



# Canadian Learning Company

## 2006 - DVD and Video Catalogue

### ART, MUSIC, DANCE

#### Los Primos Project, The



This documentary by Lara Cassidy follows a unique cultural exchange between Canada and Cuba that uses a combination of jazz and traditional Cuban Charanga music as motivational tools for young music students. It documents the passion and drive of Canadian program organizer Jeff Goodspeed and his Cuban counterpart Ivan Garcia as they create a once in a lifetime experience for their students. "I wanted our students in Nova Scotia to see it's not the things you have, it's your attitude and your work ethic that really produce the music." Jeff Goodspeed.

Produced with the participation of the Canadian Independent Film and Video Fund, Dept of Canadian Heritage, and with the assistance of the Nova Scotia Film Industry Tax Grant.

'05 45 min, Order 9-7800 VHS or DVD  
Grade 8 - Adult PPR \$265

#### The Art History Legends Series

##### 1. Salvador Dali

Determined to shock and to keep himself at the centre of attention at all times, Dali eventually settled into surrealism: the art of placing ordinary objects in jarring, dream-like settings. His master work "The Persistence of Memory" with the famous melting watches is still recognized as a breakthrough painting by the art world. A colourful video showing the life, times and art, of Salvador Dali.

'04 19 min, Order 1-2970 DVD, VHS  
Grade 8+ PPR \$140

##### 2. Leonardo da Vinci

One of the leading artists of the Renaissance or "rebirth" that produced some of the world's most masterful creations, da Vinci was a painter, architect, engineer, mathematician, scientist and philosopher – a genius the world has never seen before or since. Some of his remarkable works include the paintings, "The Last Supper" and the "Mona Lisa", but da Vinci also excelled in creating designs for such diverse proposed inventions as tanks, submarines and "flying machines".

'04 22 min, Order 1-2971 DVD, VHS  
Grade 8+ PPR \$140

##### 3. Michelangelo

The Italian genius Michelangelo dominated the Renaissance, or rebirth, of European art and science in the 1400s and 1500s. His works were not only beautiful, but also remarkably accurate in their depiction of human anatomy and musculature. The creator of the beautiful masterpiece found at the Sistine Chapel, and the masterful statues, the Pieta and David. A riveting and beautiful program on one of the most truly gifted artists of all time.

'04 17 min, Order 1-2972 DVD, VHS  
Grade 8+ PPR \$140

##### The Mysteries of Cave Art

The earliest discovered human works of art, Pleistocene cave paintings, were created just as the last Ice Age was approaching. Three cave art sites - Chauvet and Lascaux in France, and Altamira in Spain, are featured. The techniques are remarkably sophisticated and include perspective and the use of the contours of the cave wall for a bas-relief effect. Scattered among the images of various, largely extinct creatures are dots thought to represent stars, along with stencils of hands. These remarkable works of Cro-Magnon humans are both instructive and mysterious.

Teacher's Guide:

<http://www.canlearn.com/guides/1-2976SG.pdf>

'04 18 min, Order 1-2976 DVD, VHS PPR  
Grade 8 + PPR \$140

##### The Performing Arts: Ballet Choreographers and Dancers



This fascinating program presents an intimate look at the unique world of classical ballet. A professional choreographer and dance artists show first hand the artistic process, hard work, dedication, and skill that go into the creation and performance of a new full-length ballet, as well as the joys and tribulations of a career in this area of the performing arts. Teacher's Guide: <http://www.canlearn.com/guides/1-2889SG.pdf>

'03 24 min, Order 1-2889 DVD, VHS  
Grade 6+ PPR \$265

##### Rembrandt: By Himself

Rembrandt (1606-1669) is the best-known and most influential Dutch artist of the seventeenth century, and through his self-portraiture, he remains one of the most recognizable of all artists. No other painter before the age of photography was depicted as intensely and frequently over such a long period. His features have come down to us through nearly eighty self-portraits - paintings, etchings and drawings. Drawing and painting his own features gave

Rembrandt the freedom to experiment with facial expressions and effects of light, producing material for his dramatic history paintings and advertising his skill as a portraitist to potential clients.

This video includes many of Rembrandt's most famous self-portraits from collections in Europe and the United States, and places them in the context of his other great works.

'99 27 min, Order 5-5519 VHS  
Grade 9-Adult PPR \$69.95

### CHARACTER DEVELOPMENT

#### Six Pillars of Character Series, The

Help kids explore six essential character virtues with the Popcorn Park Puppets. In each program the puppets become entangled in problems that require them to sort out right from wrong. Complete with inspiring songs and delightful humour, the programs provide a fun way to engage your students in thinking, talking, and writing about the kinds of people they want to be. Each program includes a teacher's guide with discussion questions, writing assignments, follow-up activities and a take home page for parents. cc

DVD has both English and Spanish

"The educational and entertaining content of this well-planned series makes it a must purchase for school media centres and public libraries". Carol Y. Barker, *School Library Journal*

Trustworthiness, 22 minutes  
Respect, 26 minutes  
Responsibility, 23 minutes  
Fairness, 27 minutes  
Caring, 23 minutes  
Citizenship, 28 minutes

'03 Order 5-29000 DVD, VHS  
Grade K-5 PPR \$559 Series, or \$120 each

### FRENCH

#### Ma Chere Clara (See listing Page 5)



### GEOGRAPHY

#### Vietnam: Land of Diversity

Provides an intimate and candid look at the varied lifestyles, culture, traditions and religions found among the people of Vietnam. However humble, the Vietnamese are elegant, proud and

independent. Characterized by self-discipline, they also are sustained by the ideals of tribal unity and strength of family. Their is a story of determination, survival and cultural integrity.

