

AP!RG Welcomes You to:

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ABOUT AP!RG

The Alberta Public Interest Research Group (APIRG) is a student-run, student-funded, non-profit organization dedicated to research, education, advocacy, and action in the public interest. APIRG exists to provide students with resources to be active citizens.



**EDMONTON
IS COOL. YOU
SHOULD STAY.**

Edmonton is currently beginning a great number of large-scale projects, each of which can reform this city as a whole. Projects we are all familiar with and some we aren't: the LRT expansion, the downtown arena, development of the downtown airport lands as well as a whole host of others... check out the city website under "planning and projects" for a complete list.

And what does this have to do with a less-than-shitty Edmonton to live in and with those looking to get-the-hell-out for better things?

These projects as it stands at this exact moment are in the amazing stage of still being "open to community involvement", meaning that nothing about them is yet set in stone; there is still the very real possibility of taking these projects and making them into results that you personally would want to live with in the future, instead of having to accept the way things are in the lands of "culture" and "lifestyle" so many are ready to bail for.

- Now perhaps this is all high-minded of me, but the fact still remains, it is a very exciting time to be an activist in Edmonton. To those looking to escape, let it be pointed-out that Vancouver "lifestyle", like any, is only what you make of it. What exists here now, is the possibility to make something completely new, and completely personal. Be an activist and stick-it-out to make change actually happen. Exciting for sure.

ABOUT THIS ZINE

This Zine is meant to be your introduction to the U of A Edmonton! We have tried to focus on lesser-known and places, facts, and organizations. Here you will read about your rights when encountering the police, ways to save money at school, and much more!

APRG's mandate is to support students or come and visit us at citizens. If you have found in it, please come and visit us at 9111 HUB Mall!

FIND THE SECRET SPOTS OF EDMONTON



TEDDY-BEAR CATAPULT

THE ROAD DOCTOR.



One such organization is Edmonton Immigrant Services Association (EISA); it is located in downtown Edmonton and easily accessible via public transport. Notably, they offer programs to overcome social isolation; you could call it a free match making service between migrants of all ages and needs, and Edmontonians. EISA also offers translation services, and activities that help you get acquainted with the city and assist in the integration into Canadian society. EISA is partially funded by the government, but there are many other organizations in Edmonton funded and run entirely by volunteers. A couple examples are The Centre for Race and Culture, which provides links to many immigrant serving agencies (Health Services, Housing, Cultural competence, etc.), and Edmonton Mennonite Centre for Newcomers. Additionally, the U of A Centre for Student Development runs the orientation program and provides a chance to interact with fellow students outside of classes. A link to a website where many of these can be found is provided below. Welcome to Edmonton!

<http://www.eriec.ca/settlement-integration/>

FACT #1

As many great ideas start, the idea for the now famous 'teddy bear catapult' began over a few too many beers in a whyte avenue bar. In 2001, the Summit of the Americas was being held in Quebec City and a wall was built to keep the leaders from those peacefully protesting. To counter this, a group of Edmonton activists proposed the building of a catapult, one that only had the strength of the average human arm. Meant to creatively mock the 'medieval tactic' of building a physical barrier, men and women dressed in medieval garb and flung various stuffed animals over the wall. After a Quebec activist who had nothing to do with the action was charged with 'possession of a deadly weapon', Edmontonians in an act of solidarity turned themselves and their 'dangerous weapons', teddy bears, into the police station. A similar act of solidarity occurred as Edmonton activists on their way back to Edmonton, smuggled teddy bears into parliament and threw them down onto MP's. The catapult soon gained a reputation as one of Canada's most creative and effective activist actions, so much so that there is a trivial pursuit card about it!

A LETTER TO NEW EDMONTONIANS;

Having been born and raised in Edmonton, I have realized that we have a distinct habit of being harsh and self deprecating about our city, which is why often the first question you will receive after saying you CHOSE to move to Edmonton is 'why on earth would you do that?', or something along those lines. But don't worry, the city itself has much to offer, and when push comes to shove we are vigorously defensive about our city. Edmonton has not always been the most hospitable place for migrants to settle, and as in many places around the world there are always barriers to face. Whether it be prejudice brought on by an ignorance of the needs of the job market, or a lack of government funding for settlement and support services, there will be social, economic and cultural barriers to face. However, I am happy to say that the range of services and programs for migrants (both temporary and permanent) to the city has expanded significantly.

FACT #2

The one-way street in front of the Sugarbowl on 109th and 88 Ave used to be a trap for cyclists heading to the university, resulting in the unfair ticketing of many students. So, in the middle of the night two Edmonton activists, armed only with a van and a bucket of paint, decided to create a bike lane. They issued a press release announcing the appearance of the 'road doctor' who would work towards making Edmonton bike friendly, one bike lane at a time. The city in its long tradition of clearing away anything not officially approved, came and did away with the newly popular bike lane. However, thanks to the tireless repainting efforts of the road doctor and his companions, the city relented and students can now bike without fear of being ticketed.



WHITE PRIVILEGE: UNPACKING THE INVISIBLE KNAPSACK

By Peggy McIntosh

Daily effects of white privilege

I decided to try to work on myself at least by identifying some of the daily effects of white privilege in my life. I have chosen those conditions that I think in my case attach somewhat more to skin-color privilege than to class, religion, ethnic status, or geographic location, though of course all these other factors are intricately intertwined. As far as I can tell, my African American coworkers, friends, and acquaintances with whom I come into daily or frequent contact in this particular time, place and time of work cannot count on most of these conditions.

- I will feel welcomed and “normal” in the usual walks of public life, institutional and social.

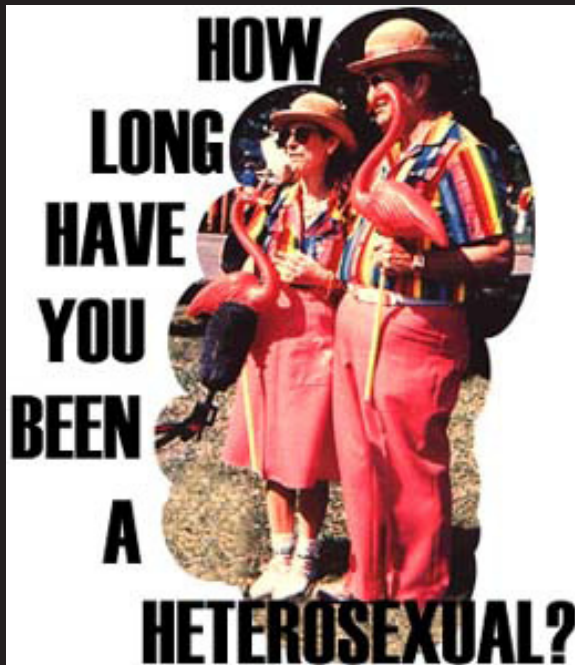
- I am never asked to speak for all the people of my racial group.

