to volunteer your time, ideas, thoughts, or if you would like to be up-to-date on upcoming events please email us: kingswarchild@kucsc.com or join our Facebook group, King's War Child Club.

Thanks!

Sabrina Sater - 2nd year Social Justice and Peace student
Executive of Advertisement, King's War Child Club



Guluwalk.com

ONWARDS AND UPWARDS



London, Ontario has traditionally been an artistic backwater, even in spite of the historically significant Grand Theatre and the occasional musician that breaks into mainstream consciousness. With the monolithic arts scene in Toronto and the traditional and coveted Stratford Festival only a short drive away, London's art scene has been easily overlooked in the past.

However, LOLAfest, the annual London Ontario Live Arts festival that just celebrated its fourth birthday, is beginning to turn some heads to the Forest City. LOLA's biggest successes have come in its consistency and its growth; the festival has continually satisfied its loyalists while coming up with new innovations to snag the attention of others.

The festival began in 2006 as a one day performance festival during a particularly cold and rainy October weekend. Although the festival did highlight some impressive names at its inception, it perhaps came as a surprise how many eager Londoners were drawn to a festival celebrating mostly Canadian, entirely independent musicians.

The next year LOLA expanded into its current weekend long format and the organizers made the wise decision to pull the fest back to September, when weather and schedules seem more cooperative. Since 2006, the LOLA stage has proudly presented acts like Tokyo Police Club, Shad, The Constantines, Plants and Animals, Final Fantasy, and Holy F**k, among many others.

In addition to drawing some more well-known musicians, LOLA has been a launch pad for younger bands looking to earn a place in the spotlight; notably hometown darlings, Olenka and the Autumn Lovers, who have spent the last year touring and promoting their debut album. This year's festival carried the tradition of opening the weekend with A Horse and His Boy, one of London's more talented acts looking to make a name for themselves.

As LOLA's success has grown each year, the festival's organizers have offered more content for their fans' amusement. After the expansion of the festival to a weekend long affair, 2008 brought a visual art component to the fest. 2009's saw the ambitious addition of a second stage, the Transmedia Stage. The second stage allowed performers to play in a more organized fashion and brought attention to some of the more avant-garde movements in art. While the Transmedia Stage's acts may not have been for everybody, they indicated the spirit of pioneering that has made LOLA into the success it is.

While LOLA has been nudging the envelope more and more each year, there is still a well of potential yet to be tapped. The festival has yet to include theatrical performances or video compositions, as well as a number of other additions that could easily and interestingly be considered "Live Art". Regardless, LOLA has provided its audience with another great year. But by not completely satisfying the hunger for new and unique ideas, witnesses to this last festival are left to look to 2010 with all that much more anticipation.

Mark Fillipowich—King's 4th year Psychology and English Student

NOBEL OBAMA ?



Only days after American president Barack Obama accepted his Nobel Peace Prize, questions and controversies have arisen over whether or not he deserved the international honour. According to Donald Abelson, the director of the Centre for American Studies at the University of Western Ontario, Obama being awarded the Nobel Peace Prize is premature. “I’m sure even he thinks it’s premature,” said Abelson. “I believe he hasn’t yet accomplished the mandate of the award – to recognize leaders who have made a significant contribution to peace and stability in the world.”

However, Abelson was quick to point out that Obama enjoys significant popularity among world leaders and, unlike his predecessor George W. Bush, has the ability to use “palatable” rhetoric when dealing with foreign and domestic policy issues. “He has adopted a more positive tone on the world stage and has reduced hostilities, but he is still building relations.” Abelson points out that the Obama administration has yet to make any significant progress in countries such as Afghanistan and Iraq, where America’s military is embroiled in controversial missions. At the end of the day, says Abelson, Obama has yet to accomplish some of the more provocative peace initiatives of other American, Nobel Prize winning leaders. Jimmy Carter, for example, won the award in 2002 for bringing both Palestine and Israel to the table in signing the Geneva accord. Al Gore also won in 2007 for his work on environmental issues, most notably global warming.