An unbiased vision of this nation whose history has become forever linked to that of America.

'03 25 min, Order 1-2725 DVD, VHS  
Grade 7-Adult PPR \$149.95

### **Laos : Past and Present**

Look at the culture and daily life in Laos which, by western standards, is one of the poorest nations in the world. Laos has one of the lowest foreign debts in Asia. A gentle country where the air is clean and nothing seems hurried, Laos presents a unique time warp of tranquility in an Asia that is constantly hustling to feed it ever-growing population. Deeply rooted in Buddhism, Laos has often been referred to as a poet's sanctuary.

'03 19 min, Order 1-2726 DVD, VHS  
Grade 7-Adult PPR \$149.95

### **Cambodia : A Land in Transition**

Cambodia - a country rich in myth and morality handed down through the art of storytelling. Cambodians are moved by the rhythms of life. Their love of colour, flavours and music is evident in their foods, their cultural activities, even in the routine of daily work. The aboriginal people of Cambodia are known as Khmer, a group whose legacy is one of both brilliance and brutality.

This video captures the drama and energy of a nation caught in the cycles of creation and destruction. Teachers Guide :

<http://www.canlearn.com/guides/1-727ATM.pdf>

'03 23 min, Order 1-2727 DVD, VHS  
Grade 7-Adult PPR \$149.95

### **North America: Land & Resources**

Viewing the North American continent as one vast region, this visually outstanding program takes students on a panoramic journey that recognizes geographic rather than national boundaries. Visit the sweeping vistas of the Atlantic and Gulf Plains, the Appalachian Mountain system, the Canadian Shield, the Great Plains, the Rocky Mountain System, and the Pacific Coastlands. Regional climates, vegetation, natural resources and commercial industries are explored, along with the continent's agricultural capacity to nourish the population of Canada and the United States, and much of the rest of the planet.

Teacher's Guide:

<http://www.canlearn.com/guides/1-696ATM.pdf>

'03 22 min, Order 1-2696 DVD, VHS  
Grade 6-10 PPR \$149.95

### **North America: The People**

The culture and history of North America's multi-cultural population comes to vibrant life as this program portrays us in all our intriguing diversity. The heritage and customs of Native

American tribes are explored, along with the immigration history of such groups as Asians, Africans, and people of Hispanic and European ancestry. Students are introduced to unique cuisines and cultures brought to North America and learn that some groups reside in ethnic neighbourhoods where a common national background and the old traditions are honoured and preserved.

Guide:

<http://www.canlearn.com/guides/1-697ATM.pdf>

'03 22 min, Order 1-2697 DVD, VHS  
Grade 6-10 PPR \$149.95

## **HEALTH & SAFETY ISSUES**

### **Bicycle Safety and You**

A police officer advises students on how to make bicycle riding safer and more fun. topics include bicycle maintenance, safety gear, and safety rules. Review questions and summaries after each segment help fix the concepts in the viewer's mind. The facts presented in this practical program could prevent injuries and even save lives.

'04 15 min, Order 1-2978 DVD, VHS  
Gr4-6 PPR \$185

### **In An Instant: Fire Injury Prevention**

As these boys and girls relate their heart-breaking stories, young audiences will soon understand the consequences of their own actions. Fire injury is one of the most debilitating and painful experiences a person can endure. Every year, thousands of children are injured or killed in such accidents. This powerful video provides an unflinching look at several young burn survivors as they describe the painful process of healing, treatment and therapy. The lesson to be learned is simple: the only true remedy for burn injury is prevention.

'03 39 min, Order 8-1146 DVD, VHS  
Grade 5 to Adult PPR \$225

### **Bitter Pills: Prescription Drug Abuse**

The most widespread drug problem today, prescription drug abuse is growing at an alarming rate. While helpful to those with a medical condition, prescription drugs can create a world of madness for those who abuse them.

This honest, in-your-face documents Hip-Hop artist "The Q" in a no-holds-barred style. Recovering addicts, many of them school-age themselves tell how they got hooked, and how prescription drug abuse ruined their lives, leading to jail, sexual assault, overdose and the deaths of those they loved.

The legal consequences for those caught with prescription drugs, especially those bought on the internet, are explored. Drug counsellors, themselves recovered addicts, expose how dependence and tolerance can lead to addiction and a fatal overdose.