- I can choose blemish cover or bandages in “flesh” color and have them more or less match my skin.

- I can do well in a challenging situation without being called a credit to my race.

- I can criticize our government and talk about how much I fear its policies and behavior without being seen as a cultural outsider.

- I can go into a music shop and count on finding the music of my race represented, into a supermarket and find the staple foods which fit with my cultural traditions, into a hairdresser’s shop and find someone who can cut my hair.



THE HETEROSEXUAL QUESTIONNAIRE

- Martin Rochlin, Ph.D., 1972

1. What do you think caused your heterosexuality?

2. When and where did you decide you were a heterosexual?

11. Just what do men and women do in bed together? How can they truly know how to please each other, being so anatomically different?

12. With all the societal support marriage receives, the divorce rate is spiraling. Why are there so few stable relationships among heterosexuals?

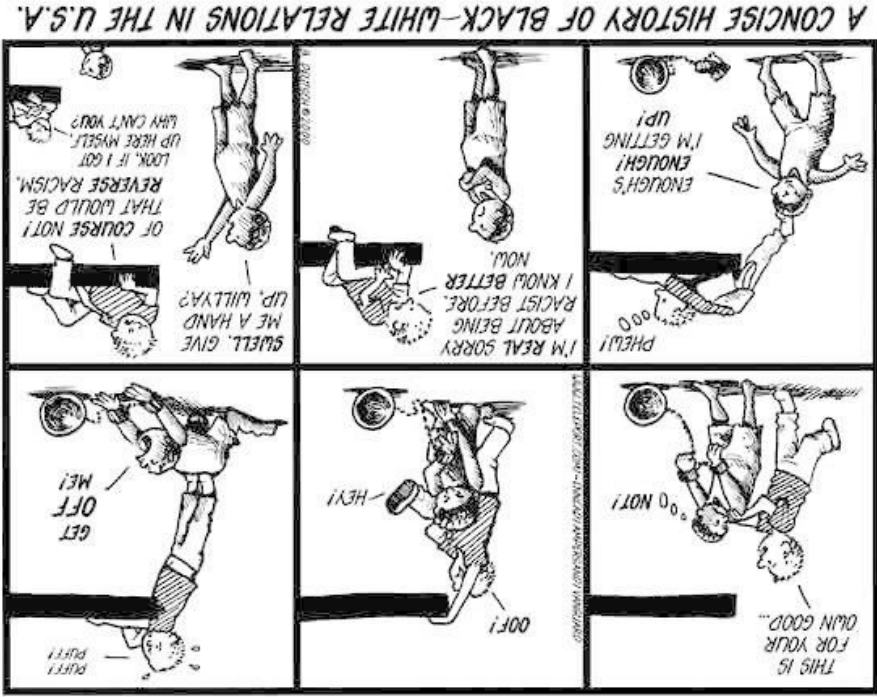
13. How can you become a whole person if you limit yourself to compulsive, exclusive heterosexuality?

14. Considering the menace of overpopulation how could the human race survive if everyone were heterosexual?

15. Could you trust a heterosexual therapist to be objective? Don't you feel that he or she might be inclined to influence you in the direction of his other leanings?

16. There seem to very few happy heterosexuals. Techniques have been developed that might enable you to change if you really want to.

17. Have you considered trying aversion therapy?



By Dave Sobsey - check out How Dave Sees It at dsobsey.blogspot.com for more on anti-ableism

HOW TO MAKE AN ACCESSIBLE SPACE

1. Automatic doors are great.
2. Doors with buttons are almost great...
3. Non-automatic doors without buttons? Not so great.
4. Elevators are also very helpful.
5. Though a button (to summon the elevator) that people in wheelchairs could reach would be nice!
6. Signs telling you where the elevators are can be very handy.
7. Sometimes people need reminders to give "priority to persons with disabilities or other mobility-related needs!" on elevators and ETS

- I can if I wish arrange to be in the company of people of my race most of the time.

- I can go shopping alone most of the time, pretty well assured that I will not be followed or harassed.

- I can turn on the television or open to the front page of the paper and see people of my race widely represented.

- When I am told about our national heritage or about "civilization," I am shown that people of my color made it what it is.

- I can easily find academic courses and institutions which give attention only to people of my race.

- I can go home from most meetings of organizations I belong to feeling somewhat tied in, rather than isolated, out-of-place, outnumbered, unheard, held at a distance or feared.

- My children are given texts and classes which implicitly support our kind of family unit and do not turn them against my choice of domestic partnership.

3. Is it possible this is just a phase and you will outgrow it?

4. Is it possible that your sexual orientation has stemmed from a neurotic fear of others of the same sex?

5. Do your parents know you are straight? Do your friends know-how did they react?

6. If you have never slept with a person of the same sex, is it just possible that all you need is a good gay lover?

7. Why do you insist on flaunting your heterosexuality...can't you just be who you are and keep it quiet?

8. Why do heterosexuals place so much emphasis on sex?

9. Why do heterosexuals try to recruit others into this lifestyle?

10. A disproportionate majority of child molesters are heterosexual... Do you consider it safe to expose children to heterosexual teachers?



8. Pro tip, though: most of us don't really enjoy being called "the disabled".

9. It's great when there are accessible alternatives to inaccessible routes - especially when the accessible way is right there (the ramp is right beside the stairs), and you don't have to go around back!

10. If the main entrance isn't accessible, it's nice to have a (visible) sign (close to the main entrance) showing you where the accessible entrance is.

5 BOOKS THAT NEED READING BEFORE YOU GRADUATE:

- A Brief Illustrated Guide to Islam

What do you know and what do you think you know about one of the World's largest religions?

- The Autobiography of Malcolm X

Civil Rights history leans towards portraying Martin Luther King as the one who got it right and Malcolm X the one who got it wrong, find-out for yourself.

- Food, INC.

Learn about the food you eat; all about it especially including the stuff they probably didn't want you to know.

- Girls will be Boys Will be Girls: A Coloring Book

When I say gender you say? In this world were life is no longer a black and white feel-good movie, how does one go about unlearning gender?

ALUMNI TIPS...

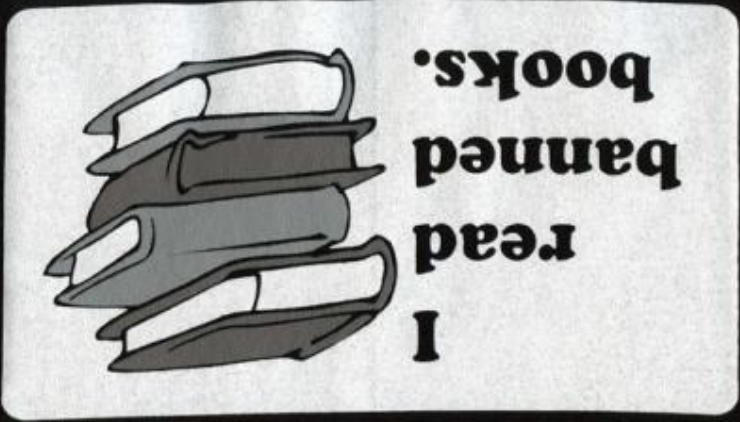
BE SMART- you don't always need your books to do well in a class. Check the class out for a couple of days and if you don't need the book don't buy it! You'll be surprised by how many Proffs put a book on the list because they feel like they have to.

