

INSIDE
THIS
ISSUE:

THE
CONNECTION
STUDENT NEWS

VOLUME 2, ISSUE #1
TUES. OCT. 11TH, 2011

Drink Responsibly 2

Introducing:
SUCCI Board 3,4
2011-2012

Thunderhawks 5

Sex Myths
&
Opinion: Virginity 6

Miss
Communication:
Porn vs. Holly-
wood 7

Message from
OMBUDS 7



Sex.

By: Shannon King

Some people see sex as sacred. Some see it as natural. Some as simply functional, some casual, and most agree that it's fun. Healthy Sex Week is a way of allowing people to communicate about the physical realities of sexual relations, and to hopefully learn something new about how to express and enjoy one's own sexuality without negative effects on oneself or another person.

Is it important to know about different types of S.T.D's and S.T.I's? Absolutely. Is it necessary to be educated about the varieties and accessibility of

contraception? Of course. But those aren't the only important aspects of sexual awareness. What about the emotional and mental realities of sex and sexuality?

The majority of attendees to the College are adults, and sexual activity and sexual relationships are now an important part of many people's lives. Sex can play a large role in self-esteem, emotional well-being, and is certainly one of the more intimate forms of connection with another person, whether casual or committed. No matter what the level of relationship (or non-relationship) respect for your partners is always the bottom line.

A casual sexual relationship between consenting adults is completely acceptable- provided both partners know exactly what the dimensions of the relationship are. If a one night stand is all you are interested in, that is absolutely your business. However, it is also the business of any sexual partners you may have, and if one person is under the impression that the one night is going to be more, then that is a dishonest and ultimately cruel misuse of a persons consent. Honesty in sex is every bit as important as a condom.

Continued on next page....

Sex. Continued

By: Shannon King

.... Another aspect of emotional sexual health is gossip, and that is everyone's business. If a person's sexual activity seems like an easy discussion (no puns intended) it is still a gross lack of respect for not only one, but two peoples' privacy. If you disagree with a person's sexual views or activities, then practice your own. We live in a

country where the government openly acknowledges that they have no business in people's bedrooms. We should be grateful for that freedom, not jeopardize it with judgment, contempt, or idle talk.

Confederation College is about Respect. Respect for other people, respect for yourself, and respect for

the diversity and development of our community. Our actions make that community. Healthy sex is not just physical. For the emotional and psychological well being of a person, a relationship, or a community, the respect starts with you.

Drink Responsibly: Water, You Fool.

By: Evan Dagg

Water is the world's most valuable resource. Every single one of us needs it, it keeps us healthy and alive, yet it can be forgotten in the day to day challenges of life. According to Environments Canada the average Canadian household uses 329 litres of water per day, though if you can feel the thirst in your mouth, you're already one of many who have already lost 0.8% to 2% of your mass due to dehydration.

This means if we feel the sensation of thirst, our mental performance including memory, attention and concentration can already be decreased by about 10 per cent.

Other symptoms of minor dehydration include irritability, fatigue, chills, head rushes, and can easily progress to nausea and headaches. All of which are significant distractions during a test, homework, studying, and even projects and

active presentations.

One particular scientific study has shown a direct link between drinking a single glass of water about half an hour before a test and increased test scores. And according to Dr. Philippa Norman, M.D., M.P.H., even anxiety may be alleviated, and overall performance, alertness, short term memory, and cognitive function are improved.

So do a favour for yourself; drink a glass of H₂O before you come to Confederation College each morning and more throughout the day. If your instructor asked you if you would prefer a 70% or an 80% on your most recent assignment, what would you say? In a matter of a minute or two, you can drink water and bring yourself that much closer to a higher grade and your dreams. Remember that we're human beings - living things, and as busy as the day may get it is the right idea to get enough water.



SUCCI: Your Board for 2011-2012



My name is **Naomi Abotossaway** and I am a graduate of Confederation College's Native Child & Family Service Program and Aboriginal Relations

Certificate. I am the **President for the Student Union of Confederation College** and I would ask that students seek me out here at the College. We are here to represent the students and advocate for them.

My goals are to get the message out to have students be a part of the sustainability plan that was rolled out in June for the College. I will be on the Sustainability Planning Committee that will be working towards greening our environment.

