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Peace Offerings

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Northern Lights
College

CROSS-DISCIPLINARY WRITINGS BY NORTHERN LIGHTS COLLEGE STUDENTS

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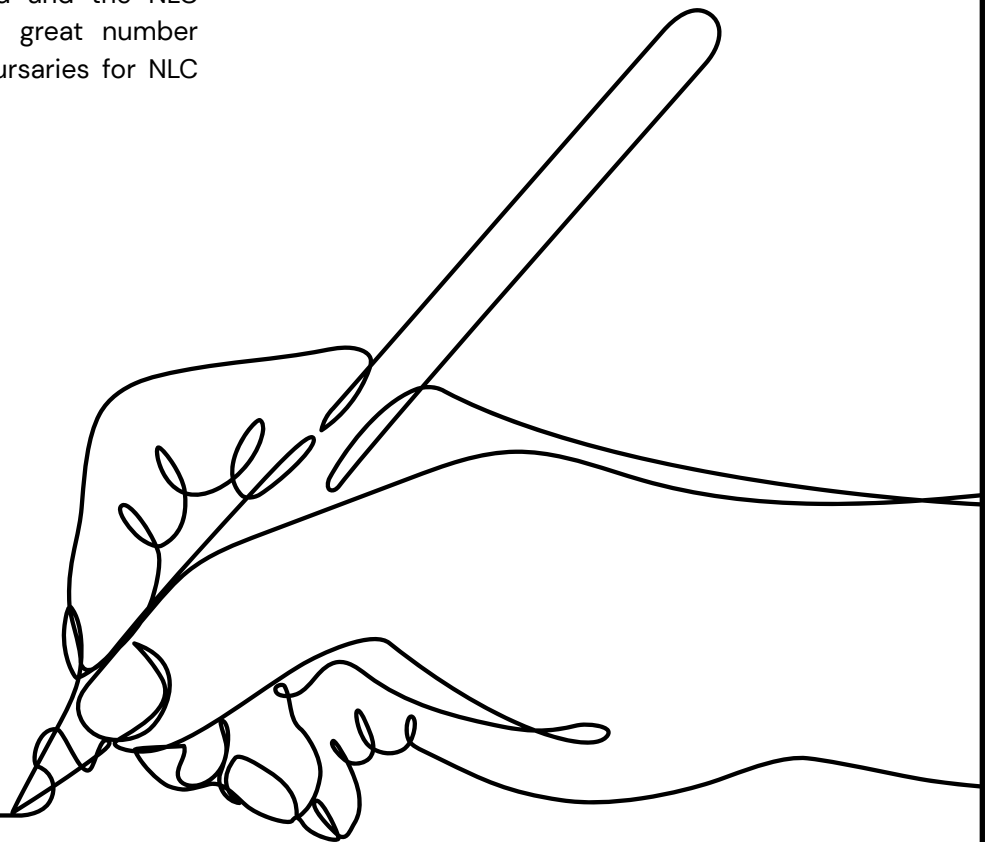
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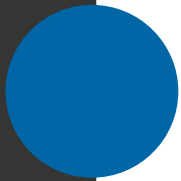
Introduction

Welcome to the seventh edition and first digital edition of the Northern Lights College student journal, "Peace Offerings." This issue is a compilation of the 2023 winners of the annual essay competitions including NLC Academic Writing Award, International Student Academic Writing Award, Indigenous Student Academic Writing Award, and William and Mary Wanka History Prize, and this year we also welcome a new award category, NLC Technical Writing Award. The funding for awards is courtesy of William and Mary Wanka Fund and the NLC Foundation, which manages a great number of awards, scholarships, and bursaries for NLC students.

Each year an adjudication panel of instructors receives many excellent compositions originally submitted by students as coursework in their respective NLC programs. When selecting the essays, we look for quality writing, research, and analysis. The winning essays should demonstrate organization, adherence to disciplinary styles of attribution, and careful editing. As indicated by the topics in this issue, students adapt their essays to their interests and subjects discussed in their classes.



Natalie Baerg



NLC Academic Writing Awards First Place Winner

The NLC Academic Writing Award is sponsored by Northern Lights College and awards first-place to an excellent composition written in an NLC course.

The 2023 winner is Natalie Baerg's "The Cost of Powering Forward: Negative Impacts of Site C Dam," which she wrote in Hugh Gordon's Political Science 101 class. Natalie had never imagined moving farther north than Prince George, but three years ago she accepted a job in the North Peace Region where circumstances provided her with the "terrifying but exciting opportunity" to return to school after a ten-year hiatus. She sees NLC's Pre-Medicine Certificate as an "excellent steppingstone" towards her goal of becoming a large-animal veterinarian. Her love of the Peace Region, her new home, is what inspired her to write this essay.

Natalie Baerg Political Science 101 | Dr. Hugh Gordon | March 24, 2023

The Cost of Powering Forward: Negative Impacts of Site C Dam

Major construction and infrastructure projects are often plagued by controversy due to concerns about environment and impacts on the local area and its inhabitants. The larger the project, the more factors there are for companies to consider increasing their construction time and costs. To mitigate this, companies will sometimes take shortcuts that may help them in the short term but could have unforeseen and severe consequences later. Moreover, companies often focus on the end project and fail to properly account for the immediate impact on a local environment and its inhabitants. They justify their actions by promising economic prosperity and a bright, promising future once the project is completed, but unfortunately, this is not always the outcome. Negative effects of major construction projects cannot always be reversed, and often a company will take a long time to admit to any wrongdoing. Rio Tinto's mine in Panguna, Papua New Guinea is one such example of promise turned disastrous for both the local inhabitants and the environment.¹

In Canada, the British Columbia Hydro and Power Authority (BC Hydro) is a crown corporation that is constructing the Site C Dam in the North Peace Region of British Columbia, a project that has been embroiled in controversy.² At the time of writing this paper, three main areas of concern regarding the construction project include economic impact, how the Dam is affecting local

communities, and how it is affecting ecology. First, this paper will discuss how Site C impacts BC economically (cost versus benefit); second it will discuss impacts on Indigenous groups and small communities facing health and infrastructure issues since construction began; and third it will discuss the current ecological impacts of building such a large facility. BC Hydro's original reasons for building Site C promised that the Dam would provide the province of BC with "clean, reliable and cost-effective electricity for more than 100 years" as well as "create approximately 13,000 person-years of direct construction employment."³ For a future BC this could make a very positive difference, but this is at the cost to BC in the present.

BC Hydro's original reasons for building Site C promised that the Dam would provide the province of BC with "clean, reliable and cost-effective electricity for more than 100 years" as well as "create approximately 13,000 person-years of direct construction employment."⁴ For a future BC this could make a very positive difference, but at what cost to the present BC? Usually, the first item to be assessed when considering whether to build a large company facility or not is cost-benefit analysis. The project was originally shelved in 1983 by the BC Utilities Commission (BCUC) based on an unjustified "demand/supply - magnitude of need and project

¹ Ben Doherty, "After 32 Years, Rio Tinto to Fund Study of Environmental Damage Caused by Panguna Mine," *The Guardian*, July 21, 2021, <https://www.theguardian.com/world/2021/jul/21/after-32-years-rio-tinto-to-fund-study-of-environmental-damage-caused-by-panguna-mine>.

² BC Hydro, "About Site C," Site C Clean Energy Project, 2017, <https://www.sitecproject.com/about-site-c/project-overview>.

³ BC Hydro, "What Are the Benefits of Site C?: FAQ Page," Site C Clean Energy Project, 2017, <https://www.sitecproject.com/what-are-benefits-site-c>.

timing,”⁴ signed by commissioner D.B. Kilpatrick. In 2001, however, the project was reevaluated and then, after much deliberation, approved in 2010. It came with an estimated cost of approximately \$5–6.6 billion dollars and the belief that “Site C will be available for domestic electricity need by 2020.”⁵ Actual construction, however, didn’t begin until 2015 with a newly estimated \$8.8 billion dollar cost and an expected completion date of 2024. Now, eight years after construction began, the project is embroiled in controversy with multiple delays changing the estimated completion date to 2025. The estimated cost for the project has also jumped to \$16 billion dollars with emerging questions about how this will be recouped and who really will benefit from all the power generated.

In 2013 a federal and provincial joint review panel was conducted and ascertained that BC Hydro had “not fully demonstrated the need for the Project on the timetable set forth.”⁶ The project, however, was pushed ahead and in 2017, according to the NDP government, “the cost to ratepayers of cancelling the project would be \$216 a year for 10 years,”⁷ which was a price they did not consider worth paying. BC Hydro has

no current plan (made public) as to how they expect to recoup the cost of the Dam. Nor have they informed the public about what the cost to ratepayers will be once the Dam is up and running, merely stating that “the recovery of costs in rates will be determined through a future regulatory process with the British Columbia Utilities Commission”⁸ and that this amortization would take at least 70 years. Once operational, Site C Dam is estimated to generate enough electricity to power over 400,000 homes. However, arguably, this extra power is unnecessary. BC Hydro’s trading subsidiary, Powerex, currently sells excess power when demands within BC are met so that they can provide “additional revenue to keep rates affordable for B.C., and [help] reduce greenhouse gas emissions in North America.”⁹ If BC is already able to do this, and the general population’s demand has not been dramatically increasing as it was predicted to, then why is there such a push for more? A recent statistical report shows a notable increase of electricity exports out of BC in 2021 and 2022 compared to previous years.¹⁰ If a minimum 50% increase is possible without Site C, it seems likely that the surplus power it is expected to generate will also

4 Keith A. Henry et al., *Site C Report: In the Matter of Application of British Columbia Hydro and Power Authority* (Vancouver, B.C.: BCUC, 1983): 309. <https://www.sitecproject.com/sites/default/files/19830500%20Report%20and%20Recommendations%20to%20the%20Lieutenant%20Governor%20in%20Council%20-%20BCH.pdf>

5 Office of the Premier, Ministry of Energy, Mines, and Petroleum Resources, “Province Announces Site C Clean Energy Project,” news release, April 19, 2010, https://www.archive.news.gov.bc.ca/releases/news_releases_2009-2013/2010prem0083-000436.htm.

6 Government of Canada, Impact Assessment Agency of Canada, “SUMMARY: Joint Review Panel Report – Site C Clean Energy Project,” Impact Assessment Agency of Canada, November 11, 2018, <https://www.ceaa.gc.ca/050/evaluations/document/99174?culture=en-CA>

7 Kendra Mangione and Bhinder Sajan, “Site C Mega Dam Billions over Budget, Delayed by Covid-19, but Will Go Ahead: B.C. Premier,” *CTV News*, February 27, 2021, <https://bc.ctvnews.ca/site-c-mega-dam-billions-over-budget-delayed-by-covid-19-but-will-go-ahead-b-c-premier-1.5325621>.

8 BC Hydro, “Site C Will Help Keep BC Hydro Rates Low: Information Sheet,” April 2017, <https://sitecproject.com/sites/default/files/IS-Site-C-will-help-keep-BC-Hydro-rates-low-April-2017.pdf>.

9 BC Hydro, “Importing and Exporting Power,” accessed March 24, 2023, <https://www.bchydro.com/energy-in-bc/operations/power-trading-and-its-benefits-to-b-c--.html>.

be exported. Perhaps this is part of BC Hydro's plan to recoup some of the cost. If BC's energy demands don't rapidly increase over the next 20 years and the surplus is not sold to sources outside of BC, residents can expect to deal with an increased electric bill for generations to come.

In addition to the potential increase of personal costs across BC, the impact of Site C on local communities also bears consideration. There has been a significant pushback and frustration expressed by the North Peace Region residents throughout the entire project. The leading critics have included multiple Indigenous groups, nearby townships and those who have homes directly along the river. The West Moberly Band and their chief Rolland Wilson are the current leading voice among the Indigenous groups, arguing that "the construction of Site C is a violation of its rights set out in Treaty 8, signed in 1899 with First Nations in northeastern B.C., northern Alberta and northwestern Saskatchewan."¹⁰ The flooding that results from filling the reservoir would destroy a large portion of Indigenous land that holds much cultural significance to the West Moberly Peoples. As a condition of an environmental assessment, BC Hydro formed a Culture and Heritage Resources Committee in 2015 with partners from both Alberta and BC. This did not fully alleviate concerns, and the West Moberly and Prophet

River bands launched a civil lawsuit through the BC Supreme Court in 2018. In 2020 Prophet River settled with BC Hydro, and according to their legal counsel, "the agreement is an agreement not to oppose the ongoing construction in court . . . but it does not represent an endorsement."¹² Then unfortunately in 2022, it was deemed that "the construction of Site C [had] progressed to a point where it [was] very unlikely that any judge would order the dam dismantled,"¹³ so the West Moberly band conceded to a settlement for their part, with the promise of further litigation if BC Hydro did not fulfill their promises.

For approximately 70 residents along the Peace River, expropriation of land and homes have varied. Some have experienced a decrease in actual land holdings while others lost everything, including some "third-generation family farm[s]."¹⁴ This is because the future reservoir of Site C will either flood or cause such significant erosion to the surrounding areas that they would be considered unsafe enough for inhabitation. Also intruding on people's properties has been the reconstruction of Highway 29 connecting Hudson's Hope to Fort St John, which has been under construction for the last several years so that it can be moved to higher ground. Although if anything was to be learned from the creation of the Williston Lake reservoir in Hudson's

10 BC Stats and Statistics Canada, "Annual B.C. Origin Exports," March 4, 2023, https://www2.gov.bc.ca/assets/gov/data/statistics/business-industry-trade/trade/exp_annual_bc_exports.pdf, 4.

11 Andrew Kurjata and Meera Bains, "Site C Dam Budget Nearly Doubles to \$16b, but B.C. NDP Forging on with Megaproject," *CBC News British Columbia*, February 27, 2021, <https://www.cbc.ca/news/canada/british-columbia/site-c-announcement-friday-1.5928719>.

12 Andrew Kurjata, "Prophet River First Nation Pulls out of Lawsuit over Site C Dam in Northeastern B.C.," *CBC News British Columbia*, August 6, 2020, <https://www.cbc.ca/news/canada/british-columbia/site-c-prophet-river-lawsuit-deal-1.5675651>.

13 Andrea Palframan, "A Rock in the River: West Moberly Shifts Strategy on Site C," *RAVEN*, June 27, 2022, <https://raventrust.com/a-rock-in-the-river-west-moberly-shifts-strategy-on-site-c%ef%bf%bc/>.

14 Sarah Cox, "Updated: Site C Dam Approval Violates Basic Human Rights, Says Amnesty International," *The Narwhal*, March 28, 2023, <https://thenarwhal.ca/breaking-site-c-dam-approval-violates-basic-human-rights-says-amnesty-international/?fbclid=IwAR0vAxB6FcMHpvKfXhhd8tdJKHcLRimO6pz6CuArI0-C9spanbbbKtbt-RA>.

Hope, it's that the full extent of erosion cannot be precisely determined. In a 2018 geomorphic report, specific to the shorelines for reservoirs, the authors state, "the rate of erosion is difficult to assess because frequently there are very few, if any, dedicated erosion monitoring programs associated with reservoirs."¹⁵ Highway 29 was already experiencing erosion and landslides, and the added reservoir will likely result in additional erosion of the Peace River's naturally sandy and rocky terrain.

Both the communities of Old Fort and Hudson's Hope have faced health and infrastructure issues as a direct result of Site C construction. Prior to approval and construction, it was determined that in Hudson's Hope, "Hydro [would] need to build a shoreline berm along the river to protect several downtown properties from erosion and sloughing, and [would] need to help relocate and rebuild the district's water intake station, which will be flooded by the project."¹⁶ Nine years later, a new water treatment facility was built to manage the water retrieved from an aquifer underground. Because of the berm construction, the river water was considered too disturbed to be used as a good source of water. Since its completion, the new water facility has failed three times and at the time of writing this paper, the town currently is under a boil-water advisory once

again. As for Old Fort, the small community has struggled with significant health and property damage issues for several years. Residents blocked one of the Site C construction entrances in the summer of 2022 complaining that "they've been suffering for years from the dust, noise, and traffic from the construction site, just two kilometers upstream of their homes, but that BC Hydro hasn't addressed their concerns."¹⁷ BC Hydro has made some attempts at resolution by implementing some dust control measures and offering to temporarily relocate some residents, but regarding the noise, BC Hydro says that "it can't do much."¹⁸ This response has not appeared impacted populations.

With any major construction project, the impact on surrounding ecology must be assessed before moving forward. For Site C, this assessment was a three-year process that finally gained approval in 2014. Even though BC Hydro "completed multi-year studies to identify and assess potential effects and proposed mitigation measures,"¹⁹ nature is not a simple, predictable system. Ecosystems are extremely complicated and intertwined, and everything from the climate to the migratory habits and to the soil quality may be affected by one another. The entire project is planned to use 9,330 hectares of land, 6,496 of which is considered farmland. This significant

15 Martin S. Lawrence et al., "Reservoir Shorelines an Update on Geomorphic Processes and Hazard Assessment Methodology" (paper presented at Geohazards 7, Canadian Geotechnical Society, Canmore, Alberta, June 2018), <https://cgs.ca/docs/geohazards/canmore2018/GeoHazards2018/pdfs/geohaz192.pdf>.

16 Matt Prepost, "Hudson's Hope Flooded with Site C Opinions," *Alaska Highway News*, December 16, 2013, <https://www.alaskahighwaynews.ca/regional-news/site-c/hudsons-hope-flooded-with-site-c-opinions-3482318>.

17 Matt Prepost, "Site C Protests: BC Hydro Agrees to Meet Old Fort Residents over Construction Impacts," *Alaska Highway News*, July 14, 2022, <https://www.alaskahighwaynews.ca/regional-news/site-c/site-c-protests-bc-hydro-agrees-to-meet-old-fort-residents-over-construction-impacts-5583136>.