- Check out the U of A library. Most books are either on reserve or are on the shelves. There are also a surprising number of books available online through e-access

- If you are going to borrow a book and you need it all semester- be sneaky! Ask your friends for their one card and put the book on the hold multiple times using various people's accounts. That way you will have it all semester.

- Check out the Edmonton Public Library. If your book isn't there you can place a request and they will order it in. Just be aware it can take 4-6 weeks- so get your book lists early.

WAYS TO GET YOUR
BOOKS CHEAPER!



Set aside the dates: Oct 7-9, 2011 for Edmonton's Anarchist Bookfair!

Check out the ESPA for more good reading! <http://www.edmontonsmallpress.org/>

- Come see us at APIRG in 9111 Hub for books you won't find anywhere else!

• Check out Project Gutenberg. It's an online website accessible through the SU website that offers free books for download onto iPads, Kindles, iPods, etc. Also check out the Used Book registries. Sometimes an old edition is available for dirt cheap and all that's changed is some font colour and a couple of pictures.

- Ask your professors for books. Ask a Professor other than the one teaching your class. Most Prof's in the same department have the same books on their shelves.

FREE AND .OM

<http://www.discoveredmonton.com/Edmonton/Events/AllEvents/>

- Marx for Beginners
Face it you're in University now. According to every college movie ever you're going to run-into some barrette-warning, hipster Marxist douche. With this not only can you keep-up, chances are favorable you'll give the prick the academic equivalent of the bitch-slap, enjoy.

11. Cutaway curbs make things a lot more convenient for those of us with wheels.

12. Although gravel in the spring makes things a bit tougher.

13. It's great when detours or temporary sidewalks are also accessible.

14. Hard-to-notice gaps can be jarring.

15. People in wheelchairs have emergencies too! It would be nice to have a security phone where everyone could reach it.



- Theatre festivals on campus (there are more of these than most people think)

» Abbedam

Stands for BA, Bed, and MA: Students from all 3 of these programs work collaboratively and put on minimally one production a year at the second stage in the Timms. Tickets are \$10.

» New Works Festival

Usually occurs for a week in mid February. Tickets are typically \$5-\$10.

» Quick & Dirty Festival

Occurs in the winter semester and is a celebration of all things theatrical. Performances are only 15 minutes in length and can feature clowning, improv, juggling, dance, monologues, etc. Tickets are usually \$5-10.

» Theatre Arts Portfolio's

Typically at the end of each semester, undergraduate honours students or graduate students are required to write, produce and perform a production. These are usually held in the FAB second floor stage and are typically **free of charge**. See the drama department events calendar for more details.

- Another option is to use bear tracks and find out when and where music classes are occurring. Camp outside these classes and listen to your heart's content. In some cases, professors will actually bring their students out into the FAB Lobby to play! So take a stroll through FAB once in a while.



- HUB Mall Lounges

Hub Mall has several lounges. These are usually very busy at lunch time between 11-2. If you're brave try and find a little corner and set up shop there at that time for maximum exposure. If not, go in the mornings or better yet stay a little late and experience the night time ambiance of HUB Mall. There is something eerily dark and romantic about the place after 5:00.

- Fish Bowl in Humanities

It's a circular piece of Hallway encased in glass... Need I say more?

- CAB 3rd floor and higher

I don't know if anyone actually ever uses the rooms on these floors...but there always empty ones. And the hallways are very quiet too.

- Greenhouses in AG-FOR

Symphony in the Tropics maybe? The Ag-FOR greenhouses

WEIRD STUFF ON CAMPUS



- Timms Centre
» Reg. student price is \$10, or 3 for\$25, but if you go on Monday night (Date night at the Timms) tickets are 2 for 1.
» Also preview tickets are only \$5

WEIRD STUFF ON CAMPUS

- OK well, we admit it. Some of these things aren't "weird". But most students are unaware of their existence Climbing wall.
• Did you know we have one? And there is free access on Tuesdays and Thursdays from 12-4.

• Museums.
We have a whole slew of them, but here are some of my favourites:
» The Classics Museum- You can even get free tour from one of the Classics professors, Dr. Jeremy Rossiter.
» Paleontology Museum- If you like fossils and rocks this place is awesome!
» Mineralogy and Petrology Museum- more rocks! Check out the U of A website for the full listings and location/ hours of operation details

LIKE LISTENING TO MUSIC?

Here are some ideas for how to get your music fix without the price tag.

- Check out the Rutherford Music Library. They have over 25,000 CD's, more than 30,000 LP's and a listening room with these fabulous headphones.

- Check out the Edmonton Public Library's Music Collection.
The Naxos library at EPL is extensive and unlike the Rutherford Music Library you can listen to more recent artists, request artists/CD's you want, borrow CD's and actually take them home, and download music legally.

- Live music more your thing?
There are numerous music ensembles and bands on camps. There is a concert band, a concert choir, a University Symphony Orchestra, a Jazz Band, and a Jazz Choir to name just a few. In most cases tickets to their performances are \$10-15.

ARE YOU A PERFORMER?

We know rehearsal and performance spaces on campus are limited. BUT with a little creativity and style I think you can find several spaces on campus to practice and ... you might even make a little money on the side (place a hat, open case etc and turn a practice session into a busking session). Remember campus is your space and you can and should make use of every inch of it. So grab some friends, or go solo and try out these slightly unorthodox performance/practice spaces on campus

- Computing Science Building- Main Floor Rotunda
The Computing Science Building has a lovely rectangular open space in the middle of the main floor. This space is mostly used by comp-sci students to have lunch and play video games during breaks. Otherwise, it is empty! And the acoustics in this building are actually not too bad.

40.

- Community Garden (89 Ave, 110-111Street)

Like gardening, want to learn how to garden or just interested in getting some organic veggies? This is the place to go.

- Peregrine Falcon Webcam

Did you know we have a Peregrine Falcon that nests on the roof of the Clinical Sciences building? And that she has recently had some little ones? You can access the webcam online and creep on the birds or if you are an actual enthusiast they are looking for people to watch the nesting at crucial times to ensure the falcon's safety.

- Reusable Dish rentals

Want to do more for the environment but too lazy to bring to carry around your own dishes? Rent reusable dishes in the ED building on Tuesday, SUB on Wednesday and Cab on Thursday.

42.