To unwind from the hectic work days, I like to watch Hawaii 50, Criminal Minds, CSI. I have also begun to compile my writings because I have been approached to have them published.



My name is **John Laudone**, I am **SUCCI Vice President External**. I've been married for 24 years, I have 2 kids, my daughter in her 4th

year at L.U., my son at Camosun College in Victoria B.C. I am a mature student in my first year of Tourism & Travel and

recent graduate from the Recreation Therapy Program

One of my main focuses has been on the Mature Students population which is approx. 1/3 of the students in the college.

I love 60's & 70's rock, science fiction movies, national geographic, biographies, and discovery channel. I Love sunshine, beaches and camp fires and I'm starting to really dislike cold winters.



Rob Trevisanutto
Vice President - Internal.

My number one goal is to advocate for the students of Confederation College and to ensure that they are receiving

top programming and services. If you ever have a question, comment, or concern, or just feel like chatting, come see me at SUCCI; my door is always open! Specific to my position as VP-I is that I assist with the daily operations of SUCCI, as well oversee the Class Representation System and its respective Senators.

My goals are to enhance a student's overall educational experience and to bridge the gap between the SUCCI Board of Directors and the classroom.

Outside the school, since 2008 I have been a volunteer Fire-fighter and Medical First Re-



sponder with Shuniah Fire & Emergency Services.

Hello Everyone! I'm **Alex Skochinski** your **Director of Communications**. I'm in second year Business - Marketing. As Director of Comm, I manage and serve as Editor for The Connection.

My goals are the rebranding of the Connection, creating a forum for student voice, and bringing important issues to the attention of the student body.

When I have time, I'll mostly likely be found playing board games in the Caf (Settlers of Catan is an addiction).



My name is **Alexa Metselaar** and I'm from a small southwestern town called Tillsonburg, Ontario. I am in my second year of Travel

and Tourism: Adventure & Ecotourism. I work with the SUCCI board as the **Director of Residential Life**. Through this position, I act as an advocate between the students living in residence and the board. This year, I would like to continue the tradition with the outreach project at the



Katie Arpin
Director of Athletics

Unavailable for Comment - Ed.



Dan Kincaid
Director of Special Events

Unavailable for Comment - Ed.

shelter house. I feel that it would be a really good thing for the residence students to give back and help out in the community. After living in Thunder Bay last year, I have discovered what beauty and outdoor activities the North area of Ontario has to offer. I really enjoy climbing mountains and camping out on the Sleeping Giant, seeing wildlife that would never appear back in my hometown.

Continued on next Page...

SUCCI: Your Board for 2011-2012



My name is **Allison Pelletier** and I'm a second year Travel & Tourism student. I'm originally from Thunder Bay and I am **Senator of Business, Hospitality, and Media Arts.**

As a senator, I am responsible for running the Class President System for my school as a way of bridging the gap between the students and the SUCCI Board. This year I would really like to see more school spirit in our college, making it feel like we really are one entity. I'd also like to see a leadership retreat that more students can participate in. I love traveling and learning about new languages and cultures, and being surrounded by the outdoors.

communicate with students, whether it involves school or everyday life.

I've really enjoyed Thunder Bay and being involved with campus life at the college. I love being involved with the dramatic arts at the school and residence and seeing the sights of Northern Ontario.



Aaron Gullins
Senator of Technology

A student might seek me out because they might have a question; whether that is information, I am responsible

for running the Class President System for my school.

Being a mature student, and already having a career prior to returning, I understand the importance of leadership in the workforce; This is what SUCCI offers, and that's what I hope to get people to realize.

In my spare time I like to read non-fictional books and favorite author is Sam Harris. I DJ in my spare time to help my unwind, always electronic and never Top 40s.

As **Senator of Aviation** I have the distinct honour of being in a small campus with a group of very dedicated students. My goals are to ensure a healthy and productive learning environment through opportunities for physical activity and healthy living. Specifically, my goal is to dedicate my time to finding close affordable opportunities for activity during the academic day. On my off hours I love to work outside with my horses, enjoy fishing and camping, and absolutely love great big super scary roller coasters!

ment, but do enjoy a brief interlude to go out with friends. When not in school, I enjoy reading, camping, travelling and gardening. (This year the prize of my garden was potato that almost weighed one kilogram).