18 Shailynn Foster, "Old Fort Residents Continue to Raise Issues with Site C Impacts," *Energeticcity.ca*, October 31, 2022, <https://energeticcity.ca/2022/10/31/old-fort-residents-continue-to-raise-issues-with-site-c-impacts/>.

area has provided the Peace Region with wildlife habitats, soil stability and cultivation. Moreover, many more hectares of land, while not directly impacted, are considered at risk because of surrounding changes. Simply having a large body of water in a particular region changes weather and climate patterns which, in turn, affects what plants can grow and thus what wildlife and insects are attracted to the area. Many residents of the North Peace Region rely on what they can hunt or grow. The Peace Region is also BC's largest producer of canola, and a sudden change in the local climate easily could affect what diseases and pests thrive in the area and thus threaten crop production.

Because a large portion of land is going to be flooded for the reservoir, BC Hydro has taken steps to log and burn much of the vegetation. In part, this is to avoid trees resurfacing unexpectedly and causing jams but also to prevent the mercury that the plants have absorbed from entering the water system and poisoning aquatic life. Unfortunately, that mercury still must go somewhere, and so with the vegetation being burned, now it is being introduced into the atmosphere. While BC Hydro has plans in place to monitor fish and wildlife along with compensation and mitigation plans, some species, such as the Yellow Rail bird, are very sensitive to human disturbance. A particular land area of concern to nature lovers is the Watson Slough wetland, located along Highway 29. It is home to the Yellow Rail, which

are considered an "at risk" species, as well as many other plants and animals. Wildlife biologist Mark Phinney explains how the Watson Slough "contains the area's only 'marl fen' ecosystem, created by lime-rich marlstone seeping into a wetland, as well as several uncommon 'tufa seep' ecosystems" which are supposedly "impossible to recreate."²⁰ It is possible that the slough itself will remain untouched, but it is impossible to say what impact the nearby logging will have on the inhabitants.

To "think for the future" can be a difficult task, particularly when a project has such a large and unpredictable impact. BC Hydro wants to provide BC with clean, reusable energy for at least one hundred years; however, the Crown corporation seems to have neglected those who live in the present day. Ratepayers will see an untold increase in their electric bill for many years before the costs of the project can be recouped while the projected generated power is not even necessary in BC for many years to come, if ever. Construction already has had a significant negative impact on the health, livelihood, and culture of local residents. Wildlife, land, and climate are being affected because of Site C, and the extent to which they will continue to be damaged will be revealed in time. Overall, Site C Dam currently seems to be an unnecessary and rather damaging project in North Peace Region.

19 BC Hydro, "Site C Clean Energy Project: Environmental Assessment Process," Site C Clean Energy Project, 2017, <https://www.sitecproject.com/environmental-assessment>.

20 Andrew Kurjata, "Nature Lovers Ask B.C. Hydro to Delay Destruction of Rarely-Seen Bird's Nesting Ground," *CBC News British Columbia*, February 3, 2017, <https://www.cbc.ca/news/canada/british-columbia/nature-lovers-ask-b-c-hydro-to-delay-destruction-of-rarely-seen-bird-s-nesting-ground-1.3964201>.




Natalie Baerg Political Science 101 | Dr. Hugh Gordon | March 24, 2023

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Mercedes P. Ramos-Little



NLC Academic Writing Awards Runner-up

Mercedes P. Ramos-Little authored “Stars at the Bottom of the Well: Escaping a Cruel Addiction in Coraline” in Heather Harper’s English 100 class, and it is the first runner-up for the NLC Academic Writing Award. Mercedes grew up in Dawson Creek and chose to study at NLC because it allowed her to further her education while staying close to family and friends. She is working towards her Associate of Arts Degree (Health Studies) as a pathway to other health-related programs. Her goal is to be accepted into UNBC’s Northern Baccalaureate Nursing Program to train as a registered nurse. The inspiration for Mercedes’s essay topic was her “incredible mother” who battled addiction for many years. Writing this essay, Mercedes recognized the many similarities between her mother’s struggles and those of the character Coraline. Mercedes also has experience working at an addiction treatment centre, which heavily influenced her understanding of trauma and why people struggle to quit their addiction. She hopes her future research projects further her goal of bringing awareness to addiction.

“Then where’s the secret well?”
– Coraline

Mercedes P. Ramos-Little Associate of Arts Degree (Health Studies)

| Northern Lights College | ENGL 100: Academic Writing | Dr. Heather Harper | November 30, 2022

Stars at the Bottom of the Well: Escaping a Cruel Addiction in Coraline

Coraline (2009) is a dark fantasy animated film directed by Henry Selick and adapted from the novella written by Neil Gaiman. It won numerous awards and was nominated for an Academy Award, a BAFTA, and a Golden Globe for Best Animated Feature. The storyline of *Coraline* (2009) can be interpreted as a young girl struggling to feel accepted by her family but progressively becoming enslaved to her compulsions and her desire to escape reality. Renowned addiction expert Gabor Maté (2021) described addiction as “an attempt to escape suffering temporarily” (FightMediocrity, 2021, 1:30). Arguably, Coraline’s plight may be read as a metaphor for addiction, as she finds a door leading to a fantasy world where everything is better than her real life, including her “Other Parents.” Sorensen (2016) explains, “In exchange for being the idealized and spoiled daughter of the Other Mother and Other Father, she must agree to allow them to replace her eyes with buttons” (p.12). Over time, Coraline’s fantasy becomes an endless spiral, and she becomes unable to escape the realm of addiction. Coraline realizes that if she does not quit her addiction to compulsively travelling through the door that leads to another realm, she may remain stuck there forever. Although she picks up her tools and tries to find recovery, it may be too late, and she may remain irreversibly trapped and separated from her real world.

Although scholars have noted the themes of family trauma in the film, previous research has neglected to observe the themes of addiction

and mental health in *Coraline*. This essay will apply theories of addiction, including the influential work of Gabor Maté, which correlates family experiences and addiction, to analyze Coraline’s portrayal of the power addiction has on someone who feels unloved. First, this essay will discuss Coraline’s trauma through isolation, lack of attention and depression and how this interrelates with her drug use. Second, it will explain how her negative perception of life becomes more progressive and problematic when she self-soothes with substances. Third, it will discuss how Coraline tries to recover from her drug addiction but ultimately faces death due to her lack of control over use. This essay will argue that the film *Coraline* depicts the tragedy of drug addiction as an attempt to escape from a cruel reality.

In the film *Coraline*, the main character is afraid of life, and the message she receives at a young age is that the world does not want her. As Gabor Maté explained, “a human being’s early interaction with their family has a profound impact on later life [and] a predisposition to developing addictions may be a result of adverse childhood events” (as cited in Agha, 2013, p. 47). Coraline moves to a new house and experiences emotional pain due to the lack of connection she feels. The film portrays the busy life of her parents who are constantly working on their computers and appear worn out and irritable, leaving no time for Coraline. She feels isolated in her new remote location, having left everything behind in

Research has shown that negative early life experiences can influence people to become addicted to substances. This essay explored how the character Coraline, in the film *Coraline* (2009), develops an obsession stemming from trauma and how her obsession may be read as a metaphor for addiction. Additionally, this paper discussed how Coraline's perspective changes when she finds the antidote to her issues. She experiences a compulsion that progressively increases to a substance abuse disorder. This essay explored her desire to quit using drugs and how, despite her efforts, she fails to recover from her addiction, leading to her tragic demise as depicted in the ambiguous ending of the film. This paper argues that the children's film *Coraline* portrays substance abuse and the repercussions of poor choices that lead to death.

ABSTRACT

the city that was once so familiar to her. Maté (2012) emphasized, "studies have demonstrated that isolation leads to changes in brain receptors, and increased propensity for drug use [also reducing] the activity of dopamine-dependent nerve cells" (p.61). Coraline does befriend a boy her age named Wyborn (Wybie), "short for why born" (Selick, 2009, 6:54), who embodies the loneliness addicts feel when trapped in an environment they do not choose. Coraline is vulnerable due to the lack of attention from her parents and the melancholy surrounding her. She admits to her mother, "I would have [fallen] down a well, mom," and her mother responds, "uh-huh." Coraline prompts, "I would have died," to which her mom replies, "that's nice" (Selick, 2009, 8:22). The family experiences emotional, financial, and physical stress with all the new changes that occurred due to their recent move. Maté (2012) expressed that when children are neglected or emotionally abused, they receive the message that the world does not want them, and thus "exposure to stress is the most powerful and reliable experimental manipulation used to induce reinstatement of drug use" (p.61). Coraline is under a lot of stress due to the negative projection from her parents not being able to

As a result of Coraline's suffering, she travels through a magical door arguably symbolizing her drug use to self-soothe her problems. At the start of the film, Coraline looks for an old well and touches poison oak by accident. She itches

her rash several times before going through the door later that night, symbolizing her cravings to use before deciding to use drugs. Lea and Bradbery (2020) defined craving as “a powerful desire for something.” Her poison oak rash no longer irritates her after she travels through the door at night and wakes up in the real world and exclaims, “It’s gone, my poison oak, it’s gone” (Selick, 2020, 22:15). Coraline also receives a doll that looks just like her, with sewn-on buttons for eyes, embodying the temptation she carries around with her. Maté says, “if you look at the drugs like heroin, morphine, codeine, cocaine, and alcohol, these are all pain killers. One way or another, they all soothe pain” (FightMediocrity, 2021, 2:00). Coraline’s drug use allows her to receive comforts she usually would not get in the real world. As Maté explains, when using drugs, one can feel a sense of peace, love, and control that someone may lack in their reality.

Coraline’s susceptibility to addiction is apparent when she finds her replacement parents tempting her with family comforts. When she proceeds through the door, she is welcomed to dinner by her replacement parents who appear the same as her actual parents but have sewn-on buttons for eyes. She sits down to a delicious aroma and various foods available on the table arguably symbolizing an assortment of drugs one can ingest and inhale, and the sewn buttons on the eyes representing injecting drugs with needles. For dessert, the Other Mother serves her a cake that reads “welcome home” indicating

a relapse of sorts. Maté (2012) emphasized, “rather than choice, chance, or genetic predetermination, it is childhood adversity that creates the susceptibility for addiction” (p.56).

Coraline’s perception of her actual world drastically changes when she experiences hallucinations in the Other World. Her real life is seen through the lens of a dull, empty, and boring experience through the bleak and somber visuals throughout the film. In contrast, the Other World visuals are iridescent and radiant. The film depicts the hallucinations she experiences when using drugs as well as how the effects subside. Shanahan (2022) explained hallucinations as “hearing, seeing, smelling, tasting or feeling things that appear real but only exist in one’s mind” (para. 3). The garden behind the house in the real world is dry and has no living plants, but it is a magical garden in the Other World. As Coraline opens the gate to the garden, everything appears, grows, and comes to life in seconds. The trees light up, everything blooms, and even the flowers are alive and laughing while tickling Coraline. Her euphoric experience of the garden is depicted as an alternative reality and may be interpreted as a drug-induced psychosis, which Shanahan (2022) explains is “caused by taking too much of a certain drug so that its level of toxicity provokes paranoia and a psychotic episode” (para. 2). Although Coraline’s perception while using drugs has seemed empowering, she is only temporarily dealing with her insufferable existence. Ultimately, she is self-sabotaging her

life further by suppressing her issues with drugs.

Coraline's repetitive visits through the door suggest she's progressively becoming dependent on drugs and unable to control her use. She originally goes through the door at night and is in the Other World only for a short time. The following night, however, Coraline eagerly visits earlier and stays longer. After that, her mother takes away the key because it has become dangerous. Coraline goes through withdrawals, steals the key from her mother, and goes through the door during the day. Sundholm (2019) stated, "Once a person is addicted to drugs the disease [worsens] if the person remains in active addiction. As more of the substance is consumed, the body's physical and psychological need for the drug increases" (para. 1). Coraline does not care about the repercussions and risks everything to become high. A well is seen in the film several times, and Wybie says to Coraline, "It's supposed to be so deep if you fell to the bottom and looked up, you would see a sky full of stars in the middle of the day" (Selick, 2009, 6:20). Arguably, this is a metaphor for how Coraline has spiraled down a dark path in her addiction. Although Coraline has found temporary peace from her trauma while using, she is at the bottom of the well and is at the deepest level of her compulsion and denial.

While she craves her Other World, Coraline also recognizes that her addiction can lead to death. She becomes terrified by the Other Mother when she insists on sewing buttons in place

of her eyes so Coraline can stay forever. When the Other Mother mentions that black is the traditional colour used for the buttons, Coraline suddenly had an epiphany realizing that the buttons signify death, and if she does not help herself by eliminating the drugs from her life, she will reap the repercussions. Following the chilling experience, Coraline tries to go to bed so she can wake up in the real world, but when she tries to fall asleep, she wakes up still in the Other World and understands the depth and severity of her addiction. Sundholm (2019) explained that the consequences of addiction will continue to get physically and progressively worse, and "Many will eventually suffer permanent brain, liver, heart and kidney damage. The end game of active addiction is jail, institutions, or death" (para. 2). Coraline understands the Other World is not the antidote to her problems, and the addiction will take her life if she does not leave it behind.

Coraline recognizes the depth of her addiction when her disease takes away her parents. She struggles to escape the Other World for one night, signifying she found sobriety in the real world. However, when she is home, she quickly notices her parents are gone representing the addict's loss of the many things they love to their addiction. Maté articulated, "These people lose everything-- health, beauty, teeth, wealth, and human relationships, and in the end, they often lose their lives" (TedXTalks, 2012, 1:25). Maté explained that it is not that an addict does not value these life experiences, it is that the

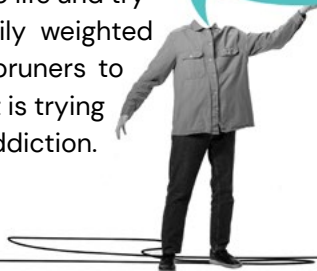
addiction is too powerful and consumes them. As seen in *Coraline*, the real parents are shivering and cold in the mirror that the Other Mother has condemned them to, symbolizing Coraline's damaged relationship with her real parents. She has continued to choose addiction over them and has isolated herself to hide her drug use. Coraline asks, "how did this happen?" (Selick, 2009, 1:07). She concludes that, to be reunited, she must give up the Other World to save her parents and herself.

Coraline uses tools to challenge her addiction to obtain recovery. She dares her Other Mother to play a game where she must locate three eyes of trapped children's souls to release her real parents. Coraline says to the Other Mother, "If I lose, I will stay here forever and let you love me; I will let you sew buttons into my eyes" (Selick, 2009, 1:11:50). If Coraline fails, she is doomed to the Other World and will not recover from her addiction, possibly losing her life. Before continuing through the door, she picks up items she can use as tools to fight against the evil mother. When the flowers come to life and try to push her under heavily weighted rocks, she uses garden pruners to cut away the disease that is trying to pull her back into her addiction.

Another tool Coraline uses is a small stone she must look through to see the ghost eyes; it is a green triangle with a hole in the centre. Notably, twelve-step recovery programs use a similar symbol to represent recovery from addiction. The tools used by Coraline are only a guide, but she must do the work through her recovery. Parker et al. (2021) noted that consistent practice in the program may generate abstinence from drugs when participants use tools such as attending meetings, identifying sponsors, and finding support (p. 160). The scenes where Coraline successfully uses these tools depict her hard work to maintain sobriety. When she escapes the Other World and locks the door with the key, she checks her bag to ensure her tools are still there.

This concept symbolizes that recovery is an ongoing process that must be maintained using all resources to eliminate drug use successfully. Coraline has abolished her drug use and has permanently closed the door to the Other World. Parker et al. (2021) emphasized, if someone decides to stop using drugs, they must leave behind everything. (p.162). When she locks the entrance to the Other World, she finds that her parents are safe back home in the real world, and her mental state and perspective have changed. She is much more grateful for her life and chooses to nurture her reality. The real world suddenly depicts a bright, loving, and attentive

"If you stomp too hard, you'll fall in it. It's supposed to be so deep if you fell to the bottom and looked up, you'd see a sky full of stars in the middle of the day."
– Wybie



place. Parker et al. (2021) articulated that people in active recovery recognize the fulfillment that comes with the progress motivating one to continue treatment and not lose momentum (p.163). Coraline crushes the last piece of the Other World with a large rock and throws it down the well. The stone represents the extra negative weight Coraline has carried through her life, including shame, low self-esteem, trauma, and her defeatist history. In the final scene of Coraline, her supportive family and friends spend quality time with her in the garden. The once-empty estate now blooms with flowers symbolizing the growth Coraline has accomplished. A white balloon floats upwards, exemplifying rising above the challenge and finding peace. As Parker (2021) explained, transformation, support system, and optimism are keys to success and recovery.

Despite the restoration of order at the end of the film, the resolution emphasizes that Coraline has escaped her suffering only through death. Fans of the film debate the ending, as some believe Coraline doesn't escape: "[Some] have suggested that the ending is more ambiguous, and that Coraline may still be trapped in the Other World, or that she has been permanently changed by her experience there" (Biswas, 2023, par. 7). Certainly, there is no easy recovery for Coraline. The first night she cannot wake up from the Other World suggests a death of sorts. Maté quoted Naguib Mahfouz, "Nothing records the effects of a sad life as graphically as the

human body" (TedxTalks, 2012, 1:05). Coraline cannot find her parents because she chooses to distance herself from the cruel pain they inflicted upon her. It is clear Coraline is dead when she communicates with ghost children that the Other Mother had trapped. They explain to Coraline the circumstance: "She gave all that we asked, yet we still wanted more, so we let her sew the buttons" (Selick, 2009, 59:32). Coraline's addiction is an attempt to solve her emotional problems. She hallucinates for most of the film, and the recovery state is the path she wishes she had chosen as it flashes before her eyes before overdosing to death. Being reunited with her family appears only through her idea of an afterlife. The tidy happy ending is disputed because, arguably, her parents would never associate with the other neighbours, have time to grow a garden, or spend quality time with one another.