Internet news sites was abuzz early Friday morning as readers weighed in on the decision. Many media websites were plastered with both praise and criticism for America’s first African- American president. Comments were aimed at Obama’s lackluster performance on American soil, especially as he grapples to reform health care. Two readers commented on the *Globe and Mail’s* websites saying that Obama may be an international star of “peace” but that hasn’t helped California’s 12 per cent unemployment rate. The other that Obama received the award prematurely, one blogger quipped that John Tavares is now going to be voted into the Hockey Hall of Fame three games into the season.

Closer to home, first year CSI student Jacqueline (J.P.) McKernan says the Obama nod will only lead to a better and more peaceful future. “War and peace are on everyone’s mind these days,” she said. “And though Obama is new, he’s made steps (towards peace) that Bush didn’t do. People look up to Obama, he’s a role model and this award just adds to all the things he’s already done.” McKernan and Abelson both agree that Obama is more than just an American president. He has become a symbol of the potential for a new world order and a new America. Although Abelson feels the jury is still out on Obama’s successes and failures, McKernan says that the award may be just a small step towards peace, but at least it’s a move in the right direction.

Patrick Morley— SJPS Contributor

Dear Almost Graduates,

Well, where to start? You're in your final year of this amazing program. You are graduating in less than 8 months and you might want to have a plan. So start asking around, think on it, meditate on what you want and where you want to be when next year rolls around. I thought long and hard: I made this my 6th course for the fall semester and looking back now, I'm thrilled that I did. I decided to apply to become a teacher. 'Bachelor of Education' sounded really smooth behind Morsink. So where to go from there?

Use any and all forms of communication you can think of to research what various schools are looking for, what their individual mottos are and what they can provide for you as a graduate student. I applied to universities for my second and last time, except this time I was no longer in grade 12, I was no longer sixteen and acting out of rebellion. This time, I had an undergraduate degree under my belt, I felt confident, well rounded, experienced and mature. I had no idea if my marks were competitive or not, I had no idea how they would look at my Honors in Social Justice and Peace Studies, it was unconventional and unique. But I applied anyway, I was not afraid of failure because my backup plans (go to India to become a certified yoga instructor, internships, volunteer with an NGO...etc) were equally thrilling for me. I spent so much time, effort and energy in my applications; I incorporated elements and aspects of myself that would help me stand out from a crowd, and, as I reflect now, it turns out I have a lot of those.

So my advice as someone who is on the 'other side' of an undergraduate degree: apply anywhere and everywhere. Use your skills, experiences, memories, life stories, colleagues, professors, employers and education to your advantage. What's the worst that could happen?

Peace and Love,
Nadine Morsink
Honors Social Justice and Peace Studies Graduate
Enrolled in Bachelor of Education at Trent University

“Start asking
around, think on
it, meditate on
what you want ”



King's University College
Career Counsellor
Susan Aukland

[Www.career.uwo.ca](http://www.career.uwo.ca)

Ten (Semi-)Quick Tips for First Year Students

In the spirit of welcoming you to King's, I wish to add my own input and advice to incoming students. Here are ten tips from a fourth-year: things I have learned in my time here, things I wish I had been told in my first year. Enjoy!

10. Don't be afraid to ask your professor a question if you're confused about something in class. At a university like King's, the faculty recognizes students. Approach your prof after the lecture or during office hours. You may be surprised at how glad they are to see you.
 9. In a similar manner, don't be afraid to ask for help concerning things outside lecture material. If you're wondering about anything, you can ask people - at the registrar's office, the financial aid office, the library, or any number of places. Remember that there is **no** such thing as a stupid question - ask and ye shall receive.
 8. Read as much as you can for your classes, as close to the time it's supposed to be read as possible. Trust me, it may seem like a lot of reading every week, but it's even more reading when you have to do it all in the week before your final exam.
 7. Read and study smart. There are many techniques that can help you read faster and study more efficiently. If you're really struggling, again, don't be afraid to look for help. You can go to your prof, or other places. The Write Place, for instance, offers services geared toward helping students become better readers.
 6. In addition to reading and studying smart, highlight smart. When highlighting, follow these simple guidelines: keep your highlighter capped. Read each sentence carefully and then decide if it needs to be highlighted. If it doesn't, keep the cap on and read the next sentence. You'll learn more effectively, trust me.
 5. This may sound like a contradiction to tip #8, but you **can** get away with skipping a reading or two. (I don't recommend skipping more than three, or you'll be in trouble.) I imagine you've already been warned about November and March, but it's true: when these times hit, you may not be able to do much more than finish your assignments to keep afloat. During these times, the readings may have to be sacrificed. (I do recommend trying to get caught up or read ahead when you get the chance.)
 4. This is the simplest advice I can offer: **go to class**. Sometimes it can be all too easy to just stay in bed, but I strongly recommend going to class. While it's true that you are responsible for your own learning, you can't do the work you need to do outside class without the proper guidance you receive in class.
 3. Get involved in your school and your community. Western has over a hundred clubs and King's has many as well. There's bound to be a few that match your interests. But there is more out there than just clubs. Especially if you're planning to go to teacher's college or graduate school, volunteering in the community is valuable personal experience, which you can also put on a resume.
 2. Learn to manage your time well. Your Westernizer (or any organizer) can be your best friend. But be sure to schedule some time for yourself too. Whether it's going to the pub with your friends, catching a movie, or just staying at home with a good book, R & R is very important when you're working as hard as you will be.
 1. Have fun!! Only about half the learning you'll do at university you'll do in the classroom. Get out there and enjoy every minute you're here. Welcome to King's. These truly are the best years of your life.
- Dawna Perry—4th year Honours English