- Strapped for time before your 8 am class? Faced with skipping breakfast? Do as one U of A student did and bring a toaster and a coffee maker to class. A sure way to win the affections of all your sleep deprived classmates for the semester.

- Create your own student group, once registered you are entitled to a meeting place.

- Create large pieces of snow artwork in quad and other public places (the more ridiculous the better).

- Bring a pumpkin or squash into class dressed up as a baby. When people ask why, tell them you had to sell your baby for tuition money

- Have an impromptu snowball fight on campus. Recruit passerby's to join.

- Late for an early morning lecture? Don your best ninja gear and stealthily sneak in through the front door (bring your own theme music if so desired)



HOW TO MILK THE U OF A FOR ALL ITS WORTH

44.

- 5) Scope out places on campus that are handing out free food and drink, arm yourself with a supply of sneaky disguises and see how much you can get away with (warning: strange looks may result from this maneuver).

- 6) Use the University Pharmacy- The University subsidizes many medications, including birth control pills. You can get many medications cheaper here than elsewhere, and the staff are very helpful!

- 7) Check the U of A dentistry website; if you register through the 'Open wide clinic' you may be able to get some dental work done for free!

- 8) Every U of A student feels stress come midterm or finals week, so don't be shy about taking advantage of the free counseling services at the U of A. Part of your tuition is access to 2 sessions with a registered psychologist. Even if you just need to talk, you are already paying for it, so you may as well use it.

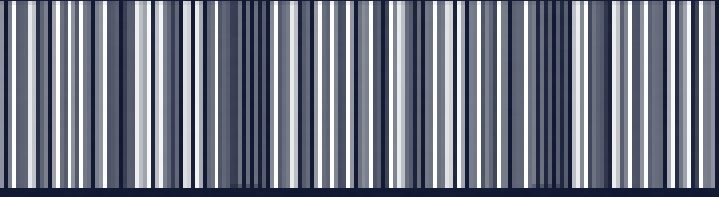
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AVOID GETTING RIPPED-OFF FOR HOUSING THIS SEMESTER.

- Chemistry lab got you down? Bring marshmallows and have yourself an impromptu cocktail over the warmth of a Bunsen burner
- Bring popcorn into your class when they're showing a movie. Running commentary and booing is optional.
- Feeling the effects of an underfunded Arts faculty? Help to fundraise by donating your "well worn" clothes and asking all emerging ETLC faculty members to make a donation to the poor Arts fund.
- Feeling ripped off by campus food prices? Get "free" items on display.
- Your revenge by hoarding salt packets and other

FEELING LIKE...

JUST ANOTHER NUMBER



- 1) The Students' Union's ECOS has 30 bikes for rent that you can use for a month, all you need is your student card and a 40 dollar deposit that you get back upon its return.

- 2) Make up for expensive tuition with excessive use of stamps: Free transcript shipping is available to all international locations, so go nuts, it's on the U of A.

- 3) Over pay your tuition by a small amount (a dollar or even 50 cents) and feel vindicated by the knowledge that it cost the University more to mail the cheque than it's worth.

- 4) Scope out flowers growing on campus to decorate your over priced student room.

• Paying \$750+/month for most students is too much. Don't be afraid to shop around if you're looking for accommodations. Living off whyte is great, but pricey. Up and down 109th there are plenty of suites for rent, or even look downtown/down the LRT system. You have UPASS and can travel and often can find places on the North-side for \$500/month easier.

• The physically higher you go, the pricier it will be; ground floor = cheap, and a hockey stick wedged into a window/doorway = peace of mind.

• Shop-around in April/May for start-of-summer rates. When students leave, landlords are usually desperate to fill. Sign a lease for the lower rate and you're locked-in for a year.

Remedy/86ave and 109st/\$\$/4//Espresso(Y)

**Try the: chai instead of the espresso; with soy and a glass of water, it is amazing.

Da Capo/87ave and 109st/\$\$/4.5//Espresso(Y)

**Try the: tall glass of pretension; maybe if you're hot enough you'll get yourself a job as well.

Steeps/111st and 82ave/\$/???/???/Espresso(N)

**Try the: tea... because that is all there is.

Café Leva/110st and 86ave/\$\$/4//Espresso(Y)

**Try the: food.

Sobeys: College Plaza/112St and 82ave/\$-\$\$\$//Fair Trade Available/Espresso(Y)

**Try the: \$1 coffee, M-F, before 10am; bring your own travel mug and they'll fill it for a dollar.

COFFEE...

Chances are you're going to end-up needing it, so why not know what is the "good" stuff.

Name/Location/Price(\$-\$\$\$)/Quality(1-5)/Fair Trade/Espresso(Y/N)

ON CAMPUS:

Java Jive/SUB, HUB/\$\$/3/Fair Trade Available/Espresso(Y)

**Try the: "Grogg", only \$1.65 with your own mug.

Cram Dunk/SUB/\$/3/Fair Trade Available/Espresso(N)

**Try the: day-old donuts, 2 for the price of 1.

Tim Hortons/CAB, ETLC/\$/2.5//Espresso(N)

**Try the: "Gretsky", only way to improve that dishwater is to jam even more stuff into your cup.

Looking for good alternative food choices in the heart of oil country? Here are some of the best places for meat free food in Edmonton.

Name/Location/Price (\$-\$\$\$)/V of A discount (Y/N)/Selection (1-5)/ Yum Grading (1-10)/Suggested dishes/Type of cuisine/Other comments

CLOSER TO CAMPUS:

Remedy Café/ 8631-109 street/\$\$/ Yes / 4(many options)/7/ Vegan Coconut Chicken, Chana Masala, Chai latte/ Pakistani, Indian, and Western style/Close to campus, free wifi, a good place to work on assignments during the day and to drink beer at night.

Sweet Mango / 9120-82 Ave / \$-\$\$\$/ Yes / 3(many vegetarian options, some vegan options) / 7 / Vegetarian Vermicelli bowls, salad rolls/ Modern Asian/ If you show your student ID you get 10% off your meal, a short bus ride from campus.