Hello Everyone, my name is **Armanda Cimon**, and this is my second time around when it comes to college life. I am a 27 year old with a 2 year old daughter, who

keeps me on my toes. This year I have the privilege of being the **Senator of Negahneewin College**, and am in my second year of the Native Child Family Service Program. I have always been very interesting in community development and try to find new ways to help make a difference. I take part in many different fundraisers throughout the year and I am always looking for new organizations to help out. I think being a part of change is how we as a society move forward in a good way. I am very easy going and always eager to assist in anyway, I enjoy being part of a team and that's why I ended up on the Succi Board.



My name is **Ali Crane**. I am currently in my second year of Dental Hygiene. I am from Niagara Falls, Ontario and have come to

Thunder Bay to see the northern parts of Canada and experience schooling in a new atmosphere. I am **Senator of the Health and Community Service Programs.** My plan this year is to be an outgoing advocate for all the health and community service courses and be able to



My name is **Liisa Kolehmainen** and I am from Sioux Lookout, Ontario. I am in the second year of Aircraft Maintenance Engineering.



Hello, my name is **Peggy Petersen**, and I am your **Director of Wellness and Diversity** for the 2011-12 school year.

This is my second term on the Student Union; last year I was the Vice-President Internal for SUCCI. I rejoined the student union as I enjoy being involved in programming and events related to the wellness of all students at the college

I am a second year practical nursing student, who enjoys her studies tremendously. During my school year I am usually busy studying, going to classes or clinical place-

Thunderhawks Play Host to Great Soccer Action



By: Susan Tucker

This past weekend saw great soccer action at the Chill's home-base as the Confederation Thunderhawks Invitational Soccer Tournament played out. The Thunderhawks played host to Lakehead University Thunderwolves and the Canadian Mennonite University Blazers from Winnipeg, Manitoba.

Action started Friday evening as the two home squads faced off. In the opening game the Thunder-

hawks women fell 5 -0 to the Thunderwolves. On the men's side, the Thunderhawks one goal lead at half; would not hold up as they surrendered two second half goals to lose 2 -1 to the Wovles. Dustin Boucha scored the Thunderhawks lone goal.

Saturday saw the lady Blazers take to the field against the Thunderwolves, who continued their dominance by outscoring the Blazers 6 -1. On the men's side, the Thunderhawks and Blazers played an evenly matched, hard fought

game with the Hawks persevering to win 1 - 0 on a goal by John Mauro

Sunday saw the lady Thunderhawks come out strong, scoring two early goals to defeat the Blazers 2 - 1. Katie Arpin and Roby Lombardo posted goals for



the Thunderhawks. The final game saw the Blazers and Thunderwolves play a tight defensive game resulting in a 0 -0 score.

The Thunderhawks thank Sportop Marketing for their sponsorship on-going support of Athletics & Recreation at Confederation College.





“Prevailing societal perceptions of men often paint the picture of a male virgin as comical or unmasculine.”



Sex Myths: Fact from Fiction

By: Evan Dagg

Life isn't like the movies, where the characters have a few dramatic scenes together, fall in love, and suddenly seem to know everything about mind-blowing sex. It's a lifelong learning experience and in the modern age it's even more important to do it safely. Unfortunately many myths surround sex and it can really be surprising how many people believe them.

“Nah babe, you're on top so you can't get pregnant.”

This one is completely false, any position during vaginal intercourse can lead to pregnancy, that's like saying you can't get in a car crash if you're driving on the opposite side of the road.

“Condoms don't fit me.”

A common complete and utter lie, I've personally witnessed someone putting a condom over their entire head, the one on their shoulders; anyone who says this is either a liar,

putting it on wrong, has a penis the size of a football, or the size of a sharpie pen. Don't forget about female condoms, so there is no excuse.

“Condoms don't protect against HIV, why bother?”

While it's true the virus is very small, about 0.1 microns across, and the myth stems from the fact that pores in latex gloves are 50x larger; the truth is condoms stop the transmission of fluids and unlike gloves are dipped twice in latex leaving behind no evidence of holes. Two studies showed that between partners where one had HIV and the other did not, consistent users of condoms had infection rates from 0 to 1%.

“You can't get pregnant your first time.”

Oh yes you can, if you've had a period, you can get pregnant. Sperm and a released egg are the factors, not how many times you've had sex.