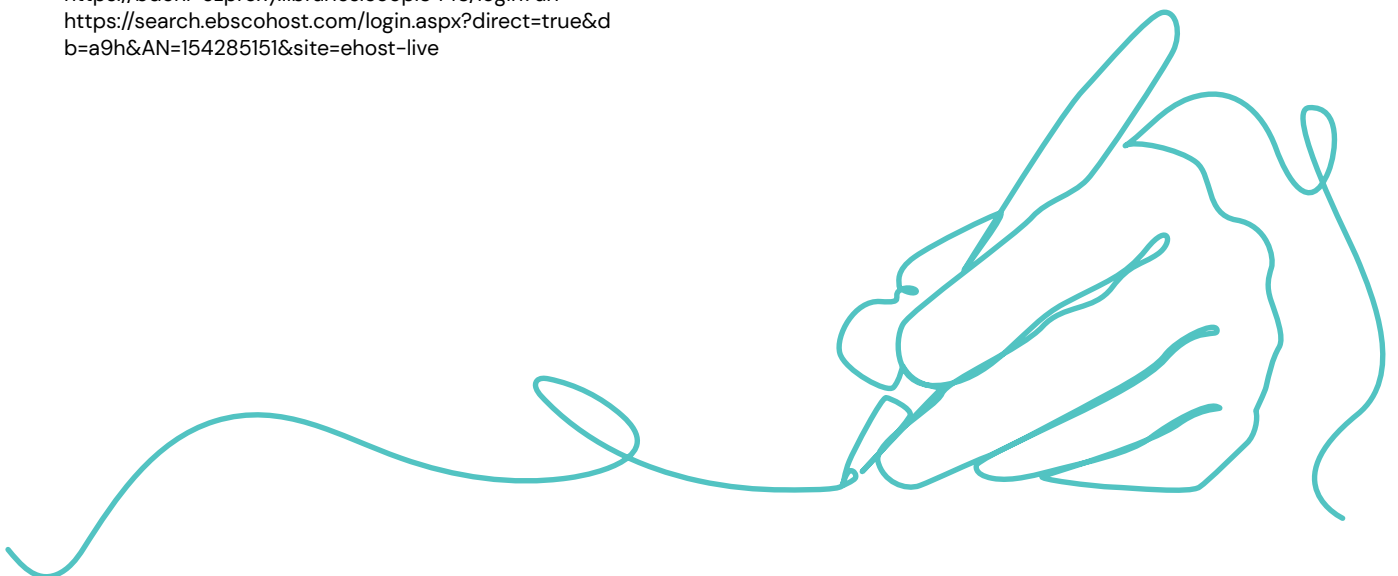
In the film's beginning, Coraline is seen holding a stick in the shape of a Y above the well. The film is foreshadowing the two paths she may choose: sobriety or addiction. The anguish Coraline feels leads to her craving, temptation, and drug use, and although the side effects of substance abuse give her a sense of power, she quickly becomes terrified and dependent. Coraline tries to recover from her addiction, but she faces death. Her tragic cycle of addiction consumes her as she escapes the cruel reality of her traumatizing life, and she must symbolically die, possibly to live.

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Sandra Anderson- Barnett



International Student Academic Writing Award Winner

The International Student Academic Writing Award was first awarded in 2015 and celebrates many strong academic students at NLC who are new to Canada and often new to college-level academic writing in English. This year's winner is Sandra Anderson-Barnett's, "Nature in Design: How Ecologically Sustainable Design May Mitigate Climate Change," which was authored in Heather Harper's English 100 class. Sandra is a Jamaican international student at Northern Lights College. She was drawn to NLC because she believes it encourages students to take initiative to create change. She appreciated the "multidisciplinary aspects of the Business Management Post-Degree Diploma, Health Administration Specialization and decided to step out in faith to acquire an international education." Sandra is a graduate of the Interior Design Institute (IDI), and she found inspiration for her essay by browsing through architecture digest magazines. Sandra's goal is to apply "innovative, sustainable, and biophilic designs" in the healthcare sector to "improve the health and wellbeing of patients." Additionally, she aspires to formulate educational seminars and workshops to promote healthy lifestyle choices within communities.

Sandrea Anderson-Barnett Business Management Health Administration
| Northern Lights College | NG 100: Academic Writing | Dr. Heather Harper | April 6, 2023

Nature in Design: How Ecologically Sustainable Design May Mitigate Climate Change

Ecological sustainable design will be crucial in preventing the depletion of the earth's natural resources. The Environmental Protection Agency articulated that "Green buildings are designed to efficiently use energy, water and other resources; improve occupants' health and productivity; reduce waste, pollution and environmental degradation; significantly decrease operational and maintenance costs; and promote harmony with local climates, traditions and cultures" (as cited in Ohueri et.al, 2022, p. 79). Environmentally friendly design of green architecture should be implemented when designing commercial and residential buildings, as there are many benefits of sustainable design that will help to save ecosystems and humanity.

This essay will discuss the beneficial effects of ecologically sustainable design. First, it will explain the negative effects of certain types of building materials and construction waste, the use of non-renewable resources, and the consumption of building energy on the environment. Second, it will discuss the importance of ecologically sustainable design architecture and its benefits to the environment. Third, it will consider how the use of

"The most sustainable way is to not make things. The second most sustainable way is to make something very useful, to solve a problem that hasn't been solved."

- Thomas Sigsgaard

biophilic design and sustainable design provide a holistic benefit to the environment and people. This essay will argue that it is essential to eliminate traditional methods of architecture that contribute to increasing greenhouse gas emissions and to embrace ecologically sustainable designs to mitigate the adverse effects of global warming.

The construction industry has played a significant role in air pollution with the release of harmful substances from building materials. Harmful substances such as formaldehyde are released from decorative building materials such as wallpaper, paint, artificial wood panel, wood floors, and other decorative materials (Xu & Zhang, 2022). Moreover, certain flooring materials, such as composite wood floorings used for residential home flooring, contain formaldehyde, "which vaporizes into the interior spaces and circulates into the air, which can be harmful to the health of the occupants" (p.1). Likewise, benzene is another substance that is emitted from paints, and when inhaled by occupants in interior spaces, it can cause serious health issues such as respiratory problems, "headaches, and other health complications" (p. 2). According to Xu and Zhang (2022), "50% of the harmful substances that cause global warming are generated during the construction and use of buildings, and China

This paper explored the benefits of ecologically sustainable design to people and the environment. It considered the advantages of incorporating sustainable design as opposed to using traditional architectural designs in residential and commercial spaces. It explained the negative effects of manufacturing traditional building materials, consuming non-renewable resources for energy in building operations, and disposing of construction waste, which pollutes the environment and causes health problem. Additionally, it explained the importance of sustainable architecture that will reduce greenhouse gas emissions, improve air and water quality, and conserve non-renewable resources. Lastly, this paper considered the benefits of the integration of sustainable biophilic design with the utilization of nature and natural designs. This approach not only reduces the impact of global warming but also promotes a serene state of mind among occupants, thereby contributing to overall wellbeing. This essay argued that that designing sustainable structures is crucial to combating the negative consequences of global warming and eradicating conventional practices that contribute to the depletion of non-renewable resources.

ABSTRACT

alone generates 40 million tons of construction waste every year" (p.2). Thus, research shows the importance of using ecologically sustainable resources and materials to decorate interior spaces.

Both the use of non-renewable building materials and the use of industrial energy in manufacturing processes contribute to the amount of carbon dioxide in the atmosphere. According to Asdrubali et al. (2023), the frequent extraction of raw materials and minerals for construction and the manufacturing of brick and concrete and embedded carbons emitted during the establishment of buildings resulted in "5–12% greenhouse gas emission" (Introduction section). Additionally, Bribian et al. (2010) explained that a production plant uses 80% of its "primary energy" to fire raw materials thus producing a significant amount of CO₂, SO₂, and NO_x into the atmosphere leading to "climate change, acidification, photochemical oxidation, and eutrophication" (as cited in Asdrubali et al., 2023, State of Art section). They explained that "location, climate, fuel type, building orientation, building mass," and construction style can have a substantial impact on the

amount of embodied and operational carbon in a structure's total carbon footprint throughout its lifetime (Asdrubali et al., 2023, Introduction section).

The consumption of energy by buildings has played a significant role in the depletion of non-renewable resources, and the consistent usage to maintain building operations has contributed to the increase in global warming. Both residential and commercial buildings play a notable role in the depletion of non-renewable energy. According to Chen (2020), "air conditioning, humidifier, dehumidifier, and other electrical appliances have become necessary appliances in the family, which brings a comfortable indoor environment to human beings and increases a lot of energy consumption" (p. 50). Residential, commercial, or industrial structures utilize approximately 44% of all energy to maintain operations; these buildings account for 36% of carbon dioxide emissions that have a detrimental impact on the environment (Ferretti et al., 2023, p.1208). For example, "30% of the global warming in Malaysia is due to residential, and another 26% are caused by industrial energy consumption, incl. housing energy consumption" (Wagner & Omran, 2011, p. 200). Sustainable design will reduce energy consumption, and as Nalewaik and Venters (2008) noted, sustainable buildings will have the additional benefit of reducing operations and maintenance costs and prolonging the lifespan of equipment.

The construction industry generates a lot of waste, which often is not recycled, and this waste ends up leaching into the soil affecting ecosystems. Building demolition releases "dust particles and toxic chemicals" resulting in air pollution and health problems. Mingxue et al. (2023) noted that, due to urbanization in underdeveloped nations, "construction and demolition (C&D) of waste" has become a significant issue (p. 107). They cite China as having the most significant construction waste globally. A recent study compared China's waste management policies with those of countries that have more "effective systems" in place such as Germany, Italy, the Netherlands, Austria, the United Kingdom, Japan, and South Korea (Mingxue, 2023, p. 108). The research identified methods of efficient management of waste in these countries and highlighted potential best practices to improve China's waste management system. Using efficient waste management practices, such as reducing waste generation, encouraging recycling and reuse and on-site sorting, and introducing technology that converts waste into energy all contribute to the promotion of sustainable development (Wu et al., 2020, p. 1718).

There are additional health and economic benefits provided by green infrastructure. According to Ohueri et al. (2022), sustainable design provides three crucial benefits to environment, economy, and society. First,

sustainable design reduces greenhouse gas emissions, “improves air and water quality,” “reduces waste production,” and preserves non-renewable resources (p. 80). Second, green infrastructure provides long-term financial benefits, such as lower operational costs, enhanced productivity, and improved economic performance. Third, sustainable designs contribute to the improvement of the environment, enhance human “quality of life,” promote beauty, and foster healthy living conditions (Ohueri et al., 2022, p. 80).

The design of green buildings also beautifies the environment and enhances comfortable living. A well-designed green structure provides good air quality and thermal protection and reduces water runoff and indoor temperatures. For example, Chen (2020) studied “the adaptability of the subtropical marine climate green buildings” in China (p. 50). The aim was to design durable green buildings that can withstand the heat and humidity of the “subtropical ocean climate” (p. 50). Chen (2020) explained how “good ventilation has a cooling effect,” which reduces the intense heat and regulates the temperature and enhance the overall comfort of these green buildings (p. 52). As another example, insulation of the buildings can eliminate most of the elevated temperatures. Sustainable Cities (2010) cited the example of green design in Melbourne, Australia, looking specifically at green roofs for their advantages of reducing water drainage, enhancing visual appeal, prolonging lifespan,

reducing energy usage, and mitigating heat levels. Additionally, green roofs improve air quality, lower interior temperatures, and contribute to sustainable architecture.

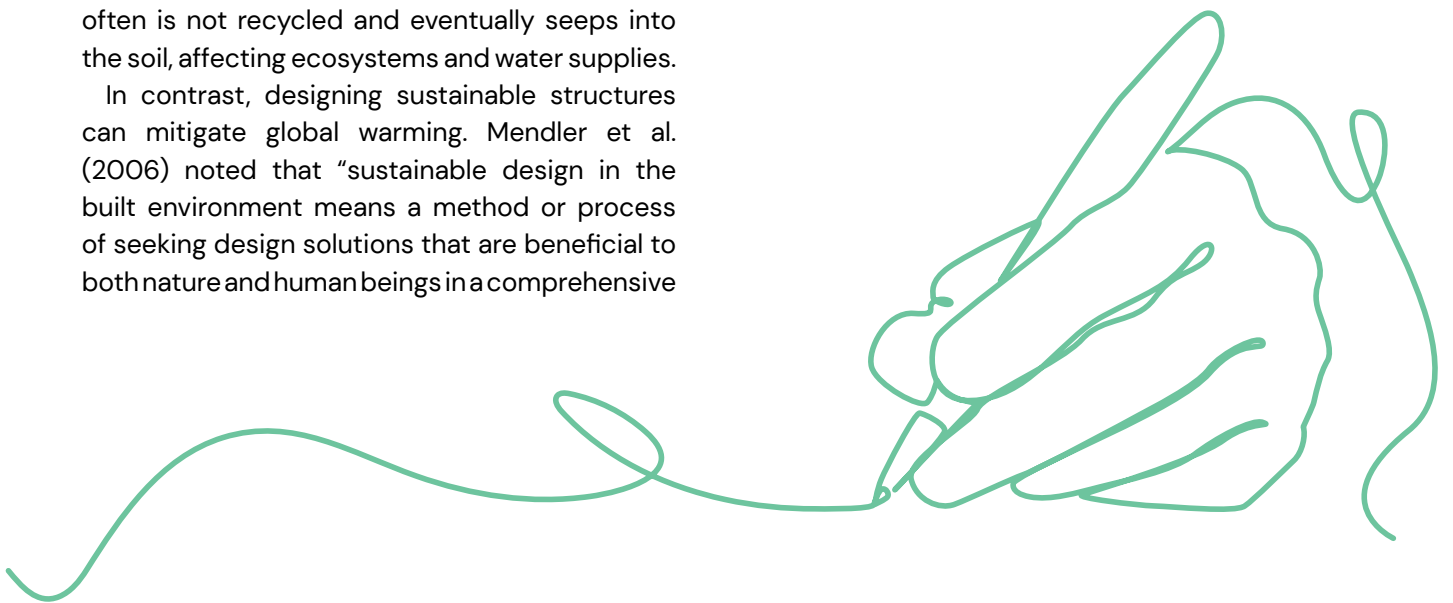
Biophilic design is a sustainable design that incorporates natural elements into architectural design. It helps reduce carbon emissions and create a healthy atmosphere for people. According to Zhao et al. (2022), “biophilic design is based on the biophilic nature of human beings. It is a space–environment design concept that can boost health, cognition, and productivity” (p. 10). The concept of biophilic design emphasizes the significance of being exposed to the ecosystem, establishing a vicarious connection with natural designs, and integrating natural features into a space to enhance the health and wellbeing of people (Richardson & Butler, 2022, p. 37). For instance, Zhao et al. (2022) highlighted the benefits of incorporating sustainable biophilic design in hospital settings. Health administrators are recognizing the importance of incorporating a health-friendly environment for patients to aid in their recovery. Zhao et al. explained how the use of biophilic design in architecture provides natural attributes that are linked to the effectiveness of medical treatment and other health benefits. For example, Biederman and Vessel (2006) suggested that “plants in healthcare spaces and roof gardens could reduce patients’ pain and anxiety in therapeutics psychology” (as cited in Zhao et al., 2022, p. 3). They noted that research showed 95% of patients and their families who

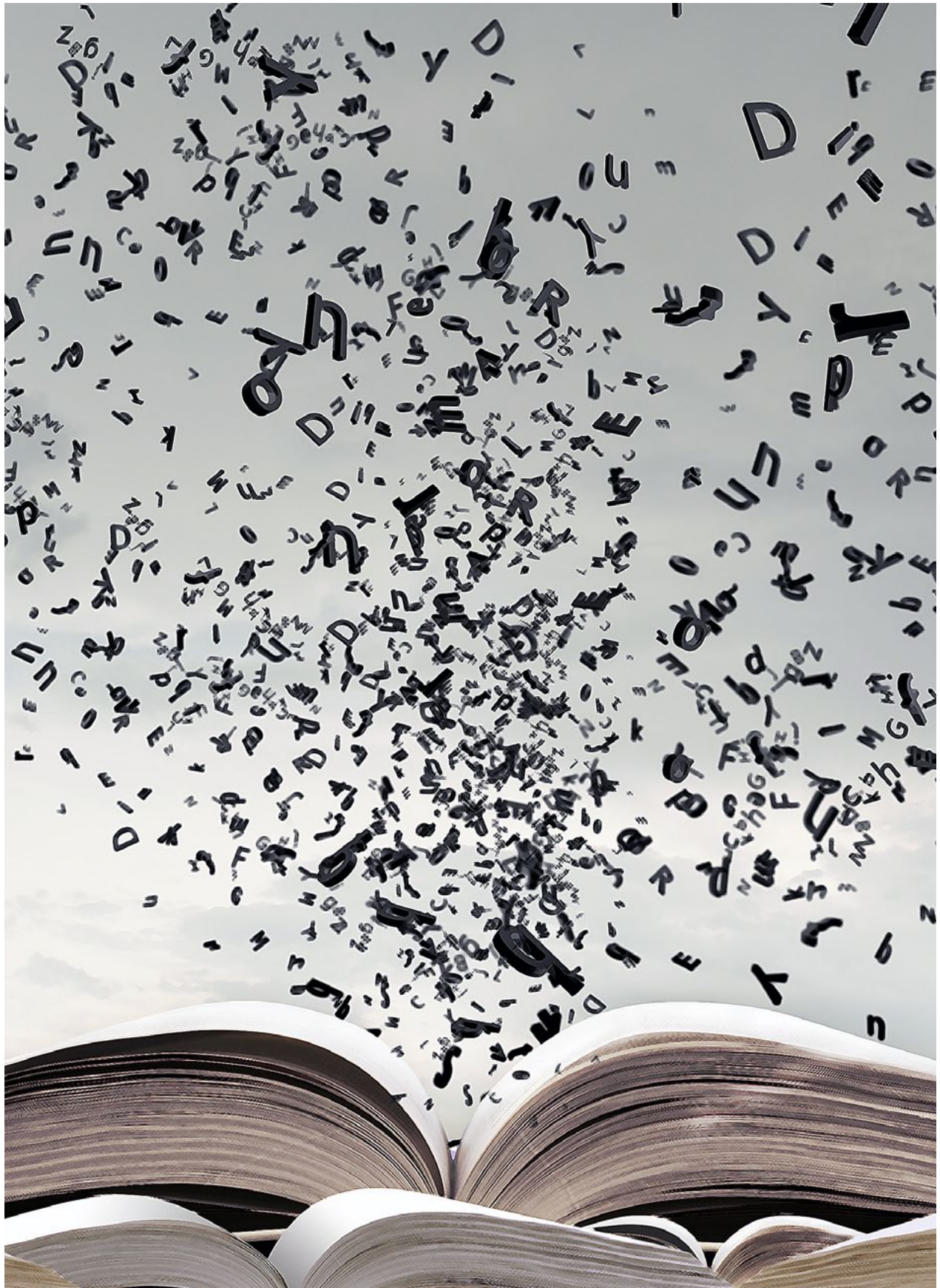
had access to nature within a hospital setting demonstrated “lower stress levels, more positive attitudes, and improved coping skills” (as cited in Zhao et al., 2022, p. 4). Thus, biophilic design increases the presence of nature in the design and this potentially can have a positive impact on reducing global warming and also enhancing comfort and wellbeing.