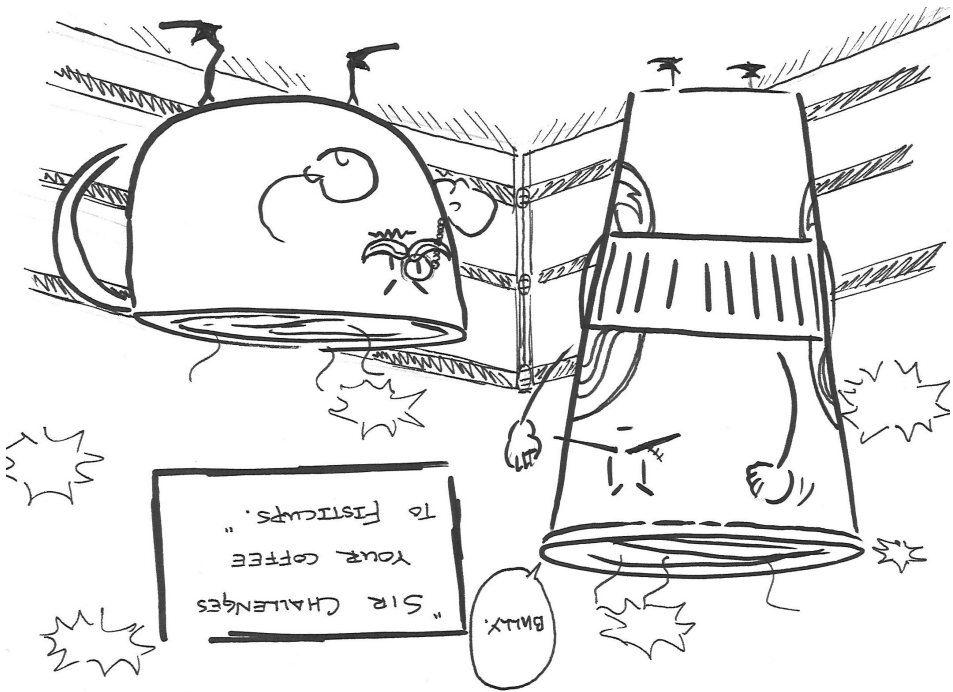
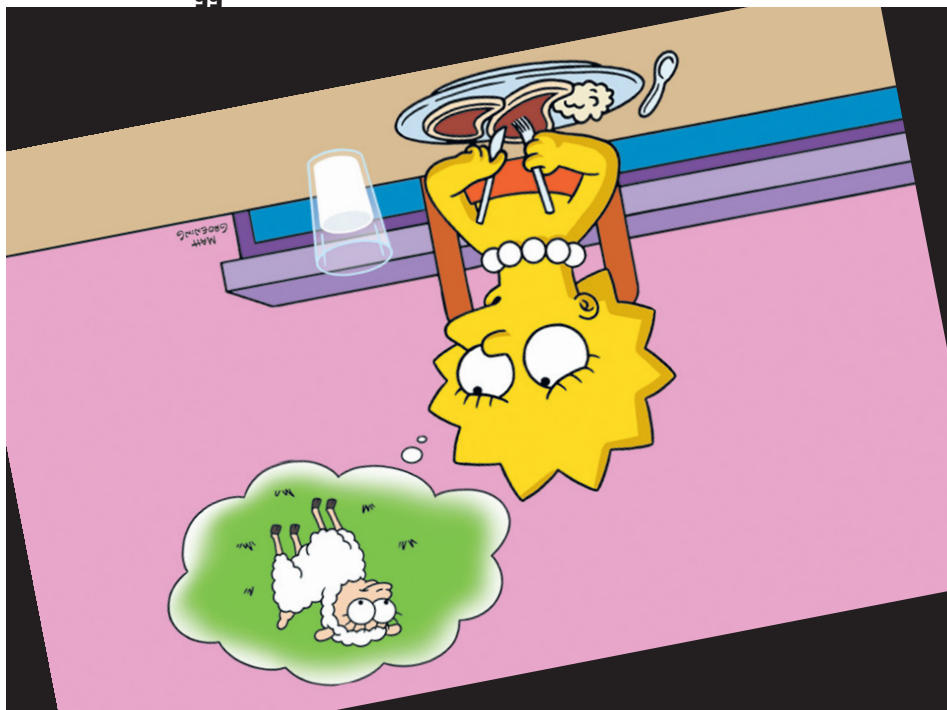
"Starbucks"/CAB/\$\$\$/2/Fair Trade Available/Esspresso(Y)
 **Try the: Carmel Macchiato because at this Aeromark
 run outlet it's going to come with whip cream, whether
 you like it or not.

La Pasta/HUB/\$/3.5//Esspresso(Y)
 **Try the: coffee in an actual glass... um yeah.

Cookies by George/HUB/\$/4//Esspresso(Y)
 **Try the: cookie and coffee combo, 'cause that's going
 to be the only way you can afford one of those damn
 pieces of dough.

OFF CAMPUS:

Transcend/86ave and 109st/\$\$/5/Fair Trade Available/Esspresso(Y)
 **Try the: larger wallet; at \$4+ a pop it's gonna get pricey
 fast.



- Take pictures before you move your stuff in. Those pictures can be used to prevent any mooching on your security deposit.
- Familiarize yourself with the landlords-tenants act. The more you know/can easily point-out the less likely you'll be taken-for-a-ride.

- Finally, if you're in a house, ask for a non-sale agreement in your lease. This prevents your landlord from breaking the lease and selling the house/space while you occupy it, meaning that you won't suddenly find yourself on the streets or entertaining potential buyers on walkthroughs.

Daawat /10015- 82 Ave/ \$\$ / No / 4(many options)/ 7/Chana Masala, Dal Maharani/ Indian/ Can make gluten free options. Free wifi. Perfect post drinking food and location (Open until 4 am from

Friday-Sat AND they deliver). Also try the lunch buffet!

Café Beirut/ 10812-Whyte Ave/ \$-\$\$ / Yes / 3-4 / 7 / Falafel, Tabouli / Mediterranean / Good service,

cute décor, combination dinners are a good deal.

Café Mosaics / \$\$ / No/ 5 / 6-7 / Huevos Rancheros, Tofu Clubhouse, Vegan Pho Soup, Vegan Chocolate cake / Western with other influences/ pretty small and

The hours are a bit odd, but there is a great variety of choices and can't go wrong with the location.

Blue Plate Diner/10145-104 Street/ \$-\$\$/ No/4(many options)/ 7-8/ Veggie burger (dinner), Mediterranean Breakfast (brunch)/ Western style with a twist/ Brunch is usually busy, but worth the wait.

Padmanadi Vegetarian Restaurant/10740- 101 Street/ \$\$/ Yes/ 5(entirely vegan)/ 8/ Ginger Beef and Curry Chicken/ Indonesian/ Friendly atmosphere, large portions, wheat free options available. Recommend trying out the monthly buffet (check website).

Culina /9914- 89 Ave (Millcreek)/ \$\$-\$\$\$ / No/ 2 (limited options)/ 9/ Moroccan Vegetable Tagine /All kinds / 30 minute walk from campus, atmosphere is cozy, make sure to check their opening hours before going.

**Vegans and Vegetarians of Alberta offers information on city events, discounts, and veganism/vegetarianism in general. It's worth checking out: <http://www.vofa.ca/about-vvoa>

Dumpster diving goes by many names; urban foraging, skally-wagging, binning, skip- weaseling, and freeganism, among others. Whatever you may call it, it is becoming an increasingly popular lifestyle across Europe and North America. To many, sorting through trash is such a dirty activity that it is relegated only to those who are downtrodden and have no other choice. However, dumpster divers are becoming an incredibly diverse group; it can be a political statement against consumerism, an environmental statement against our wasteful ways, or simply an opportunity to live more affordably. Stores are required to clear out often perfectly edible food and other goods to make room for new products. Thus, dumpster diving is equivalent to recycling in that it diverts waste from the landfill and into the hands of freegans. Now, before you rush out with your rubber gloves and flashlight in hand, here are some helpful tips and warnings.