'05 22 min, Order 9-0051 DVD, VHS  
Grade 8-Adult PPR \$195

### **The Downward Spiral: Oxycontin & Opiate Addiction**

Oxycontin abuse has grown faster than any other prescription drug in decades. Thousands of teens and young adults have overdoses. In some treatment facilities, 50 to 90 percent of those seeking treatment name Oxycontin as their primary drug of abuse. Oxy's and other opiates like Vicodin and Codeine are getting users addicted to morphine and heroin.

Many begin taking the pills for a medical condition and end up getting hooked. Others take them for "recreation" believing it's just another pill, only to find that it is a "take-over-your-life" pill.

Chemical dependency counsellors, former addicts, and family members show how to escape the terrible grip of these opiates and where to go for help.

'05 19 min, Order 9-0050 VHS DVD  
Grade 8-Adult PPR \$195

## **HEALTH & PLANNING**

### **Lifestyles – Relationships Nutrition - Drug & Alcohol**

### **Don't Suffer in Silence : Sexual Harassment**

When a group of students decide to make a video about sexual harassment, they encounter a female student who actually is being sexually harassed. They convince her to report the situation to a counsellor. The counsellor conducts a hearing, interviewing the targeted student, as well as the harasser himself. Intertwined with the story are interviews with police and school officials who define what sexual harassment is, show how targeted students can empower themselves, and explain a range of consequences for students who harass others.

'03 29 min, Order 1-2702 DVD, VHS  
Grade 8 + PPR \$225

### **Bullying: Not Just A Guy Thing**

Since transferring to her new school, Amy's been teased unmercifully by fellow student Stacie and her all-girl posse of bullies. The girls' idea of fun is to submit Amy to a daily barrage of name-calling, mean tricks, and unfounded rumours. This reduces Amy to tears, causes her to avoid other students, and even to fear coming to school.

Contrasts the nasty-as-they-wanna-be behaviours of Stacie and her friends with the straightforward and practical advice of teachers and student counsellors who discuss what bullying is, how targeted students can, and should, take steps to end the harassment, and how being confronted about their behaviour is a positive event for the bullies themselves. When

a targeted individual confronts his or her tormentors it offers the bullies an opportunity to effect a change in their own lives by stopping the negative behaviour.

Teacher's Guide:

<http://www.canlearn.com/guides/1-2856SG.pdf>

'03 30 min, Order 1-2856 DVD, VHS  
Grade 6-8 PPR \$225

### **Dangerous Games :** **Power & Control in Teen Dating**

When teens begin dating there are a lot of confusing emotional and behavioural aspects to figure out. How do relationships work and how are the individuals supposed to act with each other? Many teens end up playing power games in their relationships. However, in these dangerous games of manipulation and abuse the stakes can become very serious and potentially lethal. One out of every four teens experiences at least one episode of dating violence. This program helps students spot the red warning flags - by identifying controlling behaviours that one teen may use against another to exert power and control in a dating relationship. This treatment of the subject encourages students to engage in a dynamic discussion of dating violence.

'04 30 min, Order 1-2953 DVD, VHS  
Grade 8-12 PPR \$195

### **Welcome Back Devon (Bullying)**

The potential consequences of remaining silent are portrayed in this frank portrayal of a middle school student who is constantly harassed by three older classmates. Devon struggles with name-calling and putdowns until the bullying escalates, putting him in hospital. Between scenes from Devon's story, students speak frankly about their experiences of harassment and the fear of retaliation should they get involved.

Guide :

<http://www.canlearn.com/guides/1-2896SG.pdf>

'04 30 min, Order 1-2896 DVD, VHS  
Grade 6-8 PPR \$225

### **Toxic Relationships**

Healthy relationships between partners are based on mutual trust, respect and affection. The flip side of a healthy relationship is a toxic one - built on a shaky foundation of mistrust, jealousy and disrespect. In this thought-provoking video, high school students discuss the obsessive demands, the blaming and control issues common to abusive relationships. Encourages peers to avoid situations and to look for trust and acceptance from their friends and partners. Teacher's Guide:

<http://www.canlearn.com/guides/1-2709SG.pdf>

'03 29 min, Order 1-2709 DVD, VHS  
Grade 8+ PPR \$225

### **It's Your Choice : Birth Control For Teens**

A fast-paced, forthright program providing clear information to help teens make

decisions in this crucial area of their lives. The effectiveness of each method in pregnancy prevention, possible side effects and health risks, and protection against HIV and other STIs are all discussed. The young people sharing their experiences bring an authenticity to the program while answering a broad range of questions regarding how various methods are used and their candid opinions on abstinence.

Study guide :

<http://www.canlearn.com/guides/1-2944SG.pdf>

'03 30 min, Order 1-2944 VHS  
Grade 8+ PPR \$195

### **Sexually Transmitted Diseases**

Provides an overview of curable and non-curable STDs (chlamydia, gonorrhoea, syphilis, herpes, HPV and AIDS) and their symptoms. Explains how to use the male condom effectively and includes info about the female condom and oral sex. While the video provides guidelines for safe sex it states that abstinence is the only way to be completely protected.