ECOHOLICS—NOT-SO-ANONYMOUS

On Wednesday October 7th,

a small but active audience at King's had its first taste of ecolol. Adria Vasil, NOW Magazine columnist and author of *Ecoholic* and *Ecoholic Home*, visited King's as a part of Enviro-Week, bringing with her a special blend of green living tips, sobering facts, and quirky, funny frankness. A self-described "Green Dear Abby" columnist, Vasil has been writing the weekly *Ecoholic* column in NOW Magazine since 2004. She's also a journalist who has specialized in environmental and social justice issues for the past eight years.

The ecololic began her talk with some sobering statistics: a fifteen-minute shower can consume the equivalent of 900 standard-sized bottles of water; SUVs have the same fuel efficiency (or rather, lack thereof) as the first car, the Model T Ford; and newborn babies' umbilical cords can contain as many as 200 chemicals that have been passed on through the daily activities of even the healthiest and most careful expectant mother. Moreover, she noted that today's rise in asthma and cancer rates are related to chemicals around us – that we touch, sit on, apply, breathe, wear, eat, drink, spray – every day.

"She advised only "greening" a few areas of our lives at once, and working up to a full-blown addiction.

Vasil stressed—though these facts may seem overwhelming, we mustn't throw our hands into the air, claiming we've doomed ourselves, and there is nothing we can do.—Instead, she spent the evening giving simple advice. She claimed that everything we do in a day has an impact, but by doing just one more thing we can reverse that impact. Some of her tips we've heard before, but all of them are worth repeating and remembering.

Vasil's most significant point was that one person *can* make a difference. She emphasized a grass-roots approach, arguing that for every person who wants to see a change, there are bound to be others who share the sentiment but do not say so. All that is needed is that one person to talk to a city counselor, form a committee (even if it's small), and push for that desired change.

The number one thing we can do for the environment, according to Vasil, is to reduce. She gave the suggestion of writing the word on our hands, so that every time we reach for something – be it new lipstick, a light switch, or bottled water – we see the word and question ourselves. Her last bit of advice to wanna-be ecololics: take it one step at a time. She advised only "greening" a few areas of our lives at once, and working up to a full-blown addiction.

More than simply lecture about the benefits of living green, Vasil engaged the audience in conversation, complete with personal anecdotes and jokes. Her speech was geared to the students as she talked about what a school community can do and how hard it can seem to live green on a tight budget. Vasil admitted that speaking to school groups always makes her the most excited – she argued that it is often the youth who lead.

Vasil pointed out that The University of Western Ontario has received less than glowing reviews of its ecological mindfulness. But she also noted that she saw "so much potential in this room alone." If each member of the King's social justice community takes one step to reduce his/her impact upon the environment, we can begin to lead others to the path of ecolohism.

Dawna Perry – 4th year King's Honours English Student



As the leaves turn for another year, the beauty of autumn engulfs our minds. A beauty that I would very much like to continue to see throughout my life and a beauty that I may have to tell my grand-children about with the pre-tense – “When I was your age”

Unless of course we do indeed continue to promote conscious consumerism, which many people in the world are doing. People like the Otesha Project community. Otesha is a word from Swahili meaning “To dream”.....