IF DUMPSTER DIVING ISN'T YOUR THANG; 5 TIPS TO SHAVING SOME ZEROS OFF YOUR GROCERY BILL:

Stop pooing at home; go at school. School = free TP letting you reduce your monthly bill by \$7-10 meaning more green for you and less brown.

Buy whole instead of individually cut protein. A whole chicken is only \$8-10 whereas a package of thighs/ breasts is usually \$6+. Butcher what you need, freeze the rest and use the carcass to make stock.

FAIRFARER FROM CAMPUS:

Dahlia's Mediterranean Bistro / 10235-124 st / \$-\$\$/ No/ 3-4 / 8/ Falafel Balls, Babaghanouj, Fatoush/ Mediterranean/ Located in a very nice, walkable area with galleries and shops, grab something to eat then wander.

Lemongrass Café/ 10417- 51 Ave / \$\$\$/ 4/ 8/ Lemon Chicken, Vermicelli Bowl with tofu/ Vietnamese/ Many Vietnamese places aren't exactly veggie friendly, but this place has a whole page of options.

Loma House/9142-23 Ave/ \$-\$\$/ Yes/ 4-5/ 7 / Dim Sum Combo meals/ Chinese-Western fusion/ It is a little out of the way, but the staff are friendly and you can purchase their frozen vegan meat products to take home and cook with.

Habesha / 9515- 118 Ave /\$-\$\$/ No/ 4(many options) / 8 / Vegan platter for sharing/Ethiopian/ Free wif, affordable Shisha in many flavours, very casual atmosphere.

So there you have it, a brief introduction into Dumpster-diving. So if this sounds like your kind of thing, get diving!

Be selective and be patient; every time you go, there won't always be a treasure trove of goods, and you don't need to take the produce that looks like it actually does belong in a dumpster.

You should wear dark clothing, covered footwear, and always carry a flashlight with you (though there is no need to create a light show to draw attention to yourself).

Do a walk by in the daytime to scope out the dumpsters that are unlocked (locked dumpsters are off-limits. NEVER break a lock, the trash may no longer be privately owned, but the bins often are).

FREEEGAN

WE WILL EAT YOUR SCRAP
BUT WE WON'T BUY YOUR CRAP

DUMPSTER DIVING



Plan meals in advance. If you go in with a game plan you are less likely to impulse buy. Also, buy bulk so that you can make extras = leftovers/lunches down the road.

Buy vinegar instead of detergent/dish soap. Vinegar does the same thing but costs A LOT less. FYI: if you go the detergent route, don't use balsamic.

Buy fruit and veg only as you need them if you buy fresh. Lots of waste comes from things going bad from having bought too much. If you can, buy frozen. They taste the same and last forever.

SEXUAL ASSAULT ON CAMPUS

WHAT HAPPENS WHEN YOU VICTIM-BLAME FOR CRIMES OTHER THAN RAPE?

Jessica Pauline Ogilvie

It appears that up in Canada, victim-blaming in rape cases is just as popular a sport as it is everywhere else in the world. CNN reports that during the trial of a man who threw a woman into the middle of a dirt road and sexually assaulted her, a Canadian judge said that the attack may have been caused by the victim wearing heels, make-up and a tube top with no bra, and that "sex was in the air" after she had met her attacker at a bar. Because of all that, after finding her rapist guilty, he sentenced him to two years of house arrest, and no jail time.

Rather than give voice to the overwhelming rage I now feel, though, I'm going to try something a little different instead. I'm going to try to rationally, calmly and objectively apply the same logic that's often used to blame rape victims to other crimes, and see if maybe there's just some logic that I'm missing! Just for the sake of argument, I'm going to make the victims male:

COERCION **

Using pressure, threats, and/or intimidation to force another to engage in sexual activity. Some examples of coercion are:

- constantly putting pressure on someone
- making someone feel guilty ("If you love me, you'll...", "turning away, acting hurt")
- Threatening to withhold or do something ("I'll break up with you...", "I'll tell everyone you...")
- Making false promises ("If you do this, I promise I won't ask for anything else", "I promise I'll do...")
- Implied threat (blocking the path to the door, physical size, previous threats)

** Source: <http://www.uofaweb.ualberta.ca/SAC/nav01.cfm?nav01=23613>

1. Home Robbery: He shouldn't have decorated his house so attractively – he had nice electronics, expensive furniture and a Persian rug, and he gave the impression that he wanted it stolen by having a window.

2. Physical Assault: Let's look at his history – at the age of 13, he hit his brother. How do we know he's not lying about throwing the first punch before he was brutally attacked by a group of strangers?

3. Mugging: He was leading the mugger on by having a hole in his jeans through which his wallet was visible.

4. Online fraud: What did he expect for having so much money in his bank accounts, and taking the risk of using an online banking system?

5. Murder: The victim was sending his assailant mixed signals all night – in the end, the murderer thought his victim wanted to die.

I don't know – maybe it's just me, but in crimes other than rape, these just sound so absurd. What do you think?



DOESN'T MEAN YOU GET TO HELP YOURSELF.

WHERE TO HAVE CONSENSUAL "BOW-CHICA-WOW" TIME ON CAMPUS:

A Student Orienteer Map to "Happy-Sexy-Fun Time" at the U.

- The all-time staple, "The Stacks". The exact location will change, but what has always worked is the 5th floor of Rutherford North: hug the windows and follow it around the corner to find the rarely sought poetry section, if you hit history you've gone too far.

- Late-night, Humanities: The rooms are typically open post six, so it can handle the risk of cleaning staff swiftering around your junk, you're golden.

- Engineering-inclined: everyone sure loves George and those Ag-For couches are cumumfy.

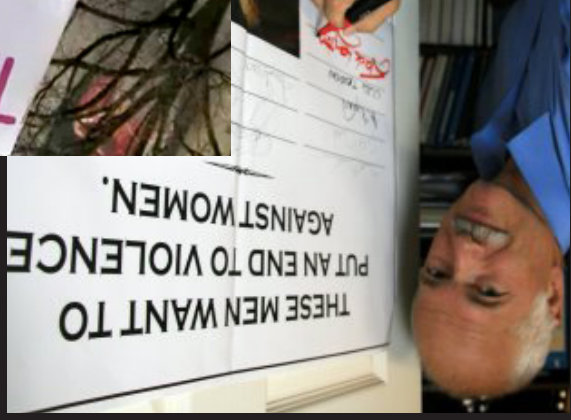
Sexual assault is a serious issue on campus, and it's important to know exactly what sexual assault is. For more information regarding definitions of sexual assault as well as services for those who are survivors, you can contact the U of A Sexual Assault Centre at 2-705 SUB.