Facilitator's Guide:

<http://www.canlearn.com/guides/3-2045SG.pdf>

'03 13 min, Order 3-2045 VHS  
Grade 9+ PPR \$225

### **Contraceptive Choices, 3rd Edition**

This informative program acquaints viewers with a wide range of birth control options including non-prescription, prescription, and surgical methods. Beginning with a review of reproductive anatomy and the process of conception, the program explains the objective of all birth control methods. Specific methods are discussed with illustrations showing how each works to prevent pregnancy.

Guide :

<http://www.canlearn.com/guides/3-2042SG.pdf>

'03 17 min, Order 3-2042 DVD, VHS  
Grade 8-12 PPR \$225

### **Sex, Drugs and HIV**

The causes and consequences of unhealthy choices are covered in an honest, forthright presentation. While giving up drugs altogether is the first line of defence, frequent HIV testing, being honest with your doctor, refusing to share needles, and always using condoms are also among the preventive strategies mentioned. In the end, the message in this video is that your risk for HIV depends on what you do - you are in control.

Guide :

<http://www.canlearn.com/guides/1-2924SG.pdf>

'04 25 min, Order 1-2924 DVD, VHS  
Grade 7-12 PPR \$245

### **Risky Stuff**

Tackling uninformed decision-making head on, an engaging, multi-ethnic group of teens delivers straightforward information, and feelings, about peer pressure, dating, postponing sexual involvement, STDs and the

need for protection if an individual does have sex.

Discusses the link between alcohol, drugs and risky behaviour, and how the sharing of needles can lead to STD infection. Forcefully drives home the relationship between behaviour and physical well-being. STDs are covered, with an emphasis on HIV/AIDS. Encourages students to overcome embarrassment and consult adults for information about sexual involvement and consequences.

Teacher's Guide:

<http://www.canlearn.com/guides/1-2850SG.pdf>

'03 24 min, Order 1-2850 DVD, VHS  
Grade 8+ PPR \$195

### **Hepatitis C : What You Should Know**

Providing a preventive message about this bloodborne viral disease which can fatally attack the liver, this video is excerpted from the patient education version of the same program. Individuals with Hepatitis C, doctors and researchers all address the physical ailments associated with the disease, and discuss methods of transmission and disease prevention. Although some types of Hepatitis C can be cured, individuals often do not know they have the disease since symptoms may not show up for many years. The best defence against infection is education about HCV and making healthful lifestyle choices.

Guide :

<http://www.canlearn.com/guides/1-2932SG.pdf>

'04 10 min, Order 1-2932 DVD, VHS  
Grade 9-Adult PPR \$265

### **Don't Catch the Killer**

This youth-oriented video fills a vital need in the community for a clear, practical, accurate and relevant educational resource on meningococcal disease for secondary and tertiary students and their parents and teachers. Teenagers and young adults aged 15-25, are at a high risk of catching meningococcal disease, primarily because of their social lifestyle and ignorance as to precautions to take and symptoms to watch out for. This program draws on the experience of six straight talking young adults who have battled the deadly disease, with varying outcomes.

'03 23 min, Order 9-1019 DVD, VHS  
Grade 7-12 PPR \$195

### **Fighting Meningococcal Disease**

Learn everything you need to know, how to recognise the early symptoms, and what to do. Essential viewing for anyone with children, especially those in the high-risk groups of 0-5 and 15-25 years. Invaluable for teachers, child care providers, teenagers, young adults, sports people, student doctors, nurses and health care professionals. Contents: catching the disease; who's at risk; recognising symptoms; action to take; treatment long term effects; vaccination and precautions to take.

'03 33 min, Order 9-1020 DVD, VHS  
Grade 7-12 PPR \$195

### **Young and Overweight : Helping Yourself Change**

This positive video shows real young people making their choice "health"! Today, we are all faced with unhealthy food and activity choices. It is particularly challenging for the young person to assess choices and make healthy decisions. Especially designed for children and young people who are already overweight. It gives them the tools they need (including calorie counting and using the nutrition facts label on packaging) to make everyday lifestyle choices that will help them get to a healthy weight.

Emphasizes the importance of adding physical activity to their daily routine, and introduces the "10,000 steps program". cc

'05 19 mi, Order 3-2050 VHS  
Grade 6-10 PPR \$195

### **High Cholesterol : An Introduction to Treatment**

Everything you need to know about cholesterol - what it is and does, how high is too high, the health risks and how to reduce them. Learn about the different kinds of saturated and unsaturated fat, the foods that contain them, using the food pyramid (Canada's food guide) as a guide for healthful eating, the importance of fibre, and the appropriate use of fats in cooking. Medications are also discussed.

The program ends on a positive note as individuals who have successfully reduced their cholesterol levels discuss their personal experiences and reveal practical strategies such as reading food labels, losing weight, and staying physically active as keys to a satisfying life.

