

# Best regards syndicals No 10

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## Let us take care of our Sickness Insurance (JSIS)

- Speak with your physician and pharmacist about the **generic medicines** and support their use !
- Be informed of average prices for health care bills in order to avoid **unreasonable high prices** !



## CYBERSTALKING: Trauma Even More Intense Than In-Person Harassment: Expert

"It is a new method for an old problem" says **Dr Elizabeth Carll, a clinical psychologist** in Long Island, NY. "Obviously the ones that every is aware of is putting false and humiliating information on the Internet, such as discussion boards, blogs, message boards, Facebook, as well as sending harassing emails and text messages."

But the psychological fallout from such electronic bully tactics can be even more devastating for those targeted than face-to-face exchanges, said Carll, who presented a talk on the issue Saturday at the annual meeting of the American Psychological Association in Washington.

The symptoms of harassment and e-harassments are very similar-anxiety, fear, nightmares, feelings of helplessness, hyper vigilance, having eating and sleeping difficulties, feeling out of control, a loss of personal safety- all of those kind of things go with harassment" she said.

"But what's different is that it is more intense because the electronic harassment is so much more pervasive. Whatever humiliating thing they want to say about you can go out to everybody and they can continue to do this wherever you are, if you're online"....

One insidious form of cyber stalking involves installing spyware on a victim's computer, allowing the perpetrator to read the person's personal emails, track websites visited and steal passwords. "They could also send viruses and spam and harmful programs that could compromise or destroy their computer," she said.

In a highly publicized Canadian case in 2006, an Alberta man was sentenced to a year in jail after being convicted of criminal harassment for using the Internet to turn his ex-girlfriend's life upside-down.

The Huffington Post Canada / 2011

**Trade Unions should insist on the drafting of clear guidelines for the promotion of justice response to stalking!**



Enjoy your summer holidays !



Mother's Day, Father's Day

*Thank you mom, thank you dad,*

*Though no longer living under the same roof, you manage to create a secure environment for us!*

*Your mature behavior, in the face of separation, save us from parental alienations or conflicts of loyalty...*

*Your braveness in the middle of the storm, protects our process of identification and a valid self...*

*Your love, despite the broken dreams, allows us to keep on dreaming and to trust the world of adults...*

Jean Monnet

*the architect of European unification*

*«In 1919, I was involved in the creation of the League of Nations. We wanted to act through persuasion. But this was not sufficient, and the league of Nations was soon paralysed by the States' right of veto..»*

*«At the start of May 1950, our plan was ready. I presented it to Schuman, and he accepted it.»*

*«I went to see Adenauer in Bonn, and he said to me: if this undertaking succeeds, I shall consider that my life has not been wasted.»*

*«A treaty was signed in Paris in 1951 ... »*



Men / Women : anima, animus

«GODS IN EVERYMAN» - Dr JS BOLEN, MD

The author exhibits insights into the psychology of men by sorting them into one or more of the archetypes of the Greek patriarchal pantheon. Each of the major gods. Zeus, Poseidon, Hades, and their offspring: Ares, Apollo, Hephaestus, Hermes, and Dionysus are threaten in a separate chapter. ...

In her descriptions we get to recognize the Zeus boss in our lives, the Ares thugs we knew growing up in a tough part of town, the Poseidon child and wife beating alcoholic down the street, the Hermes seminar leader just in town from the coast, the Apollonian super-rational engineer whose emotionally starved wife has just left him, the Hephaestian workshop of the cabinetmaking brother-in-law, and the out-of-the blue surprises of the Hades friend who suddenly announces that he has been planning for three months to accompany you to Egypt.

Ms. Bolen adds the psychological dimension to a study of the Greek gods that may escape notice in a casual reading of mythology. She captures the spirit of the modern equivalent of a visit to the temples of the gods, complete with the stop at the door upon returning home to drop off Hermes (protector of travellers).

Men and women alike will find themselves (our described in loving and understanding detail by this charming female Hermes author who brings insights from the realm of Hades unconscious) into the Apollonian light of day (consciousness)...

(by Bobby Matherne, researcher)