“If I had sex with someone who had a

STD, I'd know it.”

No you would not know, as it turns out most sexually transmitted diseases are completely asymptomatic, meaning you can't tell by sight, scent, touch, or any other sense that you or another person has them.

“I've only slept with virgins, and besides, I got tested for everything.”

Not all STD's are transmitted only by penetrative sex so virginity means little. As for being tested for everything? Not everything has a commercially available test, some are only accurate during a flare up or break out of the disease, and still others such as the syphilis test are risky and not preformed unless under deep suspicion of the disease.

“They just have Cold feet.”

True, it's been established by a Dutch study that women whose feet were kept warm during sex were 30% more likely to orgasm. You might want to keep those sexy socks on after all...

Opinion: Virginity

By: Shannon King

No, this isn't about purity balls and promise rings. This is about a person's choice to decide the time, terms, and partner for their first mutual sexual experience. Some people may choose to wait for their life partner, some for a committed and mature relationship, and some people may just want to get started as soon as they feel ready. The important thing is that it's entirely a persons own choice.

What does Virginity have to do with Healthy Sex week? Well, several things. As has been stated, Healthy Sex is not just physical. There are emotional and psychological needs that must be met as well, and for a person who has chosen, for whatever reasons, to wait; or who has made the decision to begin having a sexual relationship for the first time, respectful understanding and education can make all the difference between a regretted decision and a happy, fulfilling sexual experience.

So, you're Dating a Virgin: So what? Many people begin their sexual experiences in College. Its not so unlikely that you may have

some kind of relationship with someone who has decided to wait until they are ready. If you are comfortable with that, that's great. If you aren't, then it's something you should talk about. You may be a person who wants a sexual aspect to your relationships, and if that's the case then that's unfair to both your partners needs and your own to put stress on either of you to make a choice that doesn't feel right.

No Pressure: There is no excuse for making anyone feel as though they need to do anything they are uncomfortable with to make another person happy. To urge or compel anyone to make a decision so profoundly personal and intimate as this is nothing more than emotional extortion. If you find yourself in a position where you are being pressured, or if you are unfulfilled because you have unmet needs that don't match your partners, then that is a relationship issue that must be addressed. It takes two people to say yes- and only one to say no.

No Judgement: Just because something is either less common in society, or because it differs from your own view, does not make it invalid. A persons choice,

when it harms no one, should be respected and welcomed. That goes both ways. One persons decision is not more worthy or "correct" than anyone else's. It is simply different for them. Also under this category is the fact that virginity is not just a female choice. Prevailing societal perceptions of men often paint the picture of a male virgin as comical or unmasculine. That is a sad disrespect towards any individuals of similar choice, and also men as a gender. Don't tolerate it.

When it's time to say Yes: If you are making the decision to begin a sexual relationship, then that is an important decision that your partner is part of. Perhaps they have made the decision to wait as well, and you will be beginning this experience together. Or, perhaps they've had sexual relationships before, ones that you need to know about as well, for your own sexual health. Either way, it is a discussion that should happen. Express any concerns, talk about any expectations you may have, make certain that you are on the same page- and take your time. Enjoy yourself and your partner. Be safe, be respectful, and take care of yourselves and each other.

Miss Communication - Porn vs. Hollywood

Dear Miss Communication,

“My BF likes to suggest trying new things that he sees in porn. These positions are kinda uncomfortable. Not sure how to approach the subject since he likes trying.” - Anon.

Pornography often gets a bad rap for portraying sex as unrealistic and, occasionally, downright unachievable; seamlessly switching positions, endless lubricity and arousal, every hair and arch perfect, angled for best perusal, and eye

catching. This is all true, but at least we know porn is edited, jacked up for best monetary value, and often done in three or four different takes to combine the best of all plus bonus on the ah... timing.

But Hollywood has some things to answer for, too. While Hollywood will occasionally show the less glamorous aspects of coupling, it is usually only in comedic movies.

Continued on next page...



Nude Study III - Kimberly Dow

A Message from OMBUDS

By: Kim Morgan

Confederation College wants to serve you and assist in your academic and personal goals, providing an open and supportive atmosphere. However, sometimes a problem can come up. It could be a staff / student conflict, grades, disciplinary procedures, course requirements, parking, financial aid, facilities, residence life, academic misconduct or any of the policies / procedures that are part of college life. The first step is usually to attempt to resolve the issue with the individual or office concerned. Here are some useful ideas:

- Look at the problem closely. Consider all aspects and determine the core of the problem. What is wrong and how do you want it changed?