In conclusion, ecologically sustainable design provides substantial health and environmental benefits. The use of traditional building materials, non-renewable resources, building energy, and construction waste negatively impact the environment. The construction of residential and commercial buildings has played a significant role in air pollution by releasing harmful substances and toxic chemicals during construction and demolition, as well as requiring ongoing usage to maintain operations, which contributes to the depletion of non-renewable resources and subsequently increases global warming. Often the waste generated during these processes often is not recycled and eventually seeps into the soil, affecting ecosystems and water supplies.

In contrast, designing sustainable structures can mitigate global warming. Mendler et al. (2006) noted that “sustainable design in the built environment means a method or process of seeking design solutions that are beneficial to both nature and human beings in a comprehensive

and integrated manner” (as cited in Lee, 2014, p. 159). Sustainable building materials are eco-friendly and beneficial to the environment. The use of biophilic design significantly assists in the process of reducing carbon emissions and creates a healthy atmosphere for individuals. This essay has argued that it is crucial to eliminate the traditional methods of architecture, which have harmful effects on our planet, and to embrace sustainable design practices for the future. Adopting sustainable building practices will require substantial time, money, and economic resources; however, it is essential to preserve our planet.





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Rachel Bolstad



Indigenous Student Academic Writing Award Winner

The winner of the Indigenous Student Academic Writing Award is Rachel Bolstad's "Decriminalization of Illicit Substances in British Columbia: Potential Impacts on Indigenous Populations," written for Beatrice Harris's Social Work 201 class. Originally from the Peace River area, Rachel grew up in southern Alberta but moved back to Dawson Creek four years ago. She chose to study at NLC because it is accessible and it offers the Social Services Worker Diploma, which she sees as means to help others as she improves her own life. Her goal is to earn her bachelor's degree in social work and use her skills in the non-profit sector to support vulnerable people especially "by supporting indigenous communities and dismantling systemic racism in organizational systems." The inspiration for her paper came from losing loved ones to the drug epidemic and watching members of her own family being victimized by systems that should be designed to help. She chose this topic because she sees gaps in services for marginalized people in our society, and she believes there is a need for better education regarding drug use.

Rachel Bolstad Social Services Worker Diploma, Northern Lights College
| SOWK 201: Introduction to Social Welfare | Beatrice Harris | April 9, 2023

Decriminalization of Illicit Substances in British Columbia: Potential Impacts on Indigenous Populations

The policy of decriminalization of illicit substances in British Columbia is a relatively new initiative proposed by the province of British Columbia and accepted at the federal level by the Liberal government. As explained by the Government of British Columbia (2023), “Health Canada granted an exemption from the *Controlled Drugs and Substances Act* to the Province of B.C. from January 31, 2023, until January 31, 2026” (Decriminalizing People Who Use Drugs in B.C. section). British Columbia is the first province in Canada to adopt these policies. This paper will argue that there are barriers and specific needs that must be addressed for the new policies to benefit Indigenous people who are using decriminalized illicit substances.

Historically, drug use and possession have been looked down on in our society and have been dealt with by prosecuting users. This creates issues surrounding the safety of drug users, leading to more toxic supplies being introduced and an inability to effectively protect users or prosecute dealers or producers. This also creates other problems such as theft, violence, and sex work as the users attempt to feed their habits. Moreover, social and legal judgement have created scenarios where users or bystanders who fear prosecution don't call emergency services in the case of an overdose or don't seek help for drug use, which can result in irreparable harm or death. Davis et al. (2022) argued that “Being criminalized

is clearly stigmatizing and the presence of police erodes safety and trust for people who use drugs to access drug checking and other harm reduction services and sites services” (p. 10). Moreover, users may access help only when in a crisis or when they have been arrested and are going through the justice system. This creates pressure on social systems and does not allow for deliberate steps towards helping users or reducing harm prior to arrest.

Implementing safe sites and harm reduction policies including decriminalization of small amounts of illicit substances is a more constructive way to offer support and safe services to people who are using these substances. As Jackson et al. (2022) pointed out, “Many people who use substances (PWUS, i.e., inject drugs and/or smoke crack cocaine) are also at risk of overdose” (p. 360). Therefore, the goal is to reduce instances of overdose through drug checking, supervised use, and education and support for the users. Reduction of barriers and stigma will result in people being able to access these services and supports more readily. Explaining their strategy, the Government of British Columbia (2023) stated, “Public health experts, police and advocates have called for decriminalization, pointing to a range of potential benefits” (Decriminalizing People Who Use Drugs in B.C. section). This means that the support for these types of programs exists perhaps most clearly with the people who are involved in the

daily lives of substance users including police, social workers, support workers, and medical personnel in the community.

British Columbia's *Controlled Drugs and Substances Act* already has seen some success with Take Home Naloxone (THN) programs that are providing no cost kits to individuals who may be at risk of witnessing an overdose, and "As of August 2021, there are 1884 active THN distribution sites in BC" (Kievit et al., 2022, p. 2). These can be found at harm reduction sites and in hospital emergency rooms and are provided upon release from provincial correctional facilities. Along with the kits, there are educational materials offering information on preventing, recognizing, and responding to overdoses. Education also includes emphasis on the necessity of calling 911 in the case of these types of emergencies because Naloxone may not be fully effective due to its short-lived nature and the longer effects of the drugs causing secondary overdose once the naloxone wears off.

From the standpoint of government policy and economic impact of substance use, there are many things that need to be considered from having infrastructure, to properly training support persons, and to making these sites and programs more accessible and tailored to specific communities. Jackson et al. (2022) explained, "Existing research indicates that harm reduction programmes may help reduce harms, and there is a growing body of literature on the various types of programmes needed to reduce

risks" (p. 360). This means that there is still some uncertainty as to how these programs will look, the best way to implement them, how they may be funded and other considerations. As Jackson et al. (2022) warned, "There are various reasons for limited coverage including lack of government funding and/ or limited policy support for harm reduction initiatives and/or legislation and laws (e.g. drug paraphernalia laws) which deter the provision of certain services" (p. 360). Potentially these problems may be overcome after developing a framework that is applicable to all programs with the ability to adjust the details to fit the demographics of individual communities.

When considering the ramifications of these policies on Indigenous people and communities, it is important to address Indigenous people's place in society brought about by colonization. Although they represent the smallest population in Canada, they are overrepresented in the justice and social systems. Hick and Stokes (2021) explained, "Even though Indigenous people make up only 4% of the population, 26.4% of those incarcerated in Canadian Prisons are Indigenous" (p.320). Due to the outcomes of colonization, Indigenous people are more likely to be looked at as criminals and imprisoned at higher rates due to factors stemming from poverty, lack of adequate housing, safe water on reserves, and minimal education and employment opportunities, all of which contribute to higher instances of PWUS and addictions.

Colonial structures that were put in place many

years ago are still present today. This means that the ideas that were used to control and oppress are still very much present in the ways that Indigenous people are viewed and treated. Hicks and Stokes (2021) explained, "First Nations have experienced a history of broken promises, which has resulted in outstanding land claims, lack of resources, and unequal funding for services such as housing and child welfare" (p. 304). Until there is a level of equality and self-governance afforded to Indigenous people, which includes land settlement, equal and equitable opportunities, and a priority to protect these populations and their interests, there will be a gap in the services that will best suit Indigenous people.

Indigenous people experience systemic racism at much higher rates than any population and are much less likely to trust government systems or organizations. Due to this ingrained distrust, there is a possibility that Indigenous populations may not use the safe sites, drug checks or harm reduction strategies that are in place at the same rates as other populations. The process of decriminalization of illicit substance and the programs put in place to reduce the effects of substance use must consider how mistrust has impacted Indigenous peoples' response to services. For example, according to Kievit et al. (2022), "Indigenous, Black, People of Color who use drugs may be particularly hesitant or unwilling to call 9-1-1 in the event of an emergency due to past experiences and/or concerns around discriminatory responses" (p. 3). This could be

due to the assumption that they will not receive the same treatment as others. When researching the effectiveness of the GSDOA, Kievit et al. (2022) discovered that "participants who identified as Indigenous had lower odds of intending to call 911" (p.11). This was due to the same factors of poverty, racism, and discrimination that the Indigenous people in Canada have often experienced with law enforcement, social services, and medical systems. Therefore, as Kievit et al. (2022) explained, "The GSDOA cannot be separated from the sociopolitical context in which it operates as forces such as anti-Indigenous racism certainly have an impact on how PWUD experience the GSDOA as well as their interactions with first responders and hospital personnel" (p. 11). This means there is need for decolonizing these structures and organizations to better serve all populations.

Fears of arrest or loss of housing, prior bad experiences with law enforcement, and fears of prosecution also can cause a hesitancy or failure to interact with law enforcement and health care services. Therefore, in Canada, steps were taken to remove the presence of law enforcement in cases of overdose calls with the hope that this would foster a sense of safety in reporting these types of incidences. Accordingly, the Canadian Government enacted the *Good Samaritan Drug Overdose Act* in 2017 (Kievit et al., 2022, p. 2). It states that any person, including the person who is overdosing, will not be charged or prosecuted for simply possessing narcotics. Unfortunately,

however, this has not had the expected result. There is not a clear enough understanding among PWUS or law enforcement as to what the act truly entails for it to be effectively implemented (Kievit et al., 2022). This can result in false interpretations of execution of the act, particularly among law enforcement.

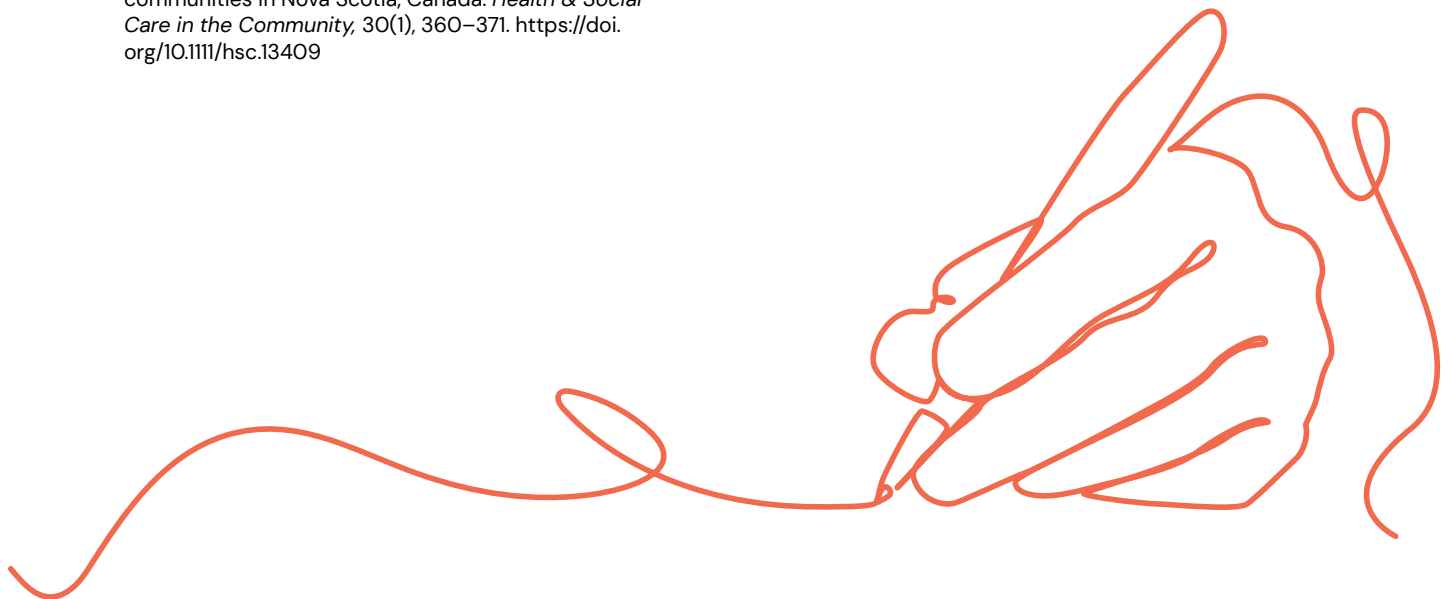
By adopting a culturally sensitive mindset and opening dialogue with Indigenous communities about how best they feel these problems can be managed, there is a possibility of increasing access to lifesaving services. As Daniels et al. (2021) stated, "To combat the perpetuation of colonial power through international drug control conventions and the resulting prohibitionist drug policy, we must connect with other social justice movements to challenge oppressive systems and dismantle mutually reinforcing destructive policies" (p. 7). Implementing harm reduction programs and lessening the stigma on the populations that include PWUS opens the door to a future where there are more targeted programs that not only reduce harm but also increase health and wellness. As Daniels et al. (2021) argued, "We must demand societies where it is inconceivable that any system upholds and justifies racism or colonial power structures" (p. 8). To address these problems, there is a need for culturally sensitivity training in all levels of human service work and an open dialogue between social service workers and Indigenous people regarding needs and barriers with a goal of dismantling colonial power structures within treatments.

Dismantling colonial structures that systematically oppress indigenous populations may include increasing peer-run programs that are specific to the cultures and practices in the communities they are based. They may emphasize accessibility including hours of operation or services offered. They may include offering spiritual practices such as smudging or drumming along with the more practical supports. There is potential to adopt a holistic healing set of practices regarding PWUS, which could potentially address concerns beyond the substance use itself. This model could also be considered safer and more sensitive to Indigenous peoples' needs and ways of being.

Spaces and programs that encompass the needs of all members of a community without discriminating against any group create an environment of equality. But to create those spaces, existing models of colonization must be dismantled. In many ways, harm reduction sites and the decriminalization of small amounts of illicit substances are steps towards that. By removing the stigma in these communities, the ability to offer supports and safer consumption is increased. As Foreman-Mackey et al. (2022) emphasized, "It is ... critical to explore and understand the conditions in which novel health interventions, such as safer supply, are designed and implemented" (p.3). This understanding includes social context, physical environments, and economic differences that service users are experiencing.

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Kaylie Willeboordse



William and Mary Wanka History Prize Winner

The William and Mary Wanka History prize is awarded to a student at NLC writing on a topic of historical significance. This year's winner is Kaylie Willeboordse's "Young Muscles: How the Industrial Revolution Promoted Child Labour in Nova Scotia," which was written for Hugh Gordon's History 220 class. Kaylie is an Associate of Arts Degree (Health Studies) student from Fort St John, and she selected NLC as a first step in her degree to be completed at the University of Northern British Columbia in the Northern Baccalaureate Nursing Program. She is appreciative of being able to remain close to home for the duration of her studies and hopes to become a Registered Nurse so she may "give back to the North that [she is] proud to call home."

Kaylie Willeboordse History 220 | Dr. Gordon | April 3, 2023

Young Muscles: How the Industrial Revolution Promoted Child Labour In Nova Scotia

During the Industrial Revolution, Nova Scotia saw a surge in the coal mining industry. The new demand for this industry within urbanized areas promoted a new labour market alongside early nineteenth-century innovations. The growing demand for coal to support the Canadian economy necessitated the move of many families to urban cities. The coal industry at the time was “instrumental in building the railways ... opening up previously inaccessible areas of the Province,” providing people with new opportunities given an expansion of an entire industry.¹ Coal mining during the Industrial Revolution also had social and economic implications that promoted child labour in Nova Scotia. This essay will discuss the social and economic influences that promoted child labour within the coal mining industry in Nova Scotia. It will argue that social norms and the industry’s demand created a pathway for children to enter the workforce in coal industry-driven towns

First, the expansion of the coal mining industry during the Industrial Revolution created a great demand for workers. Although, historically, it was common to see children participate in the workforce in sectors such as agriculture, with the influx of people moving to grow urban centres,

families had to rely on purchasing necessities they needed. Despite new work opportunities, with the uprooting of many families moving to cities, “low wages and unstable employment left many urban families in poverty and forced them to supplement the family’s income with children paid labour.”² With the demand for coal throughout the Industrial Revolution in 1880 to 1890, the proportion of boys in the provincial colliery workforce rose from 17.1 to 21.5 percent.³ This demand for workers within the industry and the need for financial stability led to many children working in the mines.

Secondly, innovations within the coal mining industry during the Industrial Revolution increased the labour of children. According to Robert McIntosh, two innovations in the nineteenth century created a higher demand for children in the labour market, the first being the introduction of horse and motorized vehicles and the second being traps, which were used for ventilation. Introducing horses to transport coal, which was characteristically a woman’s job, was at this time designated to young boys between fourteen to seventeen years old, as the workload became “too light” for the women but too heavy for younger boys.⁴ When pathways became

1 NovaScotia.ca, *A History of Coal Mining in Nova Scotia*, 38, https://novascotia.ca/natr/meb/data/pubs/is/is08/is08_Chapter04.pdf.

2 Ashley Henrickson and Nancy Payne, “Children of Industry,” *Canada’s History* 98, no. 2 (2018): 38, <https://eds.s.ebscohost.com/eds/detail/detail?vid=6&sid=d29d9fab-5927-4965-b117-58dbd6eff28%40redis&bdata=JnNpdGU9ZWRzLWxpdmU%3d#AN=128665018&db=p3h>.

3 Robert McIntosh, “The Boys in the Nova Scotian Coal Mines: 1873-1923,” *Acadiensis: Journal of the History of the Atlantic Region* No. 2 (1987): 35, <https://journals.lib.unb.ca/article/viewFile>.