Teacher's Guide :  
<http://www.canlearn.com/guides/1-2920SG.pdf>

'02 23 min, Order 1-2920 DVD, VHS  
Grade 10 to adult PPR \$195

### **Ruined Lives: The Dangers of Methamphetamine**

Meth, also known as speed, ice, and crystal, is a highly addictive drug. It allows the user to stay awake for long periods, reduces appetite and keeps the user "high" for a relatively long time. It also is extremely dangerous with potentially lethal short-term and long-term effects. Includes the dramatic story of a young woman who tries meth for the first time with tragic, life-altering consequences. Interviews with individuals whose lives have been affected by meth abuse, lend a peer group reality to the program.

Teacher's Guide:  
<http://www.canlearn.com/guides/1-2703SG.pdf>

'03 34 min, Order 1-2703 DVD, VHS  
Grade 8 + PPR \$225

### **Secondhand Smoke: Just Say Know**

An appealing ethnically diverse group of students addresses the toll ETS can take on a child's breathing and immune systems. Details regarding the poisons and carcinogens

contained in cigarette smoke are interspersed with information on how these chemicals can cause or aggravate allergies, asthma, ear infections or pneumonia in a growing child.

Students are given practical techniques for asking adults (including parents) not to smoke near children.

Teacher's Guide:  
<http://www.canlearn.com/guides/1-2927SG.pdf>

'04 11 min, Order 1-2927 DVD, VHS  
Grade 4-6 PPR \$180

### **Smoking : The Toxic Truth**

This hard-hitting tobacco prevention program is a powerful tool to deter teens from smoking. Viewers are introduced in graphic fashion to the horrific and heart-wrenching medical consequences of tobacco use, as well as the cosmetic damage. Interviews with smoking-related cancer patients, medical personnel and informed, non-smoking teens, all deliver the emotionally-charged message - smoking can, and will, kill you. Guide :

<http://www.canlearn.com/guides/1-2706SG.pdf>

'02 26 min, Order 1-2706 DVD, VHS  
Grade 7-12 PPR \$195

### **Truth About Teen Alcohol Use 101: A Social Norms Approach**

The social norms approach of this groundbreaking video shows high school students that, regardless of what they assumed was going on, most of their peers do not drink. Interwoven with lifesaving facts about alcohol poisoning, student interviews reveal surprise and relief that their own non-drinking behaviour is identical to that of a majority of their peers. Guide : <http://www.canlearn.com/guides/1-704ATM.pdf>

'02 24 min, Order 1-2704 DVD, VHS  
Grade 8-12 PPR \$225

### **In The Know Series**

#### **1. Cocaine and Crack**

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the devastating effects that cocaine in all of its forms has on abusers' social functioning and physical and mental health. Describes the difference between powdered cocaine and crack. Details the social effects, biological functions, and short- and long-term effects of cocaine, whether it is sniffed, injected or smoked.

'01 19 min, Order 2-5160 DVD, VHS  
Grade 8+ PPR \$195

#### **2. Hallucinogens**

Educate viewers about the real dangers of using the commonly abused hallucinogens LSD, psilocybin/psilocyn mushrooms and mescaline/peyote. Also discussed is phencyclidine (PCP) an anesthetic, hallucinogen, and stimulant that can lead to psychosis. Describes how these drugs can endanger viewer's lives and make lasting

impacts on their mental health. Details the social effects, biological functions, and short- and long-term effects of each substance.

'01 19 min, Order 2-5161 DVD, OR VHS  
Grade 8+ PPR \$195

#### **3. Party Drugs**

Exciting graphics, expert testimony and four young narrators work together to educate about the tremendous damage Ecstasy (MDMA), Meth, GHB, Rohypnol and Ketamine do to users' lives. An in-depth look at the frightening trend of "date rape" drug use with advice on protection. Details the social effects, biological functions and short-and long-term effects of each of these substances. Ends with the tragic story of a college freshman who has spent the last three years in a coma due to someone slipping GHB to her without her knowledge.

'01 19 min, Order 2-5162 DVD, VHS  
Grade 8+ PPR \$195

#### **4. Prescription Drugs**

Shows the traumatic damage that unauthorized use of pharmaceutical drugs can do to social functioning and physical and mental health. The drug groups discussed are tranquilizers (barbiturates and benzodiazepines), stimulants (amphetamines), and opioid painkillers (Vicodin, Oxycontin, and the like). Details the social effects, biological functions and short-and long-term effects of each of these substances.

'01 19 min, Order 2-5163 DVD, VHS  
Gr8+ PPR \$195

#### **5. Tobacco, Alcohol and Marijuana**

Viewers may not be aware that more than half a million people are killed every year by tobacco and alcohol. Also mentioned is the dramatically increasing odds that a user will often go on to abuse cocaine and heroin. Details the social effects, biological functions, and short- and long-term effects of each substance. Finally, a survivor tells how her family was torn apart by a drunk driver.