CONSENT **

The Criminal Code of Canada states consent is not given if:

- it is given by someone else
- the person is incapable of consenting (ie. unconscious, drunk, stoned, or sleeping)
- it is an abuse of power, trust, or authority
- the person does not say yes, says no, or through words or behaviour implies no
- the person changes her/ his mind

SLUTWALK



WHITE RIBBON CAMPAIGN

- For the hard-sciences, CAB: typically suffering from being too-blessed for study space and barren for hook-up opportunities, but not so on the third floor with all those heavy science books with all their full-color spreads.

- Finally, for you jocks: pass-up on the locker rooms (campus security is quick to respond with those) and instead go for the Butterdome: up-at-the-top by the beams works, just be aware of joggers or the occasional exam going on below.

WHAT'S IN A NAME?

Many Indigenous people call what settlers named "north america", Turtle Island, after the Iroquois oral history which says that Sky Woman fell to earth when it was covered in water and a number of animals swam to the bottom of the ocean to bring up dirt to make land but only the muskrat succeeded in getting dirt off of a turtle's back to make what is now called "North America".



In thinking about Edmonton's Indigenous present it can be helpful to stretch your mind to understand that even the name of the land on which Edmonton exists is subjective.v

INDIGENOUS ORGS ON CAMPUS!

- Aboriginal Student Services Centre
- Aboriginal Student Council
- Native Studies Student Association
- Aboriginal Health Group

RADIO

CJSR 88.5 FM & cjsr.com

- Acimowin - 9am Fridays
- Mocassin Telegraph - 5:30pm Thursdays

TV

Check out the Aboriginal Peoples' Television Network (<http://www.aptn.ca/>)

APIRG's theme last year was "Art and Resistance." We find lots of inspiration from the many examples of graffiti, or "public art" that can be found on and off campus. Here are some of our favourites!



GRAFFITI AND PUBLIC ART IN EDMONTON

77.

EDMONTON'S INDIGENOUS PRESENT..

73.

GRAFFITI IN EDMONTON

While Graffiti is cool, and we totally think you should have fun, be creative and have the freedom to do your thing, just a WARNING: graffiti is considered vandalism in Edmonton and is illegal.

The City of Edmonton actively prosecutes graffiti artists and is VERY diligent about removing graffiti. They spend 12.6 million dollars on it last year!

But, if you are sneaky, have the stealth abilities of a ninja or simply are a very very good runner...well then it's a whole other story. But don't say we didn't warn you.

Oh and just a by the way. According to City of Edmonton bylaw 14600, property owners that don't clean up graffiti in a timely manner are fined for it. So just keep that in mind when you select your next canvas.

This city was named by the Hudson's Bay Company trader, William Tomison who was trying to impress the deputy Governor of the HBC, James Winter Lake, by naming the city after his birthplace in England.

"Edmonton" is also known as...

- Amiskwaciywaskahagen or Beaver Hills House by the Cree
- sawyah-thay-koi by the Chipewyan
- omukoyis or The Big House by the Blackfoot
- nasagachoo by the Tsuu T'ina
- ti oda or Many Houses by the Nakoda Metis and
- Forts des Prairies by the French-speaking voyageurs
- French Canadian voyageurs

WHAT IS "EDMONTON"?

75.

78.



They have cards with this information, and you can ask to have one to help you remember. Police are not allowed to abuse, threaten, or treat you badly for any reason. You have a right to make a complaint about the police. Police CANNOT search

you or take your stuff if they are NOT arresting you. You can stay calm, SAY NO, and tell police you don't want to be searched.

If police are arresting you, they have to tell you why. You have a right to know.

If you are arrested, police have to let you speak to a lawyer. There are free lawyers for you to speak to.

Source: http://www.slsedmonton.com/civil/homeless-rights/#My_Rights_Police

- A security guard can ONLY arrest you if they see you taking something, hurting someone, or committing other crimes like running from the police. Security guards can hold you until the police come.

- Security guards can ONLY search you if they arrest you. If you are NOT under arrest, you can say NO. You do NOT have to let a security guard search you.

- Security guards can ONLY pat search you. They CANNOT search your bags or other belongings without you saying it's ok.

* source: http://www.slsedmonton.com/civil/homeless-rights/#My_Rights_Police

AP!RG'S WORKING GROUPS (WGS)

WHAT ARE MY RIGHTS IF THE POLICE APPROACH ME?

MY RIGHTS - POLICE*

When police approach you: STAY CALM, BE NICE, AND REMEMBER: You only have to give your name and birth date. You do NOT have to answer any questions until after you speak with a lawyer. You have a right to know the police officer's name and badge number.



If sneaking around isn't your thing, then there is one legal graffiti zone in the city. Check out the place where the LRT emerges from the underground between Churchill Station and Stadium.

LEGAL GRAFFITI ZONES

There are also a few random graffiti walls in various neighbourhoods such as Henderson Park on the SW of the city, or in the various skate parks across the city.



MY RIGHTS - SECURITY GUARDS *

- Security guards work for private businesses or stores. They are allowed to ask you to leave, remove you, or ban you. They have to treat you fairly and give you a reason they are making you leave.

- Security guards have to treat everyone equally. You can ask for a security guard's name and who they work for, and make a complaint.

- You do NOT have to give a security guard any information, not even your name.

- A Security guard CANNOT bother you if you are outside, like on a sidewalk in front of their store or the alley out back.

APIRG gives support in many ways, and one of these ways is through Working Groups. Working Groups are usually new groups who want to make a difference in the world but would like support with developing campaigns, finding new volunteers, or just generally making sure they are doing the best they can with the resources they have. The following pages give you an idea of the kinds of groups that work with APIRG! Check out all of APIRG's Working Groups at apirg.org!

PEACE AMBASSADORS

The Peace Ambassadors brings young, culturally diverse speakers right into your classroom to talk about the roots of racism and to foster a peer-to-peer dialogue about solutions. Each Peace Ambassadors presentation is different and custom-tailored to address any issues of particular importance within your group.

As classrooms become more diverse, there can often be conflict based on perceived identity. Peace Ambassadors can help students work through conflict and help to create a more harmonious and healthy learning environment.

Additionally, young leaders in high school and university are welcome to become Peace Ambassador volunteers themselves.

EDMONTON ORGANIC GROWERS' GUILD

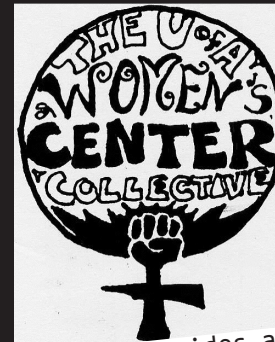
The Edmonton Organic Grower's Guild is a not for profit, collectively run community garden located on the University of Alberta Farm adjacent to Foote Field. We have an open membership and allow flexible volunteerism. We grow organically and encourage learning and eating.