4 Robert McIntosh, “Canada’s Boy Miners,” *Canada’s History* (2017), <https://www.canadahistory.ca/explore/business-industry/canada-s-boy-miners>.

too narrow, the boys moved the coal manually via dragging sleds. The second invention was the introduction of ventilation systems in deeper underground mines. This promoted a younger demographic of workers, as it was not such a labour-intensive job. Ventilation doors, commonly called traps, were installed to help channel air throughout the mine. Boys as young as eight years old would sit in complete darkness, waiting to open the traps to allow the drivers to pass with their cargo.⁵ Size also played a big role in the employment of children and the type of job they were assigned. Smaller, younger children would do jobs with minimal labour as they lacked strength or stamina. Whereas, typically, older children were given jobs such as driving, as they were still small enough to fit through narrow pathways that adults could not and they also had enough strength to drag the sleds manually. McIntosh and Muise further add that size and strength determined the boys' jobs: "Young boys performed light work such as trapping; older boys were soon driving a horse. Those on the threshold of adult strength performed the most arduous of the boys' jobs."⁶ Regardless of the size or age, boys were utilized to the best of their capability.

Further contributors to child employment would be the benefit for companies employing them and the family threshold. According to the article "Canada's Boy Mines," in 1880 Nova

Scotian labour boys were paid an average of 65 cents per day, whereas adult labourers earned 95 cents-- a 30-cent difference.⁷ This meant that the companies could employ more workers at a significantly lower rate than their adult counterparts. Boys, limited to specific jobs because of size, strength and experience, continued to be paid at a discriminatory rate compared to their adult coworkers. Although the boys were paid at a significantly reduced rate, this was still seen as extra income for the family, as "the boys' employment was welcomed within mining families, since they could then contribute to the family income."⁸ Living in cities gave the family opportunities for employment, but it also meant that they may not have been able to provide necessities that they would be able to obtain on a rural farm.

In addition, obtaining a paying job was socially respectable among the boys and within industry towns. Henrickson and Payne explain how regardless of which position the boys were assigned, "many children understood that their meagre wages were important for their family's survival, and they were often excited to earn a wage and to show their worth."⁹ Being able to contribute and be seen as a responsible member of society was very gratifying for them. The young boys also felt as equals to their adult counterparts, as "The boy shared not only the workplace but also a community with older

5 Robert McIntosh, "The Boys in the Nova Scotian Coal Mines: 1873-1923," 37.

6 Robert McIntosh and Delphin A. Muise, *Coal Mining in Canada: A Historical and Comparative Overview* (Ottawa: National Museum of Science and Technology, 1996), 30.

7 McIntosh, "Canada's Boy Miners."

8 McIntosh, "The Boys in the Nova Scotian Coal Mines: 1873-1923," 36.

9 Henrickson and Payne, "Children of Industry," 39.

10 McIntosh, "Canada's Boy Miners."

miners.¹⁰ Sharing this work environment, labour, and influential ideologies contributed to the rapid maturation of the boys working within the mines. Although they may have been treated less deferentially than other coworkers, there was still much respect toward the young boys. McIntosh and Muise explain that “there are no children working in the mine.”¹¹ The hardships, hard work and degree of danger these boys endured within the mines matured them, and they were no longer thought of as young boys; they were no longer typically seen as carefree and childlike.

Consequently, cities that built their economy around the coal mining industry encouraged child labour by the endorsement of secured job opportunities once they become adults; thus, “their early initiation into the Victorian coal mine was expected to lead eventually to the most highly skilled positions.”¹² Within coal industry towns, it was customary to start entry level as a child and eventually obtain a more prosperous position, and it was thought that “they could gain experience in their probable occupation while at the same time earning money.”¹³ It was also expected they would earn a better position by starting at the bottom, as their adult counterparts had done once before; for example, “pit boys expected to rise through the workforce hierarchy... [and] most pit boys expected to become miners and work alongside their relatives. Some would rise further to become mine officials.”¹⁴ The boys

would apprentice once they were older and eventually would earn a more prestige position; in fact, “... it was not uncommon for the colliery officials to have been miners, particularly after the establishment of night schools of mining and introduction of compulsory licensing.”¹⁵ These cities would promote the industry to sustain the local economy and were highly influential on the young boys. Robert McIntosh adds, “if a boy who lived in a coal town got tired of school and was anxious to make a little money, the obvious thing for him to do was go to work in the mines.”¹⁶ Since the attendance requirement was much lower during this period than now, this allowed for flexibility in how much the boys could work. It is also worth noting that a common practice in coal mining towns was for children to complete their schooling requirements during winter months when the mines were closed and they were unable to work regardless. At the tail end of the Industrial Revolution, as laws and regulations around child labour were getting stricter, mining schools were established. The mining schools were a way to support the industry without infringing on labour laws. This is another example of how these cities created opportunities to further influence young boys to join the industry. Granting the regulations conveyed a safer work environment and equipped the youth with rights concerning labour, and “the establishment of mining schools in coal towns, long a goal of the

11 McIntosh and Muise, *Coal Mining in Canada: A Historical and Comparative Overview*, 30.

12 McIntosh, “Canada’s Boy Miners.”

13 McIntosh, “Canada’s Boy Miners.”

14 McIntosh and Muise, *Coal Mining in Canada: A Historical and Comparative Overview*, 30.

15 McIntosh, “Canada’s Boy Miners.”

16 McIntosh, “Canada’s Boy Miners.”



Kaylie Willeboordse History 220 | Dr. Gordon | April 3, 2023

Provincial Workmens Association (PWA), the first miners' union in Nova Scotia, aided the ambitious minors."¹⁷

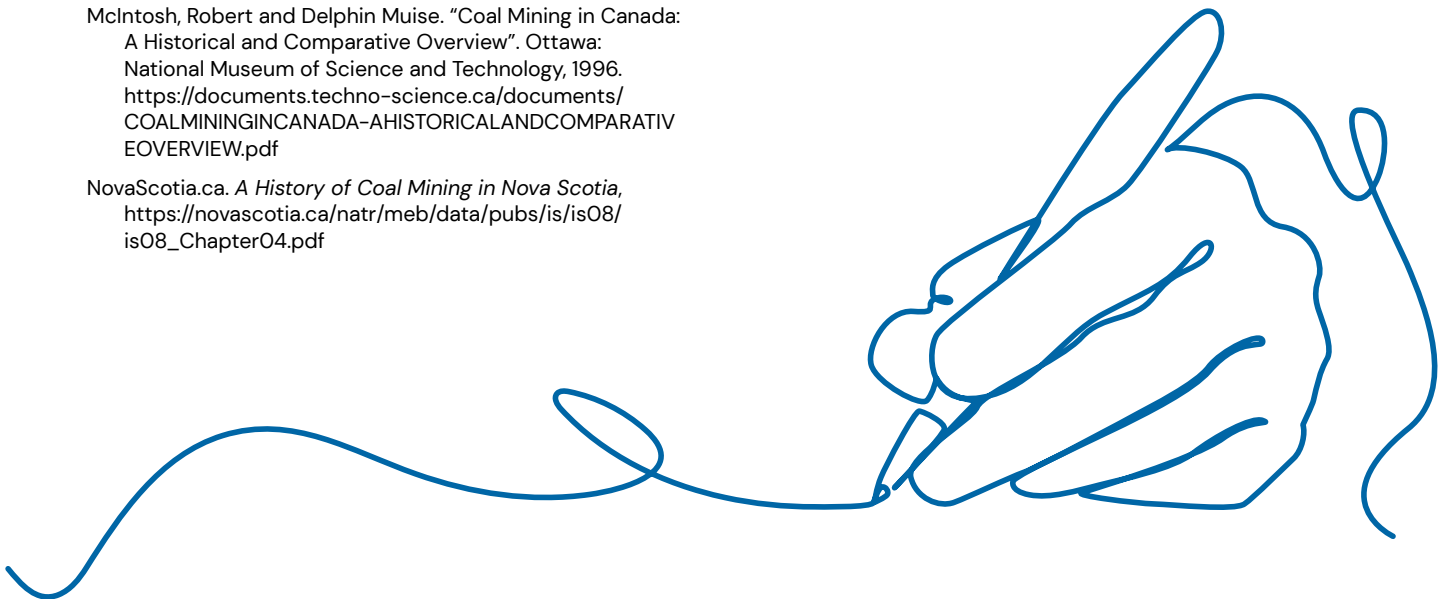
In conclusion, the social and economic implications of the Industrial Revolution promoted child labour within the coal mining industry in Nova Scotia. The industry's demand and innovations created by the economy relied on the labour from young boys. In addition, the influence of social norms regarding children's

contribution to the family economy and the financial well-being of families paved a pathway for children to enter the workforce in coal industry-driven towns. Advancements within regulations in the industry helped children enter the coal mining industry through work experience and apprenticeships. These factors all were contributed to the outcomes of the Industrial Revolution in Nova Scotia.

¹⁷ Robert McIntosh, "The Boys in the Nova Scotian Coal Mines: 1873-1923," 39.

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Raphael Overholt



William and Mary Wanka History Prize First Runner-up

Raphael Overholt's essay "The Role of Female Religious Orders in New France" is the first runner-up of the William and Mary Wanka prize, and it was originally submitted to Rob-Roy Douglas's History 103 class. Raphael is currently in the Alaska Highway Consortium of Teacher Education (AHCOTE) program and hopes to incorporate interests in history, creative writing, and psychology into his degree and his future teaching career. He plans on attending a second year at NLC before transferring to the University of Alberta. The inspiration for his essay and his academic pursuits in general have been his father who is a scholar of religious history, as well as a family friend, Christopher Melchert, professor of Arabic and Islamic studies at Pembroke College. The topic of Ursuline nuns in New France interested Raphael because they were "highly influential to the genesis of female education in Canada."

Raphael Overholt History 103 | Dr. Douglas | March 31, 2023

The Role of Female Religious Orders in New France

The writings of the nuns who arrived in New France not only offer an interesting glimpse of what life was like for the first European women of early Canada but also explain what life was like outside the convent, how relations were like with the Indigenous, and what relations were with the superpowers in Europe. Thomas M. Carr states that “Most writing by women that has survived from before the fall of New France — perhaps most writing by women during that period — was done by nuns in the seven communities founded before 1763.”¹ There were several religious orders that came to New France including “the Ursulines, the Hôtel-Dieu, and the Hôpital-Général in Québec; the Ursulines of TroisRivières; the Hôtel-Dieu and two uncloistered institutes, the Congrégation de Notre-Dame and Sisters of Charity of Marguerite d’Youville in Montreal.”² This essay will focus on the dominant group of nuns called the Ursulines. It will discuss the reasons why they came to New France including seeking freedom from European Church authorities and their personal spiritual development and the goal of *francisation* of the First Nations. It argues that the Ursulines had significant influence on the colony of New France especially through education of girls.

The Ursulines were one of the more important groups in New France because “they arrived with the tradition of keeping careful records and maintaining ties with sister communities,”³ which makes them valuable to modern historians. From these writings it is clear that the nuns came to New France with the goal of spreading Christianity to First Nations, and although they proved somewhat successful doing this, they were not successful in their secondary goal that was given to them by the King of France, which was increasing the population of New France by uniting the First Nations and French colonists into one nation (called *francization* or *francisation*), primarily by teaching young Indigenous girls proper French language and etiquette.

The Ursulines (named after St. Ursula) were a female Roman Catholic group that “began in Italy, as groups of *associees* and *congregees*.”⁴ Jones and Rapely explain that “the movement spread through much of northern Italy, but it never experienced the size, geographical extent, or explosive growth of the French movement.”⁵ Lapp also writes of the origin of the Ursulines who “began as groups of lay women devoted to the same missionary activities as new male orders and congregations, and together they opened

1 Thomas M. Carr Jr., abstract, “Writing the Convent in New France: The Colonialist Rhetoric of Canadian Nuns,” *Quebec Studies* 47 (Spring/Summer 2009): 3, <https://doi.org/10.3828/qs.47.1.3>

2 Carr, 3.

3 Carr, 15.

4 Marshall B. Jones and Elizabeth Rapley, “Behavioral Contagion and the Rise of Convent Education in France,” *Journal of Interdisciplinary History* 31, no. 4 (Spring 2001): 520, <https://doi.org/10.1162/OO221950151115061>.

5 Jones and Rapley, 520.

catechism schools for young girls and served in hospitals or among the urban poor.⁶ Hospitals certainly held some importance because Europe suffered disease throughout the seventeenth century.⁷ Cowan maintains that they took the “three conventional monastic vows of poverty, chastity, and obedience,” but what separated them from other nuns was their fourth vow which “reinforced and expanded on the importance of education” (specifically education for girls).⁸ Not following this vow would be a “mortal sin.”⁹ This is the first reason for the nun’s interest in the new world.

Another reason they came to new France was because of internal affairs. Lapp explains how the Ursuline houses expanded in number as they built in both urban and rural locations, and their members “swelled by the early decades of the seventeenth century.”¹⁰ However, with growth often comes division. Jones and Rapely write that “gradually their free moving activity, daring for its time, was circumscribed. They were moved into communities, subjected to the control of their bishops, and limited more and more to the teaching of girls.”¹¹ They explain how religious authorities in France went a step further by turning Ursuline communities into

monasteries of nuns who were “bound by solemn vows of religion and the obligation of *clausura*.”¹² This divided the Ursulines because, while many thought the *clausura* would bring “order, stability, and longevity,” others thought that it “restricted their religious calling.”¹³ This disunity explains the second reason for the Ursuline interest in New France.

The Ursulines who felt their freedoms were being curtailed believed they could create a new order in Canada because it was away from the oversight of the Church. Marie de l’Incarnation thus lead nuns from various French Ursuline congregations with the aim of uniting the more disunited contingents “under one house with a single missionary apostolate.”¹⁴ Marie l’Incarnation, with five other Ursuline Nuns as well some Jesuit missionaries, left Europe on May 4, 1639¹⁵ and arrived on August 1, 1639, where Marie l’Incarnation would act as superior of the first Ursuline convent in the New World for eighteen years.¹⁶ Lapp comments on the success of the venture when she writes “that Marie de l’Incarnation refashioned Ursuline identity by crafting depictions of her Ursulines as *Canadoises*—North American femmes fortes and *guerrières spirituelles*.”¹⁷

6 Heidi Keller-Lapp, “Les Guerrières de Dieu in the French Ursuline Missionary Archives,” *Journal of Early Modern History* 21, no. 1/2 (January 2017): 94, <https://doi.org/10.1163/15700658-12342537>.

7 Jones and Rapley, “Behavioral Contagion and the Rise of Convent Education in France,” 489.

8 Mairi Cowan, “Education, *Francisation*, and Shifting Colonial Priorities at the Ursuline Convent in Seventeenth-Century Québec,” *Canadian Historical Review* 99, no. 1 (March 2018): 2, <https://doi.org/10.3138/chr.99.1.1>.

9 Cowan, “Writing the Convent,” 2.

10 Keller-Lapp, “Les Guerrières de Dieu in the French Ursuline Missionary Archives,” 94.

11 Jones and Rapley, “Behavioral Contagion and the Rise of Convent Education in France,” 493.

12 Jones and Rapley, 493.

13 Keller-Lapp, “Les Guerrières de Dieu in the French Ursuline Missionary Archives,” 95.

14 Keller-Lapp, 96–97.

15 Keller-Lapp, 97.

16 Mary Dunn, “The Cruellest of All Mothers’: Marie de l’Incarnation, Motherhood, and Christian Discipleship,” *Journal of Feminist Studies in Religion* (Indiana University Press) 28, no. 1 (Spring 2012): 44, <https://doi.org/10.2979/jfemistudreli.28.1.43>.

17 Keller-Lapp, “Les Guerrières de Dieu in the French Ursuline Missionary Archives,” 102.

This gives two broad reasons as to why the Ursulines came to New France; however, they had personal motivations as well. They were obviously zealous in their faith. They also celebrated virginity, and motherhood was marginalized, as “spiritual motherhood replaced biological motherhood as the highest calling of the Christian woman.”¹⁸ Greer adds that “there was a notion that duty to God came before duty to family, even for a mother.”¹⁹ They were extremely spiritual, believing strongly in miracles.²⁰ A major reason the nuns wrote as much as they did was to transcribe their own “spiritual development.”²¹ The nuns saw New France as a challenge and something that would transform them spiritually. Because the Ursulines had a mission to educate young girls, and since there were few white children in early New France, they focused on the education of young Indigenous girls. Cowan states that “Indigenous students formed a majority of the student population in the convent’s early years” and they were “mostly Algonquin and Innu at the start,” but later they were joined by the “Wendat (Huron) and, later, Haudenosaunee (Iroquois) and Abenaki.”²² However lack of European children is not the only reason they focused on Indigenous girls. Carr states that “Neither the Ursulines nor the hospitalières were initially sent

to serve the French in Canada. Their mission was to bring Frenchness to the Indians by founding a ‘seminary’ for the education of Indian girls and by ministering to Indians dying in epidemics.”²³ They would often help nurse those with disease believing that by ministering to the disease stricken Indigenous population, they would hopefully save their souls, not just their bodies. Thus, the nuns and French government were united in their goals, but still had differences. The education that the nuns provided contributed to the colonial goals of France but also to the emergence of a new French culture. Cowan argues that the education provided to the Indigenous students, in effect, meant that the Ursulines were “playing a role in the wider colonial project through their contribution to the program of *francisation*.”²⁴ Saliha Belmessous explains the origin of this policy:

The idea of *francisation* began in Europe, but its development was shaped by experiences in North America. Strong and diverse local identities in France hindered the formation of a single national identity in the early seventeenth century, and it was contact with Indigenous cultures in Canada that helped to crystallize the language of what constituted ‘Frenchness’ on both sides of the Atlantic.²⁵

18 Dunn, “The Cruellest of All Mothers,” 57.

19 Allan Greer, *The People of New France*. (University of Toronto Press, 1997), 74.

20 Dunn, “The Cruellest of All Mothers,” 469.

21 Carr, “Writing the Convent in New France,” 9.

22 Cowan, “Education, *Francisation*, and Shifting Colonial Priorities at the Ursuline Convent in Seventeenth-Century Québec,” 2. Cowan, 8.