- Do something. Sitting around and wishing for a solution won't make it happen. Don't be discouraged if you can't resolve a problem on the first try. Take positive steps.

- Do something **now**. Don't procrastinate.

- Go to the source. Ask others to help you identify the key person with whom you should talk. Then talk directly to the person who can help you.

- Remain open and calm. Remember that the person you are dealing with has other problems they are working on too, so be patient.

- **Follow up.** Keep in communication while looking for answers. Remain active in your pursuit and thank all those who've helped you find a solu-

tion.

If you need help prior to 'doing something' or if you've tried and still need help, please see the college ombudsperson. Whatever your problem, the ombuds office is a confidential service and an objective third party in times of difficulty, or a place where you can go to simply talk things through.

Kim Morgan, Ombudsperson
Shuniah Bldg, Room A212
Phone: 475-6209
om-
buds@confederationc.on.ca
www.confederationc.on.ca/
ombuds

Mon to Wed: 10:30 am to 4 pm
Thurs: 10:30 am to noon
Appointments can be made at other times and places if necessary.

“What do I do when I have a problem and I need help?”

Porn vs. Hollywood... Continued

...The banged heads, chipping teeth, awkward elbows or occasional slippage. You never hear, "Honey, you're on my hair again," in that sensual, practiced, ballet of foreplay that romantic movies can portray.

You know. You saw it in Basic Instinct, Fight Club, Mr. and Mrs. Smith, every single James Bond movie ever made, and even Ace Ventura, for heavens sake. That mind-blowing, effortless shag where the men never look glassy-eyed or overly sweaty, and the women orgasm after 12 seconds and keep going the whole time. Don't even get me started on the heterocentricity of mainstream movie sex.

It is not necessarily negative to glorify and exaggerate sex in a movie, as indeed the whole point of an entertaining movie is to glorify and exaggerate life in general, but it does become negative when the

whole portrayal begin to create tension or worries of incompetence and inadequacy.

There is a prevalence in these movies that men want to have sex everywhere, all the time, and that their penises are just on call for any casual moment that sex may potentially occur. That is blatantly untrue of any human being, and is, to my mind, just as bad as casually sexualizing women. Sometimes, men may be tired, or just not really feeling it at the time, or simply want to read their book for a bit, Dear. Arousal ebbs and flows just as naturally as it does for women, and by allowing people to assume otherwise it does everyone a disservice.

Do mind-blowing, effortless shags occur? I've heard rumors that they do, and that it's pretty rad. However, that doesn't change the fact that sometimes, sex is simple. Sometimes it's awkward. You

don't always have an orgasm. You might just stay in one position the whole time. You don't always spontaneously shed clothing all over every room in the house. If anybody reading this has sex like that all the time, then please. Write the rest of us a book.

This week is healthy sex week. Healthy in body, and healthy in mind. Sex is an accepted part of peoples lives and relationships. Nobody should ever feel pressured, or inadequate, or like they need to have a dozen "tricks" up their sleeve to please themselves or anyone else. So, take all those movies, porn flicks, and Danielle Steele novels with a grain of salt. Enjoy them, but also enjoy the wonderful, natural, and very real feelings that the human body is capable of - bony elbows and all.

-Miss Communication



Alexander Skochinski
Editor, SUCCI Director of Communications

Contributing Writers:

Shannon King
Evan Dagg

Photography:

Apply Now!

Layout & Graphic Design:

Apply Now!

“We make Ron Burgundy look like a hobo.”

- News Team Motto

Welcome to the new Connection! This year the Connection has renewed its mandate to provide the student body with news and articles based on issues that reflect us. Any student can write to us with a thumbs up thumbs down, opinion based articles or articles that need exposure to inform us all of issues that impact our lives.

Join the news team as a part time employee, or go freelance! If you love taking photos at events or like to push pixels, The Connection will pay you (\$10 per accepted article) for your hard work and contributions.

Submit or direct any questions to the SUCCI office or email me at: communications@succi.com

Stay Connected!