'01 19 min, Order 2-5164 DVD, VHS  
Gr8+ PPR \$195

### **HISTORY, Ancient**

#### **Worlds of the Mayas, Aztecs and Incas**

The cities of the Classic Period of Maya culture flourished from about 250 until 900 AD and then were abandoned. During the 14th century the Aztecs conquered most of central Mexico. The Aztecs believed that Cortez was a Toltec god-king and that belief led to their downfall. The 14th century Incas controlled an empire that stretched from Ecuador through Peru, Bolivia, Argentina and Chile. The teen narrator's South American heritage provides a personal touch to the info on three great pre-Columbian cultures in the Americas. Teacher's Guide:

<http://www.canlearn.com/guides/1-876ATM.pdf>

'03 24 min, Order 1-2876 DVD, VHS  
Grade 6-10 PPR \$159.95

## HISTORY, Canadian (See also Social Studies)

### No Place To Go (Refugee Law)

After WWII, the newly established United Nations agreed on the set of principles that are set out in the 1951 Refugee Convention. This was Europe's attempt to control the floods of refugees made homeless by the war. Fifty-three years later the convention still has legal consequences for any person from any country who seeks a safe place.

Produced by Amnesty International Canada with support from The Chawkers Foundation, provides a brief history of refugee movements, outlines the grounds upon which the convention is applied, and describes the obstacles that governments construct to manipulate the movement of would-be refugees.

Using interviews with experts in international refugee law, the program describes the affect the legal agreement has upon people's lives. Interviews are inter-cut with footage from around the world along with simple graphics and animations. The personal story of an Afghani refugee's flight to Toronto and successful refugee application is woven through the program.

'04 39 min, Order 9-6912 DVD, VHS  
Grade 8-12 PPR \$250

### Survivors of the Red Brick School

The year is 1898. There were 54 residential schools nationwide. Churches were given complete control over native education on reserves across Canada. Move ahead to 1920 when the Indian Act made it mandatory for all aboriginal children to attend these schools. Day schools were thought not to be effective since the children could still have contact with their families. It is estimated that over 100,000 aboriginal children attended residential schools in Canada.

A moving tribute to the courage of the Baptiste family and to all the families who survived the trauma of Canada's hidden shame. Travel back to Cranbrook, BC with the Baptiste family (Osoyoos Indian Band, BC), as they revisit the school that changed their lives forever.

'02 29 min, Order 9-7454 VHS  
Grade 10 Adult PPR \$195

### My Dear Clara/Ma Chere Clara

When Clara Greenspan left Montreal for Warsaw in June 1938 she could not have known how her personal destiny would soon become intertwined with the events about to unfold in Europe. Set in Canada, Poland, Russia and Germany between 1938 and 1947, this video tells the true story of a Polish Jewish refugee's struggle for survival alongside his Canadian wife's unflinching - and ultimately successful - battle to change her government's immigration policies. Also details a fascinating era in Canada when the Communist Party enjoyed considerable popularity and even

managed to win a seat in parliament for party leader Fred Rose.

'01, 44 min, VHS English Order 9-0002VE, or French 9-0002VF \$195 PPR, or both languages on one DVD \$250  
Grade 10- Adult

### A Hero To Me : The Story of Billy Bishop

Follows a granddaughter's journey as she explores the remarkable story of her family's place in Canada's war history. Her name is Diana Bishop. Her father is Arthur Bishop: Spitfire Pilot and noted war chronicler. Her grandfather was First World War flying ace Billy Bishop.

Diana, a television broadcaster and journalist, sets out to retrace her famous grandfather's life and confront the controversy that has tainted his war record and dogged his memory for decades. Billy Bishop was the most decorated Allied fighter pilot in WWI. A few have made the claim that he may have faked his famous solo attack on a German airfield - a raid that earned Bishop the Victoria Cross.

This film marks the first time Bishop's family has spoken up and told the story of the man THEY know. Includes never before seen photographs and archival footage as well as interviews with key members of the family. Also features rare and spectacular recreations of vintage WWI aircraft in flight.

Also delves into the glamorous side of Bishop and the people he associated with - from prime ministers to hollywood celebrities. A personal story about war and the effect it has had on three generations of a prominent Canadian family.

'03 47 min, Order 9-0005 DVD  
Grades 5 to Adult PPR \$195

## LANGUAGE ARTS

**See Also:** *All About Animals Series*

### SCRIBES

Shot during the 2003 Surrey International Writers' Conference, SCRIBES takes it's audience through workshops, keynote speeches, on an interviews with bestselling authors, agents, producers, publishers and editors to find out what it takes to break into the field. A humorous, honest, and sometimes painful look at the industry. Features a wide array of renowned authors, including best-sellers Terry Brooks, John Saul, Diana Gabaldon, Michael Slade, Jack Whyte, Anne Perry and many more. They offer a humorous and insightful commentary on "What is a story?" that is sure to delight writers, readers, and the authors' millions of fans.