It was a feeling of inspiration and a sight that sparked curiosity.... I entered the King’s Caf with an eyebrow raised, noticing that there were a few extra fiery folk around than normal. They were dressed in the garb of the conscious traveler, head to toe in environmentally-friendly, unique and local designer fashions. As they began to clap in unison and enter a synergistic formation in the middle of the room, I realized it was more than just a feeling and sight. This collective from all across Canada were here for a purpose.

“The Otesha Project’s education programs and bicycle tours use theatre, multi-media, and storytelling to engage a wide range of audiences, and have reached more than 100,000 people to date. Otesha’s performances focus on re-evaluating our daily choices to reflect the kind of future we’d like to see – re-thinking what we really need, conserving resources, and voting with our dollars.”

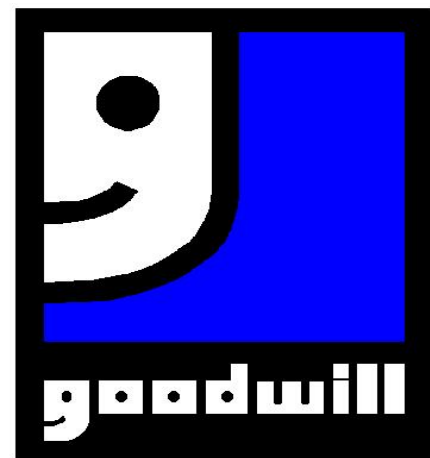
Among their contributions available for the quick reading university student is The Otesha Book, a publication entirely written by ethically-conscious and supportive community members. The five chapters relate to how today’s society could be headed towards either the devastation or salvation of our collective tomorrow. The topics include Water, Clothing, Media, Coffee and food Consumption. This easy to read E-book contains tips on how to become a more conscious consumer and help the common cause of keeping the beauty of our environment - Beautiful.

Tal Potechin– 4th Year Psychology Student

www.otesha.ca



SECOND
HAND
STORES



A Protest Against the School of The America's

This is a great opportunity to get involved in social activism, and meet a lot of awesome people with similar interests to you. Every year in November a group of students plan a trip to Georgia to attend the SOA (School of the Americas) protest. SIGN UP and GET INVOLVED!

What is the SOA? It is a combat training school for Latin American soldiers, located at Fort Benning, Georgia. The SOA also known as "School of Assassins," has left a trail of blood and suffering in every country where its graduates have returned. For more info about the school check out soaw.org!

When is this protest? We leave Thursday Nov 19th, and return Sunday Nov 22. There are 84 spots available so sign up ASAP! The cost is approximately \$180.00 each depending on motel fees and fundraisers, which includes most of your meals, transportation, and three nights in a motel. We do need drivers so if you have your G and can drive let us know!

YOU NEED A PASSPORT...so if you need to get one, get working on that!

Any questions? Want to sign up? Shoot us an email back at: soaprotest@hotmail.com

And REMEMBER there are only 84 spots, this is such an amazing experience to take part in don't miss out, this is going to be an extremely popular trip amongst sjp students this year and its first come first serve!!

-SOA Organizing Team





Only days until the official unveiling

A Global Effort

Cross–Culture, Religion and Life Philosophy to create a Charter that will bring
humanity together.

Anyone can contribute.

The Golden Rule requires that we use empathy -- moral imagination -- to put ourselves in others' shoes. We should act toward them as we would want them to act toward us. We should refuse, under any circumstance, to carry out actions which would cause them harm.

Charterforcompassion.org

T “WE ARE STRONG, WE ARE PROUD, AND WE ARE F*ING LOUD”
 These were the words that pierced the Victoria Park evening sky on September, 17th. Hundreds of womyn’s voices rang off the buildings of the downtown core celebrating their womanhood. They stood together in solidarity to let the world know that “womyn united will never be defeated”. On this evening we gathered to support the females in our society who have been pushed down by violence, discrimination and disrespect.

The Women’s Event Committee of UWO student, organized this year’s the Night is an evening dedicated to and domestic violence that has been an opportunity for all those who timization to speak out and let their claim womyn’s dignity and their myn.