FRIENDS OF THE LUBICON ALBERTA (FOLA)

<http://www.lubicon.org/>

The Lubicon Lake Cree of Northern Alberta are a distinct culture that has never ceded their traditional land to the federal or provincial government. They were overlooked during the signing of Treaty Eight. This has not stopped the Province of Alberta in leasing traditional Lubicon land for oil and gas development.

The Lubicon Nation has not received a penny of the 13 billion CDN in resources extracted from their land since 1979. Instead, they have seen their traditional way of life, a bush economy, destroyed by oil and gas extraction. The federal government refuses to acknowledge the right of self-government of the Lubicon. There is evidence that the federal government has also negotiated in bad faith with regards to compensation and self-government. The United Nations has condemned Canada on two separate occasions for the treatment the Lubicon people have received.



**UOFA WOMEN'S CENTRE
COLLECTIVE (UAWCC)**

The UAWCC provides a supportive environment for educating, networking, and organizing around gender issues both on campus and into the wider community. The UAWCC has an open and flexible membership which welcomes individuals who wish to attend and/or organize events, help to keep our office open and running smoothly, and collaborate with other campus and community groups and issues. Past events hosted by the UAWCC include: guest speakers on body image and fertility cycle charting; bake sales; a pizza lunch; a sex toy party; reusable pad making workshops; and a Women's Health Week.

Consented

Consented believes that sexual violence along with all other forms of oppression stems from a lack of respect for consent- which we feel needs to be changed. We feel that it's time for everyone to take an active role in educating themselves and others, there are no bystanders in sexual violence.

We are creating a website(consented.ca) that will serve as a great resource for many educators, organizations and interested individuals. We are also developing workshops, presentations and educational tools for any group that may invite us, as we want to have an active presence to organizations working toward social justice.



<http://ccrweb.ca/en/youth/youth-network>

We are planning on supporting three campaigns throughout the year: Debunking Myths About Newcomer Youth, Children and Youth Rights Under the Canadian Immigration System, and Impacts of Missing and Mistaken Identity Documents on Permanent Resident Youth.

The Canadian Council for Refugees is a non-profit umbrella organization committed to the rights and protection of refugees in Canada and around the world and to the settlement of refugees and immigrants in Canada.

CANADIAN COUNCIL FOR REFUGEES

EDMONTON YOUTH NETWORK

Voices for Choices is a non-hierarchical, collective group of individuals who are working to establish and promote a pro-choice, sex and queer-positive, as well as woman-friendly presence on and around the University of Alberta campus and the City of Edmonton.

VOICES FOR CHOICES (V4C)



PALESTINE SOLIDARITY NETWORK (PSN)

PSN has been working in Edmonton and at the University of Alberta to promote a greater understanding of Palestinian human rights as well as the issues facing Palestinians under the Israeli occupation.

We are a non - profit, community based and collectively run organization consisting mainly of students. We organize events year-round, including film screenings, public lectures, workshops and protests. In addition, we have participated in the U of A's International Week and PSN was one of the original student organizations to launch Solidarity Week, a series of events held each semester and dealing with colonialism, racism, and other social justice issues. Each year, PSN also hosts Israeli Apartheid Week at the university campus.

EDMONTON FREE SCHOOL

Edmonton Free School is a collective effort to provide administration, space and structure to facilitate regular meetings of individual students, community members and groups for the purposes of skill-sharing, education and relationship building. Collectively, we see this initiative as a response to the increasing expense of formal education and as an opportunity to build ties between U of A students, students of other institutions and members of the general public.

We will provide open classes on topics such as media literacy, contemporary political theory, and indigenous literature; as well as practical skill-sharing including things such as resume writing, bicycle repair, arts and crafts, and clothes mending. However, folks can also come forward and teach their own classes, as it is an open group

FLIF

Future Librarians for Intellectual Freedom

FUTURE LIBRARIANS FOR INTELLECTUAL FREEDOM (FLIF)

FLIF is a student group at the University of Alberta started by graduate students from the Library and Information Studies department in 2004.

We believe that issues concerning censorship, freedom of expression, and social justice go hand-in-hand, and hope that through information updates and direct action, we will be able to emphasize the importance of intellectual freedom and social responsibility in the personal and professional lives of our readers and our communities.

WHAT IS COLONIZATION?

The domination of one people over another. This includes both historic and present day examples. Colonization is supported by various forms of oppression including, but not limited to:

- racism
- sexism
- ableism
- classism
- heterosexism
- ageism

Since 1492 Canada, through systematic exploitation and domination, has colonized 1st Nations peoples, which continues today in both visible and invisible ways. When discussing what colonization looks like today, it is important to consider the historical context of this land on which we live.

WHAT DOES COLONIZATION LOOK LIKE TODAY?

100.

APIRG 2011/2012 PROGRAMMING!

Check out APIRG's year of programming on "what does colonization look like today?"

The Revolution Starts At Home: Confronting Intimate
Violence in Our Communities- Monday, March 19th @
6:30PM (lecture) and Tuesday, March 20th @ 6:30 PM
(workshop)
APIRG is thrilled to be hosting co-editors Ching-
In Chen and Leah Lakshmi Piepzna-Samarasinha for
a presentation and discussion on sexual assault
and sexism within 'progressive' communities, and
community responses to sexual assault and other
alternatives to using the criminal justice system to
fight gendered violence.

For more information and to register for the workshop,
contact Denise at volunteer@apirg.org or (780) 492-0614

102.

"Education is a human right with immense power to
transform. On its foundation rest the cornerstones
of freedom, democracy and sustainable human
development."

Kofi Annan

98.



97.

103.



2011/2012 PROGRAMMING!

Treaty History from a Treaty Six First Nations
Perspective- Saturday, March 31st 10am-3:30pm,
Education North Room 2-103(Kiva)

This interactive presentation by the Confederacy of
First Nations, explores the process by which treaties
came to exist, as well as continue to frame the
interactions of people in Canada today.

Registration is required, to register contact APIRG at
volunteer@apirg.org or (780)492-0614

105.

FOR MORE INFO ON US AND OUR PROGRAMMING...

Check out our website: apirg.org

Be our friend on Facebook: Alberta PIRG

Drop by our office in the north end of
Hub Mall (stairwell 9111)

Phone us: 780.492.0614

Email us: outreach@apirg.org

THANKS FOR READING!

APIRG

APIRG 2011/2012 PROGRAMMING!

Forum Theatre as a Facilitation Tool - Wednesday,
April 4 @ 6:00-8:00 PM, Education South Room 255.

This workshop will explore ways in which theatre and
the arts can be used as tools of capacity building,
empowerment, and critical thought.

Please contact Denise with any questions and to RSVP
at volunteer@apirg.org or (780) 492.0614