'05 86 min, Order 9-7900 DVD  
PPR \$225, DVD Home Use \$49.95

### Mr. George Baker

In this book by Amy Herst, Harry sits on the porch with 100 year old Mr. George Baker who can dance and play the drums but goes to school, just like Harry, so he can learn to read. LeVar explores how learning is an ageless adventure as he introduces The Steppers, a group of senior women who are learning to dance and perform, and to the Ferrara family who runs a bakery where the youngest to the oldest have been mixing up sweet treats for five generations. cc

'04 30 min, Order 5-1111 DVD, VHS  
Grade 3-6 PPR \$ 89.95 Reading Rainbow

### Two Old Potatoes and Me

After a young girl finds two old potatoes at her father's house, they plant and tend them to see if they will have new potatoes in September. LeVar and his daughter Michaela welcome us to their kitchen as they explore how kitchen waste can actually be re-used to help their garden grow. Then it's off to visit artists who take cast offs and turn them into something beautiful and useful, and to a manufacturing plant. cc

'05 30 min, Order 5-1112 DVD, VHS  
Grade 3-6 PPR \$ 89.95 Reading Rainbow

### Unique Monique

Written by Maria Rousaki. Monique's school uniform doesn't allow her to express herself so she experiments with ways to be unique and finally discovers a way to stand out without breaking the rules. Each and every one of us is unique - even twins. At the Twinsburg Twin Days Festival your students join twins as they celebrate their likeness and their individuality. Then LeVar finds out how Brandon, who as a child had difficulty expressing himself because he stuttered, now helps kids express their uniqueness and individuality through art. cc

'05 30 min, Order 5-1113 DVD, VHS  
Grade 3-6 PPR \$ 89.95 Reading Rainbow

### Beegu

Alexis Deacon's book is all about Beegu, a small space creature finds no welcome on Earth until she meets some children on a playground. Ever wonder what it's like in outer space? LeVar shows your students Earth from a whole new perspective as they see our planet from the vantage point of space. They also witness the moon exploration missions, find out how scientists created rovers to explore Mars, and have a look at a kid-written story about a Mars adventure. cc

'05 30 min, Order 5-1114 DVD, VHS  
Grade 3-6 PPR \$ 89.95 Reading Rainbow

### Visiting Day

Jacqueline Woodson's book is the story of a young girl and her grandmother who make the long bus trip every month to visit the girl's father in prison. LeVar introduces a family separated by a prison sentence. join the family for visiting day and find out what life is like for kids when a parent is incarcerated and what it's like for a

parent who can't be at home with his family . cc  
*Program rating Age 11 +*

'05 30 min, Order 5-1115 DVD, VHS  
 Grade 6-8 PPR \$ 89.95 Reading Rainbow

### **Enemy Pie**

When his dad suggests making an "enemy pie", the boy in this book is excited, but confused about the requirement of spending an entire day with his adversary. In the end, he learns how to turn a best enemy into a best friend. A series of young friends share how they became friends and how they make their friendships work. Then LeVar introduces us to two friends from very different backgrounds who spend the day exploring their cultural differences. They discover that they are more similar than they ever would have thought. CC Teacher's Guide:  
<http://www.canlearn.com/guides/5-5139.pdf>

'02 30 min, Order 5-5139 DVD, VHS  
 Grade 1-5 PPR \$89.95 HU \$59.95 Reading Rainbow

### **Our Big Home: An Earth Poem**

This poem expands the concept of home to include the entire earth - and LeVar explores our global interdependence when he visits the United Nations, and then meets Craig Keilburger, the teenage founder of Kids Can Free The Children, a global youth group totally run by kids. We follow members of this youth organization on an extraordinary journey to the poorest section of Nicaragua where they build a school. cc. Teacher's guide:

<http://www.canlearn.com/guides/5-5140.pdf>

'02 30 min, Order 5-5140 DVD, VHS  
 Gr1-5 PPR \$89.95 Reading Rainbow

### **The Tin Forest**

A lonely old man who lives in a grey place, surrounded by other people's discards, builds the forest of his dreams. Deeply affected by the events of September 11th, LeVar spends time with students of P.S. 234, an elementary school just blocks away from Ground Zero. Challenged by tremendous upheaval, students share how they have endured their situation better than anyone would imagine. With Reading Rainbow, the entire school creates a music video to share their powerful message of gratitude and hope. cc

Teacher's guide :  
<http://www.canlearn.com/guides/5-5137.pdf>

'02 30 min, Order 5-5137 DVD, VHS  
 K-5 PPR \$89.95, Reading Rainbow

### **Max**

Max is the son of superhero parents whose soaring abilities are brought to life when an emergency arises. LeVar spends the day at a firehouse and learns what inspires firefighters. We also follow Wildlife Rescue Center of the Hamptons as they rescue, rehabilitate and release an injured goose. Finally, through an upbeat song, we celebrate the heroes that surround us every day. cc

Teacher's Guide:  
<http://www.canlearn.com/guides/5-5138.pdf>

'02 30 min, Order 5-5138 DVD, VHS  
 K-5 PPR \$89.95 Reading Rainbow  
**LITERACY**

### **Reading Rockets: Launching Young Readers Series**

Hosted by Fred Rogers, Annette Bening, Vivica A. Fox, Deborah Norville and Frank McCourt, this series looks at different reading strategies that are helping young children learn to read. They feature practical advice for parents, highlights the best research-based reading strategies, and interweaves the personal stories of children learning to read. Each program includes a profile of a prominent children's book author such as Norman Bridwell (Clifford the Big Red Dog), Kate Duke (Aunt Isabel Makes Trouble), William Joyce (George Shrinks), Walter Dean Myers (Harlem) and Rosemary Wells (Max and Ruby). CC

### **Fluent Reading**

Explores the ability to decode quickly and achieve fluency. The program also demonstrates how early testing and intervention can help struggling readers.