Take Back the Night symbolizes a of violence against womyn in fami- the State. Many members of the ing words with a crowd which consisted of mostly females, although some males were present. A local doula (midwife) and representative from Pat Matheson’s office spoke to the crowd.

A local Spoken Word poet shared a powerful piece which brought tears to many of our eyes, tears which dripped of sadness, strength and hope. A local aboriginal mother and activist reminded us of the hundreds of aboriginal females who have been murdered and forgotten. She told us of the current 500 indigenous womyn missing from their homes and urged us to remember that they are our mothers, sisters, and daughters and they are most dearly missed.

Womyn listened with open hearts and open minds. After the initial gathering, all the women took to the streets, with voices raised in empowered spirit, some holding signs saying “womyn love” and “womyn power”. With an all-male police presence, we were lead by Sarah and her team through the downtown core with an energy that could light up the entire city of London, and it did. As we hit York Street, there were men standing on the corner holding signs that read “Men against Womyn Violence” and “In Solidarity”. One of those amazing men is Dayn Kent, a student in the Social Justice and Peace Program: thanks Dayn! Of course when we saw this, our cheers became louder!

This event was well organized, well received, and reminded us that - as we took back the night, we must take back the day- in our homes, schools, jobs, and churches. This feminist movement rejuvenated my soul along with many others’, with its energy continuing through the night at Wink’s on Richmond, where female performers shared their skills and love with the crowd. Wink’s generously donated twenty percent of the night’s profits to the London’s Women’s Committee.

With people in the world like Sarah, members of the Womyn’s Committee, and all of the other females who were present, I know in my lifetime what we dream, will become reality. I would like to say thanks to all the women who participated, the men who stood behind us and the media who chose to cover this event to show the world that we become stronger when we come together!

In Solidarity,

Jennifer Hergott is in her 4th year completing a specialization in SJPS and a major in English.

**“This feminist
 movement
 rejuvenated
 my soul”**

London and Sarah Scanlon, a fellow Take Back the Night event. Take Back raising awareness of the sexual abuse against women all over the world. It is have been silenced by any kind of vic- voices be heard. It is a chance to re- sexuality as human beings and as wo-

commitment to stopping the epidemic lies, workplaces, communities, and by Womyn’s Committee shared encourag-



Mark Berube and the Fugitives,

or

the Patriotic Few

all Play Beautiful Music!

They were at King's recently and made a beautiful moment glow

OLENKA and the Autumn LOVERS

EAST END TOUR

Oct. 9 • Hamilton - Supergrant (DR Disc Stage)	Oct. 23 • Charlottetown - The Ampersand
Oct. 15 • London - Neonian Hall (opening free on stage)	Oct. 24 • Halifax POP Explosion - Coconut Grove (10:20pm)
Oct. 16 • Montréal - House Show	Oct. 25 • Sydney - St. Pat's Church
Oct. 17 • Québec City - FouBar	Oct. 27 • Ottawa - Raw Sugar Café
Oct. 18 • St. Andrews - House Show	Oct. 28 • Kingston - The Mansion
Oct. 19 • Saint John - House Show	Oct. 29 • Toronto - The Garrigan
Oct. 21 • Moncton - Cman Inn	Oct. 30 • Bayfield - House Show
Oct. 22 • Fredericton - The Capital	

So do King's own Olenka and the Autumn Lovers, we wish them wonderful adventure on their East end tour.

Broken.