23 Cowan, 8.

24 Cowan, 2–3.

25 Cowan, 7.

26 Daniel A Scalberg, “Challenge to Missionaries: The Religious Worlds of New France,” *Vincentian Heritage Journal* 14, no. 1 (1993): 129, <https://via.library.depaul.edu/vhj/vol14/iss1/7/>

In the other words, not only had France's history helped play a large role in the King's objective to Frenchify the Indigenous, but the discovery of a whole new culture also helped solidify what it meant to be French.

Nevertheless, the policy of educating the Indigenous girls proved a "disaster" for the French despite the ambitions of l'Incarnation.²⁶ She had confidence that the girls would learn "religion, manners, and work."²⁷ This, she believed, would enable them to become proper French wives. Scalberg writes that "The colonial governors and intendants, following the policies dictated from Versailles, encouraged *métissage* or mixed marriages, assuming that any unions would make Catholic French out of the Indian brides."²⁸ However, things proved more difficult than most had anticipated.

The failure of the policy was due to lack of funding and conflicting goals of the French crown and the nuns. Carr writes that Marie l'Incarnation "lacked funds to dress her young Indian charges" in the French way.²⁹ This could hint at a discontinuity between what the King wanted in France and what he was willing to invest in his plan. There was a disconnect in other areas of the plan as well, one of the biggest being that the King focused on converting First Nations culturally and linguistically while the Nuns wanted

to save their souls. The nuns allowed their female students to dance "'in the way of their country'"³⁰ and practice other cultural rituals as long as they didn't go against the faith.

The opposition the nuns faced in assimilating the students may be attributed to the fact that the Ursulines gave them a lot of freedom. For example, Cowan asserts that their teaching practices were "additive (such as when students learned French in addition to Indigenous languages, and when they sang French songs but danced Aboriginal dances) as well as combinative."³¹ The ultimate problem appeared to be that "The king and Colbert wanted to force Indigenous people to replace their Indigenous customs with French ones," and "the Ursulines, by contrast, perceived a fluidity of identity that did not require an abandonment of all Indigenous elements in becoming French."³² Interestingly, Marie de l'Incarnation held this belief because she "recognized the importance of Indigenous peoples maintaining their traditional ways of life as critical to the economy and even the survival of the colony."³³ Marie de l'Incarnation even wrote the Bishop of Rouen to warn that attempts to "francize" the First Nations wouldn't succeed and it would be the French who would be "converted to the Indian way of life."³⁴

With the failure of *francisation* many female

27 Cowan, "Education, *Francisation*, and Shifting Colonial Priorities at the Ursuline Convent in Seventeenth-Century Québec," 3.

28 Scalberg, "Challenge to Missionaries: The Religious Worlds of New France," 129.

29 Carr, "Writing the Convent in New France," 9.

30 Cowan, "Education, *Francisation*, and Shifting Colonial Priorities at the Ursuline Convent in Seventeenth-Century Québec," 10.

31 Cowan, "Education, *Francisation*, and Shifting Colonial Priorities at the Ursuline Convent in Seventeenth-Century Québec," 28.

32 Cowan, 24–25.

33 Cowan, 25.

34 Scalberg, "Challenge to Missionaries: The Religious Worlds of New France," 129.

religious orders started focusing inward on the French Colony and less on the surrounding Indigenous. However, it should be noted that throughout the process of *francisation*, nuns had not left their original duties that they had undertaken in France (duties such as caring for the sick and education of young girls). Bondy affirms this when she writes that “as the North American colonies grew, religious women would serve natives and settlers, not only as teachers, but also as nurses and in other areas of social service.”³⁵ These social services could be, as Greer explains, very important to the community in the areas of medicine, education, and social welfare. The government recognized these contributions and acknowledged them with financial contributions.³⁶ Additionally, the part they played in New France was bolstered by significant numbers. Greer states that “religious life did offer one alternative to marriage,” and that as many as 3.7 percent of women made the choice of religious duties over marriage.³⁷ Religious orders were also important to the economy of New France. Carr states that “Through their landholding that supplied income and produce, the convents gradually entered into the agricultural economy of the settlers whom they serviced.”³⁸ Carr also maintains that

“By the time New France became a royal colony in 1663, the shift in emphasis to the settlers had been confirmed” and that they “reconciled the new emphasis on the settlers with their original religious mission.”³⁹ That original religious mission, as hinted at earlier, consisted of pursuing a “chance to recreate the fervor of the primitive Church far from the indifference and wickedness of France.”⁴⁰

In conclusion, the nuns came to New France for multiple reasons, one being that they wished for freedom from Church authority that had forced them into a strict cloistered setting. The journey into the dangers of New France posed a second reason, as it was supposed to enhance spiritual development in the nuns. A third reason was that they simply wanted to save the souls of the spiritually lost First Nations. In addition to this, the female religious orders were given the goal of *francisation* of the First Nations, which ultimately failed. However even though their goal was not successful by the government’s standards, the influence they had on the colony of New France and especially on its young girls is considerable. Carr writes that “Although the nuns failed in the project of francisation of the Indians, the convents functioned as islands of Frenchness in the wilderness.”⁴¹ In the end, their small influence

35 Renée D. Bondy, “Roman Catholic Women Religious and Organizational Reform in English Canada: The Ursuline and Holy Names Sisters in the Diocese of London, Ontario, 1950–1970,” PhD diss. (University of Waterloo, 2007), 41, <http://hdl.handle.net/10012/3029>.

36 Greer, *The People of New France*, 72.

37 Greer, 71.38 Carr, “Writing the Convent in New France,” 10.

38 Carr, 10.

39 Carr, 10.

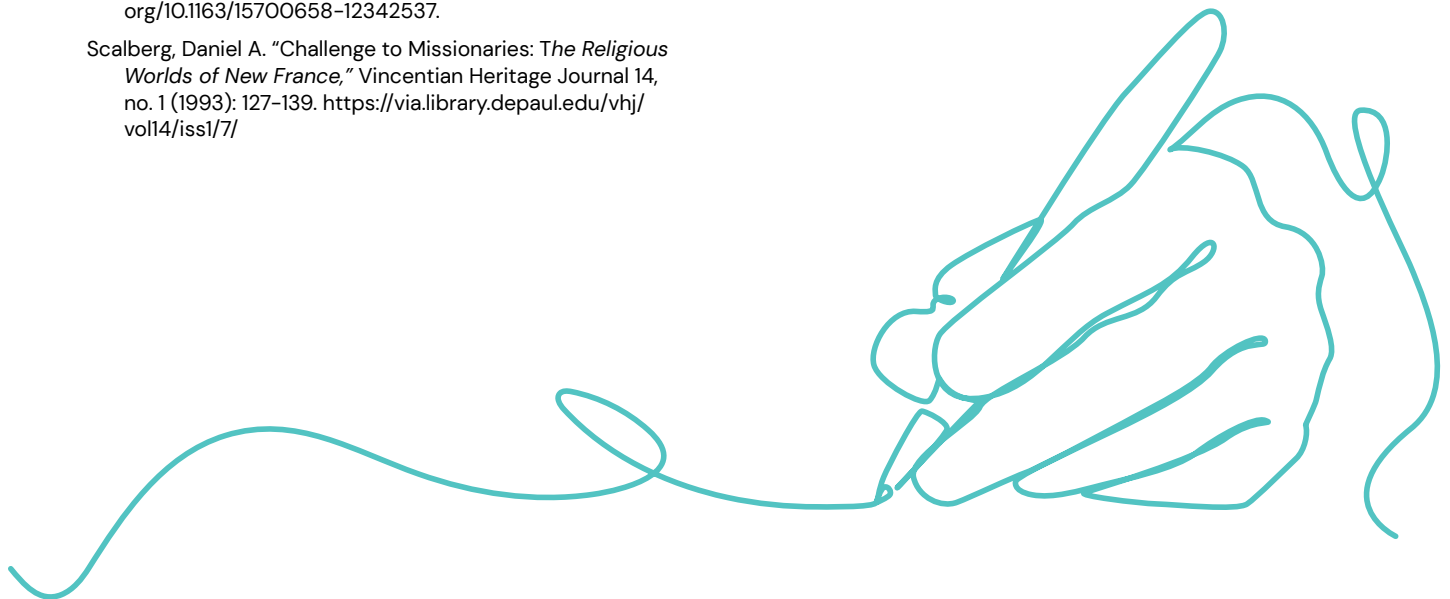
40 Carr, 10.

41 Carr, 15.




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Freyja Jarnagin



William and Mary Wanka History Prize Second Runner-up

Freyja Jarnagin's "Totalitarianism is More Harmful to Interpersonal Relationships than Authoritarianism" is the second runner-up of the William and Mary Wanka prize. The essay was written for Hugh Gordon's Political Science 100 class. Freya grew up on a cattle ranch 45 minutes out of Fort St. John, and NLC was her first choice for post-secondary education because it was local and affordable. She enrolled as a Criminology Diploma student because she was attracted to the many job opportunities after graduation especially in a field that will allow her to assist people in helping themselves. She aspires to work with women and children on the outskirts of the criminal justice system. Her inspiration for this essay, apart from "the deadline and caffeine," was Dr. Gordon's passion for history and political theory and her fascination with the mechanisms political power.

Freyja Jarnagin POLI 100: Politics and Government | Hugh Gordon | Northern Lights College
| November 24, 2022

Totalitarianism is More Harmful to Interpersonal Relationships than Authoritarianism

Totalitarianism is more harmful to interpersonal relationships than authoritarianism. In this essay I will examine how the absence of rule of law harms interpersonal relationships and how law enforcement strategies under totalitarian states exacerbate these harms. Totalitarianism is a system of government in which the government attempts to control every aspect of citizens' lives; in contrast, authoritarianism is a system of government which is not democratic, but which does not attempt to have control over every aspect of citizens' lives.¹ To prove my thesis that totalitarianism is more harmful to interpersonal relationships than authoritarianism, I will define rule of law, analyze rule of law across three different countries, examine the role of law enforcement in totalitarian and authoritarian regimes, and look at how both rule of law and law enforcement strategies interact in totalitarian societies to be more harmful to interpersonal relationships than in authoritarian societies.

Rule of law is the concept of the law applying equally to all.² Rule of law is necessary to public confidence in the justice system and the government.³ If there is corruption, bias, or other unethical practices within the judiciary, then the

public confidence in the law decreases or the number of laws increases to the point where there is no incentive to not break the law. For example, in the USSR there was a thriving second economy which was either illegal or semi-legal.⁴ This economy was driven specifically by a desire for "private economic gain" and by "being in direct contravention of some known written law."⁵ However, since all were not equal under the law, if someone had enough money to pay bribes, they did not end up getting reported or going to prison, and thus the law was frequently broken.⁶

The government in Soviet Russia (USSR) was headed first by Vladimir Lenin and then by Joseph Stalin between 1922 and 1991. In Soviet Russia there was no rule of law. According to Khan, corruption was widespread and seeking remedy in court for any grievance was almost impossible.⁷ Rendle similarly claims that the Cheka secret police were acting completely outside the law by 1918, when they started actively encouraging shooting all "speculators, spies, hooligans, and counter-revolutionaries" on the spot.⁸ The government and politics of the USSR is an example of complete totalitarianism,

- 1 Michael Walzer, "Totalitarianism vs. Authoritarianism: The Theory of Tyranny, the Tyranny of Theory," *The New Republic*, July 4, 1981.
- 2 Kathryn Hendley, "Assessing the Rule of Law in Russia," *Cardozo Journal of International and Comparative Law* 14, no. 2 (2006): 349, https://media.law.wisc.edu/m/ytdxn/assessing_rol.pdf.
- 3 Antonin Scalia, "The Rule of Law as a Law of Rules," *The University of Chicago Law Review* 56, no. 4 (1989):1178, <https://doi.org/10.2307/1599672>.
- 4 Gregory Grossman, "The Second Economy of the USSR," *Problems of Communism* 26, no. 5 (1987):120. <https://doi.org/10.1177/0002716287493001009>
- 5 Grossman, 122.
- 6 Grossman, 124.
- 7 Jeffrey Khan, "The Search for the Rule of Law in Russia," *Georgetown Journal of International Law* 37, no. 2 (2006): 382, <https://orcid.org/0000-0002-8857-5647>.
- 8 Matthew Rendle, "Revolutionary Tribunals and the Origins of Terror in Early Soviet Russia," *Historical Research* 84, no. 226 (2011): 694, <https://doi.org/10.1111/j.1468-2281.2010.00566.x>.

as government was involved in every aspect of citizens' lives causing fear of being accused as a dissident for a crime for which there was no due process⁹ and extracting bribes that had to be paid to get the necessities of life.¹⁰

The government of China was under the control of Mao Zedong from 1943 until his death in 1976. There was no rule of law. According to Balme, in China there is little distinction made between rule by law and rule of law; the former is where the state uses the law as a tool to silence and remove those whom it perceives as enemies.¹¹ In China there was no right to a fair trial and there was no right to silence, which are both important elements of rule of law.¹² China under Mao was a totalitarian state and tried to control every aspect of its citizens' lives. This form of control, unlike the USSR, was not strange to China. In China, due to the influence of Confucianism, human nature was viewed as good, and crime was viewed as an outcome of ignorance.¹³ This led to less perceived need for a formalized rule of law since education could be provided by a community. After the cultural revolution in China, constant surveillance was encouraged through groups teaching correct thought and through

community based social control.¹⁴

The government in Libya was a dictatorship under the leadership of Muammar al-Qaddafi from 1969 until 2011. His revolution was accomplished by a coup d'etat.¹⁵ In Libya rule of law was nonexistent. According to Mayer, the Green Book, which all citizens needed to follow, held Qadhafi's teachings outlining the best way of governing society.¹⁶ Qadhafi also spoke against constitutions believing they were unnecessary since law and policy are best directed by the people directly. His bill of rights had the ability to ignore those rights built into it.¹⁷ In Libya law enforcement and the laws were directly under Qadhafi's control. This meant that there was no rule of law, as the law did not apply equally to all.¹⁸ The government did not actively seek to control every aspect of its citizen's lives but was nondemocratic and repressive.

There was no rule of law in the USSR, Maoist China, and Qadhafi's Libya, but this looked different in all three countries. In the USSR the lack of rule of law translated into a large black market.¹⁹ In China the lack of rule of law was not a concern because they were more interested in re-educating criminals than in procedural justice.²⁰

9 Rendle, 696.

10 Gregory Grossman, "The Second Economy of the USSR," 124.

11 Stephanie Balme, "Rule of Law as a Watermark: China's Legal and Judicial Challenges," *World Bank Legal Review* 4 (2013): 182, <https://hal-sciencespo.archives-ouvertes.fr/hal-03393959>.

12 Balme, 180.

13 Dean G. Rojek, "Social Control in the People's Republic of China," *Criminal Justice Review* 14, no. 2 (1989): 144, <https://doi.org/10.1177/073401688901400204>.

14 Rojek, 144.

15 Ronald Bruce St John, "Redefining the Libyan Revolution: The Changing Ideology of Muammar Al-Qaddafi," *The Journal of North African Studies* 13, no. 1 (March 2008): 91, <https://doi.org/10.1080/13629380701742819>.

16 Ann Elizabeth Mayer, "Building the New Libya: Lessons to Learn and to Unlearn," *University of Pennsylvania Journal of International Law* 34, no. 2 (2013): 377, <https://scholarship.law.upenn.edu/cgi/viewcontent.cgi?>

17 Mayer, 377.

18 Mayer, 379.

19 Grossman, "The Second Economy of the USSR," 121.

20 Rojek, "Social Control in the People's Republic of China," 144.

In Libya, rule of law was nonexistent because it was an absolute dictatorship and Qadhafi wrote the laws because he was the dictator. Both China and the USSR had totalitarian governments, and both emphasized bottom-up social control. Libya was an authoritarian state. Qadhafi had a top-down form of social control with his Green Book, and he gained control through a coup d'état not a popular uprising. Authoritarian social control enforces its policies through outward force, fear of other countries, and nationalism; whereas, totalitarian social control sees the government enforcing its policies through fear of traitors in the midst of the people and fear of accusations of being counterrevolutionary.²¹

Governments enforce laws, policies, and ideologies through law enforcement. Both rule of law and law enforcement have direct effects on trust in both the government and within interpersonal relationships. According to Ilya Utekhin, in the USSR a film was personally recommended by Stalin that showed how even a husband of a loyal citizen might be a traitor to the state.²² The secret police created mistrust in the workplace as well. For example, if a person let someone into a building without their pass, that person could lose their job if they were observed.²³ Another layer of mistrust was also

caused by the large number of civilians who would not hesitate to report their neighbors for minor infractions either because of fear or because of competition for resources.²⁴ In China, as was discussed above, there was community pressure to not break the law. This social pressure came from the view that law breaking resulted from ignorance not from a depraved human nature, and that the best way to prevent dissent was constant surveillance and targeted re-education of the ignorant.²⁵ In Qadhafi's Libya there was less surveillance; however, anti-regime dissidents who got caught were executed.²⁶ In the case of Sadiq Hamed Shwedhi, a Libyan student and engineer who protested Gaddafi's regime, there was a public show of a trial and execution that was televised for political dissidence, as would become a common occurrence on Libyan state television.²⁷ The laws in both totalitarian and authoritarian governments are enforced through the weaponization of fear by the government against its own citizens.²⁸ As shown, traditional law enforcement and justice are only one part of this law enforcement strategy.

Lack of rule of law and the use of both fear and traditional law enforcement to keep the state in power and enforce the laws has more harmful effects on interpersonal relationships

21 Daniel Bar-Tal, "Creating Fear and Insecurity for Political Goals," *International Perspectives in Psychology: Research, Practice, Consultation* 9, no. 1 (January 2020): 9, <https://doi.org/10.1037/ipp0000113>.

22 Ilya Utekhin, *Mistrust: Ethnographic Approximations*, ed. Florian Muhlfried, 1st ed., 2018, 202–203. <https://library.oapen.org/bitstream/handle/20.500.12657/30739/643130.pdf?sequence=1#page=202>.