**A baby boy is born in a body
so innocent**

**To a broken family that carried him
through incidents**

**Of non-stop struggle, addiction, and
crime**

**Cold and needing more, all of the
time.**

**Following his mother, finding any-
thing they could muster,**

**This little man questioned why his
life was lackluster**

**His mother answered softly,
“My darling boy, its cause we’re
poor.**

**No one in this world wants to help
us anymore.”**

**This teenage boy could
not understand**

**How no other human being cared
to lend a hand.**

**His mother was sick and soon
he would be alone**

**“I’m so sorry for you now. You reap
what I have sown.”**

**She left him in the night with no
home and no possessions**

**After she was gone, he had so many
questions**

**“Why isn’t someone helping me get
on my feet?**

**Instead of stigmatizing me and
kicking me off the street?”**

**“They all assume I got myself into
this position.**

**But I was raised by a mother in and
out of the mission.**

**Now I’m here alone with no one
caring or loving me,**

**Why wouldn’t I get high and escape
this reality?”**

**“You say you don’t know why I can’t
just get a job.**

**Then I look at you as an ignorant,
pampered snob.**

**Do you know what it feels like to hit
rock bottom?**

**How can you save money when you
can’t even make some?”**

**“I have no family left. I have no
education.**

**Excuse me if I’m struggling to find
the motivation**

**To conform to a system that keeps
me where I am**

**I have tried to get a job time and
time again.”**

**“Without going to school, I make
only minimum wage**

**I cannot afford a place to live, this
city makes me rage!”**

**This is when the cycle of
drugs and violence manifests**

**Upon who’s shoulders will
responsibility for this broken
child rest?**

**Our society does not foster a
culture of caring for the other**

**This boy was 15 when he lost
his Schizophrenic mother**

**Our parents are too con-
cerned with climbing the so-
cial ladder.**

**Who are we to decide this
boy’s life doesn’t matter?**

**So now he’s got a girlfriend
with a baby on the way.**

**Trying to live in rehab every
single day**

**But he isn’t finding Jesus and
he just does not believe**

**And ultimately the pressure
will force him to leave.**

**It’s just another scheme in
this oppressive system**

**It’s not like opportunities
came and he unfortunately
missed them**

**No hand was ever lent, no
cards even dealt to play,**

**In a cookie cutter system,
this baby boy was made of
clay.**

By Caitlin Villeneuve

Honours Social Justice and



Feminist Organization on Western Campus

Feel like damning the man? Seriously damning the phallogentric, power-hungry malestream social order? The University of Western Ontario may be the place for you after all. Campus communities have long been a focal point for feminist activism and UWO is no exception. First, let's make a few things clear. The 'F' word I so boldly use carries many connotations that have gathered over the decades. Some are seemingly appropriate – such as fighting for equitable treatment, dismantling oppressive power relations, and the love for all people – and others are simply outlandish – like the beliefs that feminists are manhating, irrational monsters out to ruin family values.

Feminism, especially 3rd/4th/post-wave feminism, is a movement for peace – peaceful experiences, peaceful empowerment, and peaceful living. Despite what the media tells us about the big bad feminist, the movement is a fight for all human's rights, but it does not wish to use violent or manipulative means. Feminism is a love for humanity and a response to the injustices found within it. If this appeals to you, even in the slightest, there are numerous opportunities to be involved in the fight for human dignity. Even if you're still hesitant about associating with the 'F' word, I assure you that there is much to be appreciated within feminist action and theory.

At Western, the hub for feminist-oriented organization is the Women's Issues Network, a student service of the University Students' Council. This means that every student is already a member as it is funded through student fees. WIN is "dedicated to recognizing, representing, and rectifying gender issues" on campus. Their programming includes weekly radio shows on CHRW, disordered eating support groups, movie screenings, awareness days, and much more.

Also under the purview of the USC, V-Day Western is part of a "global movement to stop violence against women and girls" through activist theatre. With the productions of *The Vagina Monologues* and *A Memory, Monologue, Rant, and a Prayer*, V-Day Western opens the eyes of the London community to the issue of gendered violence both locally and globally. In addition, V-Day Western holds various fundraising events, including a rummage sale and "dining to make a difference" with restaurants across London. If you're already involved in the academic aspect of feminism, or are perhaps considering taking a course dealing with gender issues, the Women's Studies Students' Council may be of interest. In affiliation with the Department of Women's Studies and Feminist Research on main campus, the WSSC represents the students within the department and offers a wide range of programming, including mentorship programs, speakers, and various social events.

Lastly, the University's response to the gender disparities within both the employee and student populations is the Western's Caucus on Women's Issues. Membership includes staff, faculty, students, and other members of the Western community. WCWI acts to "promote and safeguard the interests of women at UWO" mainly through lobbying efforts. The Caucus also hosts several public discussions and speakers and has produced two videos.

The feminist movement on campus is alive and well. Despite persistent backlash felt by individuals and groups that are active in humanitarian pursuits, great strides are being made to challenge existing inequities and dismantle preconceived stereotypes. Much applause and respect for the people and groups on campus who act with courageous spirit is needed. I encourage you to do two things. Firstly, to learn more, to be adventurous, and to take advantage of the wondrous opportunities on this campus. I also encourage you to consider feminism for yourself; to contemplate the ways in which it already affects you and the possibility of allowing it to transform your future experiences, for feminism, a love for all people, does the soul a great deal of good.

Heather Graham—4th year Honours Womens Studies Student



Moksha Yoga translated loosely from the ancient dialect of Sanskrit, means: “the discipline of enlightenment”.

One of the philosophies of Moksha Yoga is to obtain “a state of being that brings an understanding of our true nature. [The practice of Moksha Yoga] opens a sense of deep liberation, and frees us from the suffering of everyday life.” “Moksha Yoga hot yoga is a series of postures practiced in a heated room. The series works to stretch, strengthen and tone the muscles while detoxifying the body and calming the mind.”

As a student of psychology and a Moksha practice. The first and most noticeably being had a really hard time focusing on everyday activities in aiding my focus.

In addition to the physical aid, there is psychotherapy help us to create new perspectives on also help me to focus internally while in a posture really hard to move my body. The key was to were doing. It is important to feel what your body is telling you.

“ Feel what
your body is
telling you, it
will tell you
when your
helping it.. “

Energy Trade, I have found many rewards from my ability to focus. Since I was a wee little hobbit, I activities. Practicing yoga has been extremely beneficial.

logical benefits. The reciting of Mantra’s or affirmations in life. The practice of repeating a mantra. When I first started practicing yoga, it was focus on my own body rather than what other people body is telling you, it will tell you when you are helping it.

Every Friday night at 8:30pm, Moksha Yoga London holds a Karma yoga class. For a minimum \$7 donation, participants get a full yoga class, and all of the proceeds are donated to various local, national, and international charities. We’ve supported hundreds of different charities over the past six years with tens of thousands of dollars flowing back into the hands of those who require it most. Any charitable initiative can apply for the funds by sending a letter to info@mokshayogalondon.com, or by dropping in to the studio and chatting with either Annette or Rob, the owners.

For more info check out, www.mokshayogalondon.com

Namaste!

Tal Potechin– 4th year Psychology Student



East Village Arts Coop

EAST VILLAGE COFFEE HOUSE



YOUR PAGE



CALL TO WRITERS

The Bridge is looking for people who speak and/or write with compassion on topics concerning Social Justice and Peace.

This year we hope to make “The Bridge” the path which unites students from any and all disciplines. We hope this newsletter will be a place to communicate our collective passion for Social Justice and Peace.

The Bridge is a chance to speak up and share your ideas, beliefs, and/or life experiences with the King’s, UWO, and London Social Justice Community. We all want to know what’s on your mind!

Articles can be submitted in the form of:

**-Journal reflections- Visions for political nuance- Excerpts from formal papers--
—Poetry— Sketches— Book reviews—
— Art/events/music/activism reviews and advertisements—
—and/or Summaries of what an organization you love does. —**

If you have any ideas for an article, we love to hear what you want to read about.

This is your paper.

Submissions can come in the form of articles sized
100 to 500 words

If you prefer to be given an assignment, we are full idea

Send your submissions or questions to:

SJPSNEWS@GMAIL.COM



**Unity, Justice, Empathy and Compassion will
sustain us all.**



the bridge

king's social justice and peace studies
newsletter

Forward any of your favorite social justice and peace quotes to the Bridge!

"WE ARE ALL THE MANY TILES SO DIFFERENT AND UNIQUE, BOUND TOGETHER IN STRENGTH AND UNITY. WE ALL MAKE THE MOSAIC OF OUR COMMUNITY AND HELP THE WORLD TO LIVE IN HARMONY. CELEBRATE DIVERSITY FEEL FREE TO BE WHO YOU WANT TO BE.

YOU CAN DEPEND ON ME"
- THE MOSAIC PROJECT

www.sjpclub.synthasite.com



"YOU HAVE ALREADY SUCCEEDED IF YOU'RE OUT THERE REPRESENTING TRUTH OR JUSTICE OR COMPASSION OR FAIRNESS OR LOVE."

-- DORIS HADDOCK (GRANNY D)