23 Utekhin, 203.

24 Utekhin, 207.

25 Rojek, "Social Control in the People's Republic of China," 144.

26 Ann Elizabeth Mayer, "Building the New Libya: Lessons to Learn and to Unlearn," 367.

27 Mayer, 367.

28 Daniel Bar-Tal, "Creating Fear and Insecurity for Political Goals," 8.

in totalitarian societies than in authoritarian societies.²⁹ This is partially because of the high degree of social control and interaction with various forms of enforcement in totalitarian societies. In authoritarian societies there may be a lot of fear; however, the fear is not generally directed towards neighbours but towards another state or a specific sub-population within the authoritarian society. Without rule of law and due process, accusations from a neighbour are as damning as video evidence.³⁰ In addition to this, competition for scarce resources in the USSR and previous beliefs about the community's role in re-education in Maoist China, added to the fears that neighbours might make accusations of disloyalty to the government.

In conclusion, governmental policies surrounding rule of law and law enforcement negatively impact interpersonal relationships in totalitarian states more than in authoritarian states because of the increased social pressures that totalitarianism brings. In the totalitarian USSR there was no rule of law, and law enforcement was accomplished through fear and many government informers and police. Moreover, the black market was a flourishing second economy and almost all law enforcement participated, decreasing confidence that an accused would have a fair trial. In totalitarian Maoist China, there was no rule of law; instead, there was a view that rule of law was unnecessary because humans were naturally good, and crime was a result

of ignorance. Compliance was manufactured through fear of dissidents and community involvement in re-education and sanctions against dissidents. In authoritarian Libya under Qadhafi, there was no rule of law, and enforcement was enacted through nationalism, propaganda, and selective examples of dissidents as in the case of Shwedhi's show trial and public execution. In both authoritarian and totalitarian societies there is no rule of law. Both authoritarian and totalitarian societies use fear for political gain and to encourage compliance. Both authoritarian and totalitarian societies use force and threat of force to silence dissent. The difference is that in an authoritarian society a person can trust that not everyone is counter revolutionary, but in a totalitarian society a person can trust no one.

29 Aviezer Tucker, *The Legacies of Totalitarianism: A Theoretical Framework* (New York, Ny: Cambridge University Press, 2015), 110.

30 Rendle, "Revolutionary Tribunals and the Origins of Terror in Early Soviet Russia," 670..

Freyja Jarnagin POLI 100: Politics and Government | Hugh Gordon

| Northern Lights College | November 24, 2022

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Arriane Noelle V. Abanto



NLC Technical Writing Award Arriane Noelle V. Abanto

The NLC Technical Writing Award is a new award category recognizing excellent writing in technical programs and especially in the Business Management Diploma Program. This year's winner is Arriane Noelle V. Abanto's "The Ripple Effect: The Philippines' Business Process Outsourcing Industry and its Vital Role in Their Economy." Arriane is from Manila, Philippines, and has a Bachelor of Arts, Business Economics. She selected NLC's Business Management Diploma because the College offers some of the most affordable tuition and fees in Canada and has a curriculum in line with her work background in banking and finance. She believes that courses such as Principles of Corporate Finance and Management Skills for Supervisors, combined with her established work experience, will "give her an edge" in managerial positions in the same industry. Arriane's family is the inspiration for everything that she does, and she credits them for her successes.

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- 54 **The BPO Industry and the Philippines' Thriving Business Sectors**
- 55 **The BPO Industry and the Philippine Economy's World Ranking**
- 56 **Challenges to the BPO Industry in the Philippines**
- 57 **The BPO Industry and the Philippines' Thriving Business Sectors**

Arriane Noelle V. Abanto Business Management Diploma | Northern Lights College
| ECON 105: Principles of Economics | Brandon MacKinnon | November 26, 2022

The Ripple Effect: The Philippines' Business Process Outsourcing Industry and its Vital Role in their Economy

Despite the COVID-19 pandemic's harrowing effects on the Philippines, the country's economy has thrived. According to the United Nations Industrial Development organization (2023), the Philippines is "touted as a soon-to-be 'Asian Tiger' economy" (para. 5), and according to the World Bank classification, it is "one of the emerging market economies in East Asia and the Pacific region boasting a globally recognized competitive workforce" (para. 1).

Even before the COVID-19 virus, the Philippines' economy was thriving due to Business Process Outsourcing (BPO). According to Natividad (2015), in 1995 the Philippine Congress passed the Special Economic Zone Act, "lowering area requirements for development and offering tax incentives to attract more foreign investors" (para. 7). This process, known as Business Process Outsourcing (BPO), is the assignment of business processes, particularly services, to an external third-party service provider that specializes in the selected process. The BPO industry mainly covers services related to information technology, banking and finance, sales, marketing, and customer service.

This paper will discuss the overall effect BPO has had on the Philippine economy considering the global competition and the Philippines' economic revenue, real estate, employment, transportation, telecommunication, and small and medium businesses (SMB). It will argue that since the BPO industry came to the Philippines, the overall net impact of the subject industry on

the Philippine economy has been positive, but there are possible threats and challenges faced by BPO industry that must be addressed for the Philippines' BPO industry to become a vital employment and profit generator in the future.

The BPO Industry and the Philippine's Thriving Business Sectors

The gross domestic product (GDP) quantitatively defines an economy's growth and strength. Natividad (2015) stated that in 2000, just 5 years after the time the Congress of the Philippines passed the Special Economic Zone Act, the Philippines' BPO industry contributed 0.075% to its economy's GDP. After another 5 years, the subject industry contributed 2.4% to the Philippines economy's GDP. Then from 2011 through 2012, it became one of the biggest and fastest-growing job providers in the private sector, generating USD 11 billion in revenue, making up 5.4% of the country's total GDP, and employing 638,000 Filipinos (Natividad, 2015).

Despite the COVID-19 pandemic, tech businesses, which are mostly made up of BPO companies, have thrived amidst unpredictable situations (Venzon, 2022). The IT and Business Process Association of the Philippines (IBPAP) stated that last year's revenue by the BPO industry, particularly the contact center category, went up 10.6%, to USD 29.5 billion. Subsequently, employment sector-wise, the BPO industry ended 2021 with 1.44 million workers, up by 9.1%, or 120,000 new jobs. Because of the increase in revenue, there was also an increase in employment

for the said year (Venzon, 2022).

The Philippines' economy has been driven by foreign investments, which consequently have boosted the real estate sector. Since the BPO industry's boom, the demand for office spaces and buildings drastically increased. Subsequently, real estate has become one of the highest-paying jobs in the Philippines' labor market (see Table 1A), as there was an increase in the buying power and demand, especially of middle-class households, for more up-to-date properties such as subdivisions, townhouses, and condominiums.

Topping the ranks of outsourcing hubs in the world and accounting for 15% of the global BPO market, the Philippines' BPO industry has been predicted to further increase its real estate investment this year (Prime Global, 2022, para. 9). As Prime Global (2022) explained, "According to the Philippine Economic Zone Authority (PEZA), the industry receives an increase of 37% in IT-BPO management pledges from foreign investors. Despite the ongoing COVID-19 pandemic, PEZA claims to foresee the leasing of condominiums and other properties to escalate in the next 18 months as the industry continues to expand" (paras 10-11).

The transportation and telecommunication sectors have also seen growth. With the continuous increase in the population of employed Filipinos comes the increasing demand for transportation services. Since the BPO industry accommodates clients from every corner of the globe, its services are all hours in

every client market's time zone. Likewise, the telecommunication sector growth increased and continues to do so amidst the pandemic and post-pandemic era. In addition to its other uses, such as in education particularly for online classes, the Internet is an essential tool for businesses to run, and it gained from the increased demand from the BPO companies during the height of the pandemic.

Similarly, there was growth in the food sector. Small- and medium-sized businesses are defined as independent companies with a small population of employees and earning below a certain standard revenue, depending on which market. With the increase in foreign investments, comes a larger population of BPO employees. Having services almost 24/7 increases BPO employees' demand for more food establishments in their offices. As such, this helped boost the growth and innovation of food outlets, start-up restaurants, and convenience stores.

The BPO Industry and the Philippine Economy's World Ranking

While research data shows that the Philippines is already part of the global BPO market, the country's capability to profit from this industry still depends on how well it can compete against other leading BPO hub countries, such as India, the People's Republic of China, and Vietnam. Magtibay-Ramos et al. (2007) stated that "Generic competitiveness includes measures related to human capital, costs, infrastructure, business and living environment, and risk

factors” (p.11). In a study conducted by NeolT in 2006, the most competitive city was Delhi, India. Manila, Philippines was ranked 9th, next to Ho Chi Minh, Vietnam (as cited in Magtibay-Ramos et al., 2007, p.11).

Human capital is the most critical resource demanded by the BPO industry. In addition to having a high literacy rate of 89% and being one of the top English-proficient countries, the Philippines, compared to India, also has a higher proportion of the population in the 25–34 age group with at least tertiary education. Moreover, even though the Philippines has higher electricity and internet costs than the other BPO hub countries, the average salaries in the Philippines’ BPO industry are lower than those of the other top BPO hub countries, which is a vital deciding factor for foreign investors looking to cut costs, particularly in labor, at an internationally competitive rate. BPO hub countries also differ in their employees’ tailor-fit skills. While India on the one hand boasts of its industry-specific capability, the Philippines on the other hand, is perfect for voice-based activities and back-office operations, having been affiliated with Western culture (Magtibay-Ramos et al., 2007, p. 13).

Despite these positives, in addition to electricity and internet costs being the Philippines’ BPO industry’s downside, it has been implied in the 2006 cross-country comparison (see Table 2 B) of the Institute for Management Development that the Philippines has weak political governance, pulling down its overall performance. According

to the Institute for Management Development, “Out of 61 countries, the Philippines ranks only 51 in terms of transparency, and 59 or third-worst in both performance of custom’s authorities and public service” (Magtibay-Ramos et al. 2007, p.13). Moreover, although it holds the title “The BPO Capital of the World” since 2010, the Philippines at present is still at the number 2 spot, while India persists at the top. With the current overall status of the Philippines’ BPO industry in the global BPO market, despite being above par with the other leading BPO hub countries, it may take some time before the Philippines could catch up to India’s level.

Challenges to the BPO Industry in the Philippines

Since the birth of the BPO industry in the Philippines, foreign investors continue to situate their businesses on the Philippine shores. As such, the Philippines’ BPO industry has been an essential employment and profit generator for the country’s economy. Amidst the COVID-19 pandemic, the subject industry was able to adapt to abrupt changes such as work-from-home arrangements. The government and the private sector were able to reach equilibrium, letting employees adjust through the gradual changes, and at the same time, the employers maintain the same rate of taxes for their real estate payments. As such, many experts believe that through the country’s BPO industry, the Philippines can have a breakthrough and improve its economy.

However, at this point, the overall impact on the economy is speculative. As mentioned, sectors of the Philippine economy such as economic revenue, employment, real estate, telecommunication, and transportation, have prospered and continue to do so with the help of the BPO industry. However, threats and challenges such as lack of government support and policies, employment–education mismatch, structural unemployment, and stronger global competition hinder the BPO industry from having a positive overall impact on the Philippine economy. For one, the Philippines’ BPO–contact center subsector requires only the minimum qualifications for employment such as a college or even a high school degree, good English proficiency, and computer literacy, regardless of educational background. This creates an employment–education mismatch wherein the said subsector may have enticed a good number of high school and college graduates whose knowledge and skills align with other highly skilled jobs, which subsequently causes structural unemployment in other or even the same industry. Moreover, over the years, while the Philippines’ BPO industry helped strengthen the economy’s labor force, the unemployment rate remained high. This shows that there is also a lack of government support and implemented strategic policies to address this decades–long issue.

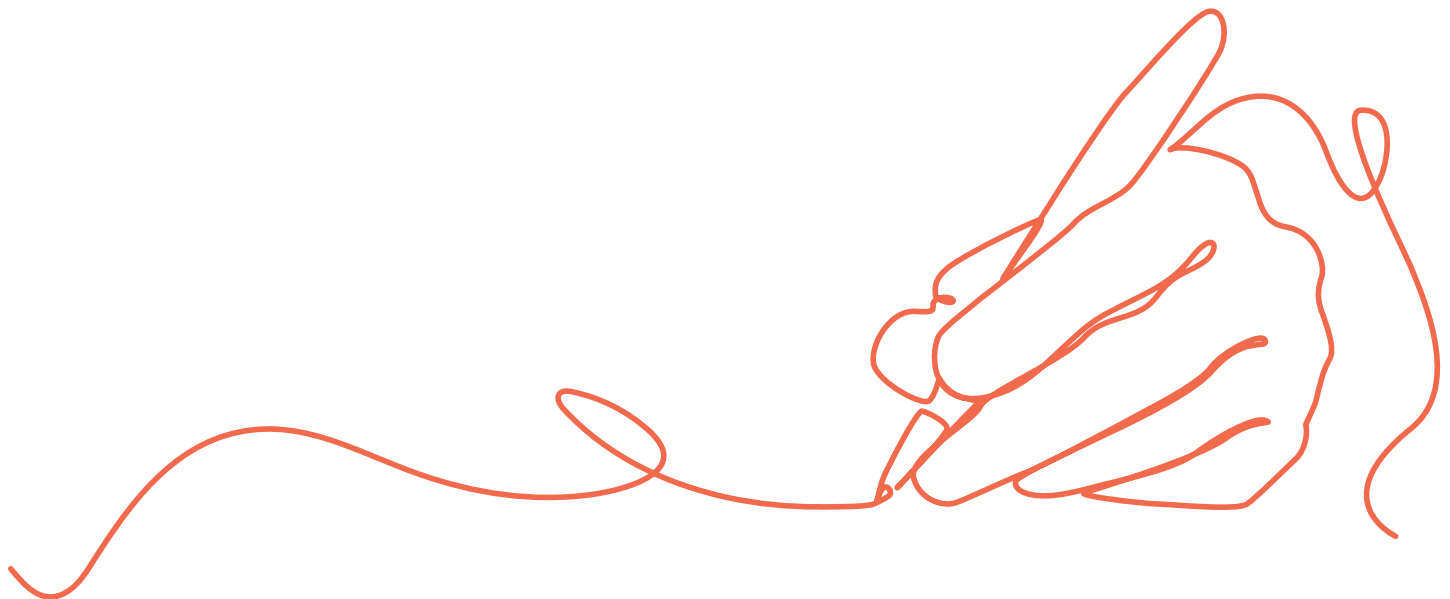
Conclusion

There are qualifications to research findings, but this essay has argued that since the BPO industry came to the Philippines, the net impact of the subject industry on the Philippine economy has been positive. Further outcomes will emerge in the aftermath of the recent changes due to the pandemic such as remote work and educational learning and countries’ borders reopening and economies recovering. However, this essay has pointed out the positive impact of the BPO industry on economic revenue, employment, real estate, telecommunication, and transportation. Nevertheless, it has also observed possible threats and challenges faced by the BPO industry such as lack of government support and policies, employment–education mismatch, structural unemployment, and stronger global competition. If these issues are given proper attention by the involved parties, the Philippines’ BPO industry could become a vital employment and profit generator in the future.

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Appendix Table 1

Average Monthly Salary of Workers in the Philippines

Roles	Monthly Salary (in PHP)	Monthly Salary (in USD)
Maintenance and cleaning crew	PHP 8,420	\$166
Service personnel (driver, cashier)	PHP 12,885	\$253
Office clerk (entry-level)	PHP 15,686	\$308
Security guard	PHP 17,174	\$338
Construction worker	PHP 18,824	\$370
Teachers	PHP 18,998	\$373
BPO employees	PHP 25,519	\$500
Licensed Professionals*	PHP 45,423+	\$893+

Note. Adapted from Indeed. (2023). *Salaries in the Philippines*. (<https://ph.indeed.com/cmp/Indeed/salaries#:~:text=The%20average%20Indeed%20monthly%20salary,per%20month%20for%20Sales%20Coordinator>).

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Appendix Table 2

2006 Cross-country Comparison of the Institute for Management Development

EDUCATION AND GOVERNANCE, CROSS-COUNTRY COMPARISONS						
	EDUCATION	GOVERNANCE ^a				
	PERCENT OF POPULATION WITH TERTIARY EDUCATION FOR PERSONS AGED 25–34, 2003	CORPORATE TAX RATE ON PROFIT, 2005 ^b	EMPLOYER'S SOCIAL SECURITY CONTRIBUTION RATE, 2005 ^c	TRANSPARENCY, 2006 ^d	CUSTOMS AUTHORITIES, 2006 ^e	PUBLIC SERVICE ^f
Philippines	17	32.0	9.62	51	59	59
Asian Countries						
PRC	—	33.0	0.00	23	38	23
India	9.5	35.9	0.00	34	47	47
Korea, Rep. of	47	27.0	6.74	38	41	25
Thailand	18	30.0	6.12	52	44	41
Malaysia	18	28.0	0.35	15	26	15
Singapore	49	20.0	13.00	6	3	12
Taipei, China	43.2	25.0	9.21	50	36	26
Non-Asian Countries						
Brazil	7	25.0	37.29	58	58	54
Canada	53	41.1	7.07	5.95	25	7
Czech Republic	12	28.0	35.36	37	14	27
Mexico	19	32.0	20.25	26	50	32
Hungary	17	18.0	35.39	46	30	40
Ireland	37	12.5	10.75	6.43	5	11
Poland	20	19.0	19.83	59	48	60
Russia	31	24.0	30.15	55	60	49
South Africa	10.6	30.0	1.38	13	46	50
Median	18.5	28.0	9.62	37	41	32

Note. Adapted from Magtibay-Ramos, N., Estrada, G., & Felipe, J. (2007). An analysis of the Philippine business process outsourcing industry. ERD Working Paper Series, No. 93. (<https://think-asia.org/bitstream/handle/11540/1849/wp093.pdf?sequence=1>)

Esther H. Loewen



NLC Academic Writing Awards First Runner-up

The first runner-up for the NLC Technical Writing Award is Esther Loewen's "Professional Communication in a Medical Setting," written for Michelle Taylor's Practical Nursing 240 class. Esther grew up on a small farm outside of Fort. St. John. She has always been interested in a career with emergency services, and life changes brought about by the Covid-19 Pandemic inspired her to attend The Key Learning Center in Fort St. John to upgrade before being accepted into NLC's Practical Nursing Diploma program. Esther's practicums in the program have presented many "learning curves," but classmates, instructors, healthcare workers, friends and family have encouraged and inspired her development as she enters a profession in which "career options are endless and there is always a demand for workers." She was inspired to write this essay because she believes in the vital importance of communication in the profession of nursing and in daily life.

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Professional Communication in a Medical Setting

Professional Communication in a Medical Setting

Communication is the proverbial axial skeleton of an LPN's career upon which the rest of their career can stand, bend, adapt, perform, and grow. Whether directing in a lead role in an emergent situation, instructing a new graduate, or simply teaching a patient self-sufficiency, communication is critical. For the more introverted nurses, this may be intimidating at first, but communication is as varied as the individuals themselves, and with time and experience, nurses may find their niche in the dynamic field of healthcare. This paper will examine ways in which interdisciplinary team members may communicate professionally in a healthcare setting. It considers the importance of competent and calm communication especially during life-threatening events and how professional communication with team members, clients, and client's families is important when providing patient-centered collaborative care.

Directing During a Clinical Emergency

The words "competence," "professionalism," and "calmness" encapsulate the critically important nature of a successful communicator in any clinical interaction. An individual's approach to a career, particularly in the field of healthcare, must include expecting the unexpected. Despite the healthcare professional's success in maintaining current best practices in their post-graduate education, stress, urgency, life-

threatening events and deaths are inherent in nearly any healthcare career. Indeed, the very phrase "emergency services" heavily emphasizes the afore-mentioned characteristics of competent care in a crisis.

For this very reason, the healthcare professional must be well trained and, with experience, may become a proficient communicator in medical crisis situations. Becoming a proficient communicator is essential; as any healthcare professional knows, in any given emergency, seconds could mean the difference between life and death for someone's loved one.

Competency is not merely the ability to perform physical tasks and skills, but as the Hunter Business School (2019) explained, it also includes the ability to express appropriate medical terminology in documentation and in spoken communication between multi-disciplinary team members. It includes interpreting verbal reports often while multi-tasking and making sense of written reports to respond accordingly in the interest of a positive patient outcome ("When do Good Communication Skills" section).

In a clinical emergency, conveying medical information efficiently and accurately is a top priority. Receiving, interpreting, and responding are also important. In a complex scenario, when the focus of a team of healthcare workers descends on one subject, a team leader not only needs to be aware of their team members' scope of practice but also needs to be able to delegate in a way that is effective, patient

centered and timely (British Columbia College of Nurses and Midwives [BCCNM], 2023, “Principles” section). Therein lies the ability to convey and/or interpret appropriate medical terminology with competency.

Although, by definition, there is some overlap with competence, professionalism may convey an intimidatingly idealistic level of skill. While this does reflect a high skill and knowledge level, professionalism also includes the integrity and vulnerability of owning one’s mistakes, asking for help when unsure of one’s proficiency with a procedure or an intervention and working collaboratively with colleagues, clients, and clients’ families alike. A professional is respectful and discreet and does not dominate over colleagues or clients, but rather works alongside them as equal partners sharing the goal of patient-centered collaborative care.

In a clinical emergency, the team leader will demonstrate professionalism by communicating with equal parts directness and organization of thought and will delegate tasks within the scopes of practice of team members. “Skill and judgement” are needed when communicating and delegating to ensure that procedures are performed safely (College of Nurses of Ontario, 2022, “Can Someone Who” section). This occurs while also actively participating as an involved team member. The professional team leader would follow up to get results and feedback on delegated tasks, then based off this information, collaborate, debrief, and evaluate with team members to assess the

efficacy of interventions and the success of the outcome of the emergency.

Calmness sets the tone for a professional working atmosphere. Calmness is developed in conjunction with work ethic; it is not reactive to an urgent situation but rather it keeps an even keel in the face of crisis. A team leader can keep team members united and focused on a common goal by maintaining composure in a crisis or a clinical emergency. A calm LPN is efficient in an urgent situation and decisive when making decisions and delegates appropriately to forward efforts of the medical team.

A professional team leader may be more autocratic in leadership; that is, they are the sole decision maker in each situation. In an emergency setting, this decisiveness will generally stand the leader in good stead (University of Arizona Global Campus, 2022, “Autocratic” section). Their approach may be softened if the individual is versatile enough in their communication skills to be able to compromise as the situation calls for and to welcome feedback and collaboration from team members.

Communicating With Patients and Families in Crisis

By far, most nurse/ patient interactions will occur due to an unforeseen and unpleasant circumstance in the client’s life. Injury to the body causes pain, and should the injury be more serious, the patient may be traumatized by the added drama of an ambulance ride. Uncertainty

of not knowing how serious the injury may be, seeking a diagnosis, facing waiting times and wondering how to take care of dependents while languishing through the healing process all increase the client's stress level. Even if an injury isn't traumatic, the disruption to one's life is very real and could have a substantial negative impact. Patients expect medical staff who are communicative, competent, and empathetic to their uncertainties. This is where good therapeutic communication is essential.

Communicating with anyone in any crisis presents its own challenges. Given the broad range of backgrounds, cultures, and personalities that professionals come in daily contact within the healthcare system, nurses do not know from day to day whom they are dealing with or how that person may react in a crisis. Moreover, nurses must be able to perform under that pressure to extract pertinent information to determine and provide patient-centered care. To assist in this, certain standardized assessment methods have been developed, and yet the nurse must be able to step away from ticking the boxes on the assessment form to look at how their client is presenting and see the client as unique.

A nurse's role generally can be simplified into four primary principles: collaborate, communicate, educate, and facilitate. Communicating with patients and families in crisis demands wisdom and a depth in perceptiveness. Crisis communication requires that strength and leadership run parallel with

compassion, vulnerability, and professionalism. Training instills skills such as active listening and asking open-ended questions during a healthcare professional's therapeutic conversation with their client. Depending on the nature of the crisis, a nurse may call on multi-disciplinary team members to intercede in de-escalating situations, while in some cases, the client and their family may simply request time and privacy.

In any situation, the nurse should speak calmly and reassure the client and the client's family of their privacy and confidentiality before proceeding with a discussion of any serious nature. Maintaining an open and approachable persona is an asset in successfully gathering information from the client. Establishing a trusting rapport is very important when dealing with clients and their families in crisis. They need to know that the nurse is there for them to advocate in their best interest and to assist or direct them to the next level or field of expertise if needed.

By any means available and applicable to situations, the nurse will exercise tact while remaining forthright and honest during a crisis interaction and offer supports such as social services, interpreter, clergy or elder. The nurse will not attempt to diagnose an illness, nor interpret or comment on findings of tests, labs and examinations but may engage in an empathetic but respectful discussion with the client about their fears or questions they may have. The professional nurse will provide

education around self-care and preventative and post-hospitalization care.

The nurse should also know safety protocols and policies of their facility should a crisis escalate beyond their means of handling the situation. They should be well versed with the code system and call on it if necessary. Again, depending on the nature of the crisis, they should know the exits, know evacuation procedures, and know physical evasion tactics.

Communication During End-of-Life Issues Arising in Acute Care Settings

Building trust is the foundation of any client/healthcare professional's interactions. Trust is earned, and the effective nurse will take time to communicate with their clients to establish that trust. The nurse will build upon this trust by providing patient education, practicing active listening, making appropriate referrals (such as counselling or social services), initiating and following through on compassionate therapeutic conversations, introducing CAM therapies, facilitating client-specific preferred cultural practices (such as smudging ceremonies, singing, and prayer) and, finally, implementing medical interventions based on the most up-to-date client-centered best practices.

End-of-life by its very nature is complex and diverse, not to mention emotionally charged. This, of course, is exacerbated when the death or imminent death is sudden and unexpected. Invariably when imminent death occurs without

warning, the urgency and emotion around saving the life of a loved one is raised to crisis levels and must be managed and supported by the healthcare team.

Family dynamics and personal perceptions and preferences become hyper-focused on what time may be left for the individual faced with mortality. This subject, paralleled only in weightiness by the pain and discomfort that invariably accompanies the client's diagnosis and prognosis, often brings about heightened emotions and anxiety. Questions and fears loom large and are as varied as the clients themselves. The nurse is tasked with the daunting duty of initiating difficult conversations around the client's response to treatments and interventions, assessing and communicating most often with the client's physician to advocate for a better possible treatment method, evaluating an alternate medication that may perhaps reduce side-effects, or simply conveying the client's and the family's wishes around care for their loved one.

The nurse must assess the client's and their family's willingness and ability to learn and participate in their care to educate them on and collaborate with them around care decisions. A nurse should communicate with compassion, honesty, and forthrightness no matter the client's age, gender, or cultural background.

All patient education should employ age-appropriate vocabulary and teaching methods. When during an educational interaction with

a client, the nurse is presenting facts and information with the purpose of enabling the client to make informed choices, the nurse must refrain from conveying any personal bias in favor or in opposition to a particular treatment or intervention. The desires of the client and their family must be respected and, to help them feel engaged in their loved one's care in a meaningful way, granted as much as possible.

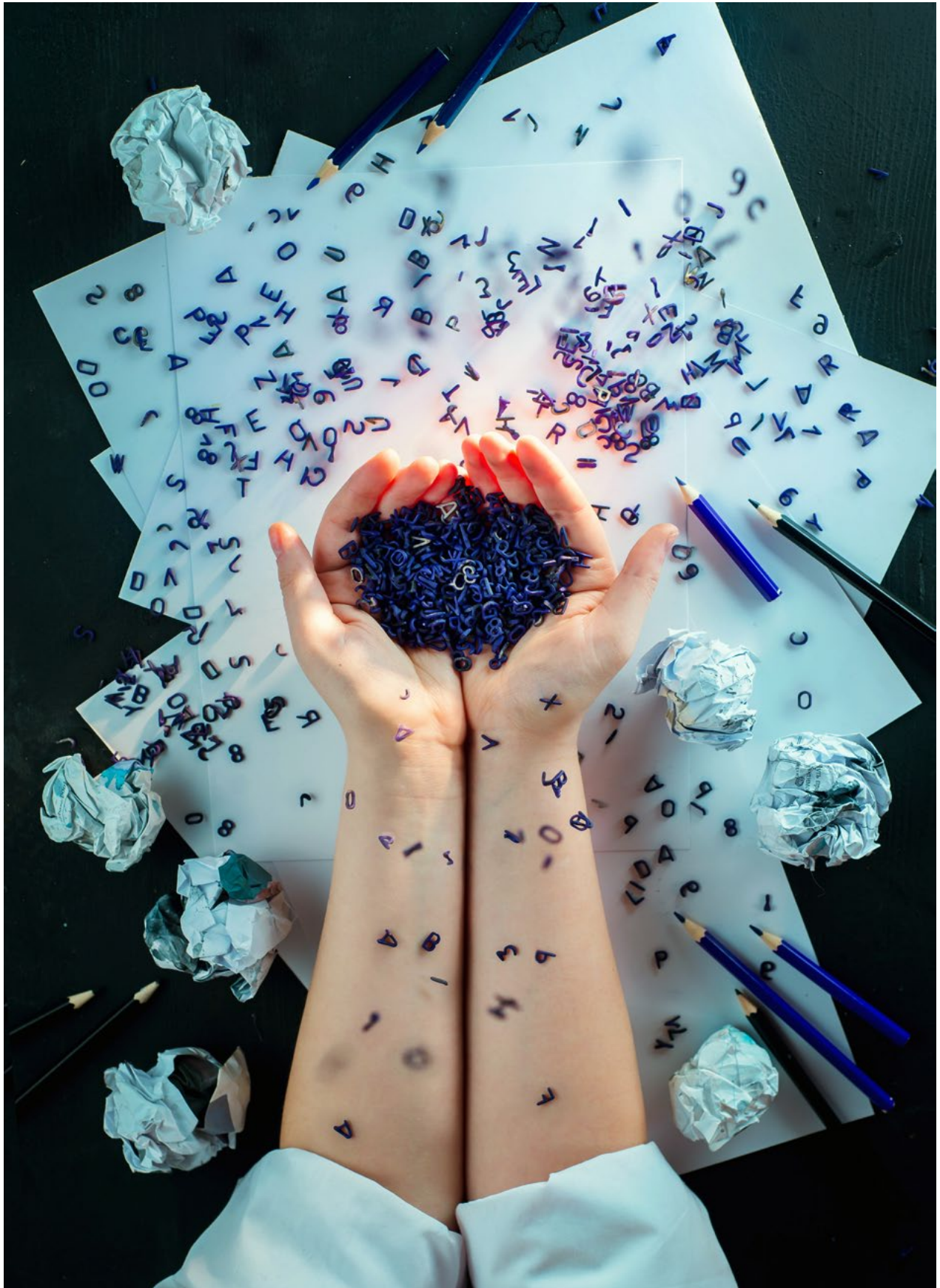
The client may be familiar with the concept of a "good death." A good death is defined as one that is "free from avoidable pain and suffering for patients, families and caregivers in general in accordance with the patients' and families' wishes" (Gustafson, 2007). For most people, the thought of passing away in a strange place in a strange bed surrounded by strange machinery, strange sounds and smells, strange tests and procedures and even more strangers, is less than desirable. However, quite often a client will come to the hospital nearer to the end of their life to seek medical intervention when a sharp decline in their health occurs and they are seeking relief of pain and symptoms. When these symptoms and the pain cannot be managed from home or in another care facility, the hospital may still offer some relief.

Having family and friends by their side to support and uplift them throughout their journey and to take part in caring for their loved one is emotional but can be so rewarding even after the loved one has passed away. The nurse, indeed, the medical team, should do everything in their

power to support the family during their time of emotional need. Support may be as simple as bringing coffee into the room for those who are putting in long hours at their loved one's bedside, providing a gentle, empathetic yet forthright conversation, assessing the client's need for pain and discomfort, or simply allowing them quiet time and privacy.

Even with standardized assessment tools in place, the balance between risk and benefit is always a tightrope for the nurse to walk. In the event of an anticipated death, stigma may still lurk, and questions arise around pain management and the conflicting desire to have a loved one as cognitively clear and in the moment with their family members for as long as possible. To an untrained eye, concerns may linger around over-sedation versus granting their loved one's wishes during their final time (lifesaving/prolonging interventions as opposed to subjecting the client to undue discomfort) and prolonging the inevitable. This is where communication and collaboration between the client, their family and the healthcare team must take place in order to reconcile these goals of end-of-life care.

In conclusion, a nurse must walk a fine line between applying clinical judgement and ethical decision making while adhering to the four main principles that guide the nursing profession: beneficence, nonmaleficence, justice and autonomy. This may at times seem like an impossible balancing act, but with experience and the mindset to "do no harm," nurses can



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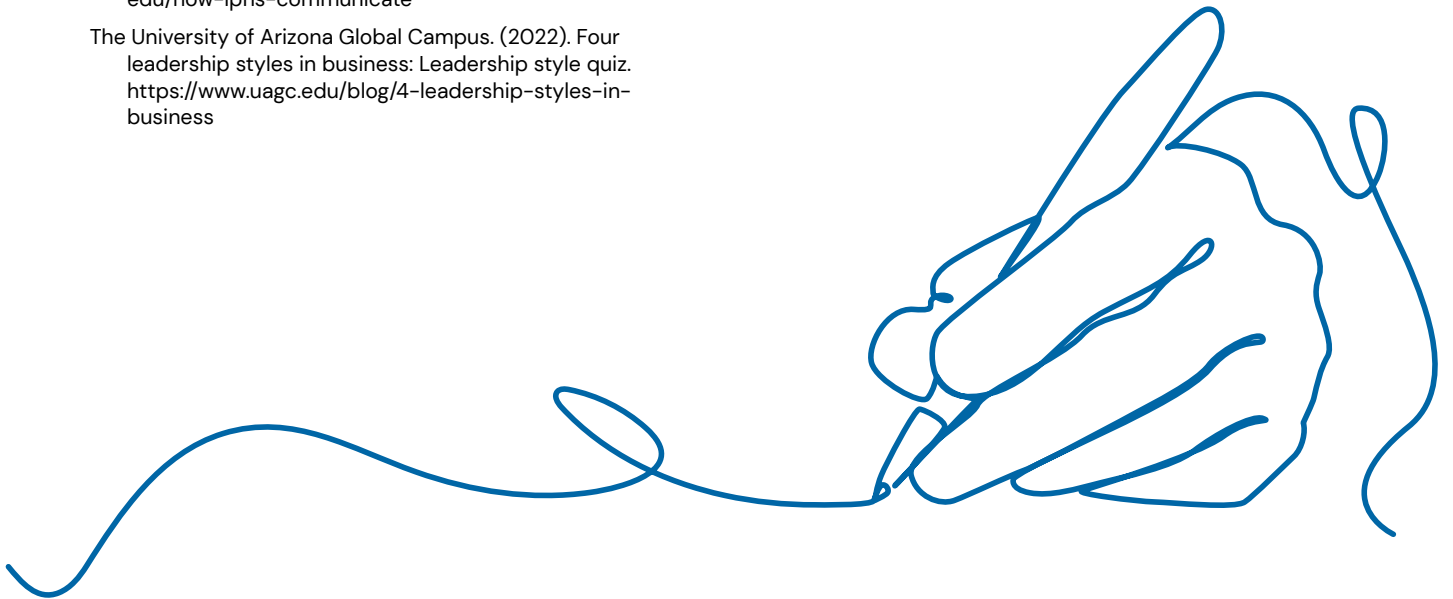
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serve their clients and their families to the very best of their abilities, and, in collaboration with the clients' family and with colleagues, can know that the client is receiving the best care from all areas of expertise. Healthcare and medicine cannot predict patient outcomes with certainty, but with advancements in research and technology

and enhancements in training, recruitment and retention, strides can be made in improvements around quality of life and health outcomes for clients. Communication is a crucial factor in this positive patient-centered care.

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