'02 30 min, Order 5-5146 VHS PPR \$49.95

### **Reading for Meaning**

Highlights effective strategies to help kids understand, and care about what they read - the ultimate goal of learning how to read.

'02 30 min, Order 5-5148 VHS PPR \$49.95

### **The Roots of Reading**

Looks at the earliest stages of literacy in such locations as a baby speech lab and a Head Start centre. The program examines how parents, childcare providers and kindergarten teachers can get children started on the road to literacy.

'02 30 min, Order 5-5144 VHS PPR \$49.95

### **Sounds and Symbols**

Focuses on how children learn the relationship between sounds, letters and words as an initial step before being able to decode the printed word.

'02 30 min, Order 5-5145 VHS PPR \$49.95

### **Writing and Spelling**

Examines the connection between reading and writing and between spelling and composition. Features successful methods for encouraging children to write and build their vocabularies.

'02 30 min, Order 5-5147 VHS PPR \$49.95

One DVD of all 5 programs  
 Order 5-51440 DVD PPR \$135

Viewer's guide:  
<http://www.canlearn.com/guides/5-51440A.pdf>

## **SCIENCE, Biological**

### **On Top of the World: The Arctic Tundra Biome**

This intriguing program focuses on the various species of plants and animals and how they adapt to the harsh and frigid climate of this treeless and flat land on top of the world. The arctic tundra biome is a beautiful and often barren place where winter lasts an incredible ten months and summer is but ten short weeks. Viewers learn about the cyclical nature of animal life here, where so much depends on the tiny brown lemming - a vital link in the local food chain. As winter closes in the migratory birds and mammals depart, leaving the region largely devoid of animal life for much of the year. Teacher's Guide:

<http://www.canlearn.com/guides/1-2958SG.pdf>

'04 18 minutes, Order 1-2958 DVD, VHS  
 Grade 4 to 8 PPR \$195

### **All About Animals Series, Rev**

#### **1. Mammals (Rev. Ed.)**

An amazing variety of animals from pet dogs to wild hippopotami shows the hair, teeth, limbs, and other essential characteristics of all mammals, as the vocabulary words used to describe them appear on the screen. Observe the unique way mammals feed and care for their young, and discover that people are mammals, too. Concepts and vocabulary are reinforced through the repetition of enjoyable songs. Teacher's Guide:

<http://www.canlearn.com/guides/1-2884SG.pdf>

'04 10 min, Order 1-2884 DVD, VHS  
 Grade K-3 PPR \$150

#### **2. Amphibians (Rev. Ed.)**

Close-ups on smooth and bumpy skins, wiggling tadpoles and tiny feet reveal the wonder of how a water animal changes so that it can live on land. Astute camerawork shows amphibians growing backbones, lungs, and limbs, and living in grassy and rock-strewn habitats - even in trees. Repetition in both song and narration enhances students' understanding of how amphibians are the same - and different - from other animals.

Teacher's Guide:  
<http://www.canlearn.com/guides/1-2885SG.pdf>

'03 10 min, Order 1-2885 DVD, VHS  
 Grade K-3 PPR \$150

#### **3. Reptiles (Rev. Ed.)**

Snakes' skin, iguana's eyes, turtle's shells and alligator's legs vividly illustrate the uniqueness of reptiles. The camera reveals tough skin, scales and body structures that may or may not have legs, as well habitats on land, in water, in trees, and underground. Students learn that reptiles are cold-blooded and see them hatching from eggs. Narration and song reinforce each other as the concepts are reviewed and the vocabulary words are repeated and summarized.

Teacher's Guide:

<http://www.canlearn.com/guides/1-2886SG.pdf>

'03 10 min, Order 1-2886 DVD, VHS  
Grade K-3 PPR \$150

#### **4. Fish (Rev. Ed.)**

Skilled photography takes kids into the mysterious world of fish. Observe the scales, gills and fins unique to fish as the terms spelled out on the screen. See types of camouflage used by underwater creatures and the ways in which they smell, taste, feel and detect movement. A great variety of fresh and saltwater fish are shown, as the essential information is repeated in song, reinforcing memory and learning. Teacher's Guide:

<http://www.canlearn.com/guides/1-2887SG.pdf>

'04 10 min, Order 1-2887 DVD, VHS  
Grade K-3 PPR \$150

#### **5. Birds (Rev. Ed.)**

Imaginations take flight as they fly, walk and nest with different kinds of birds. Learn the structure and function of different kinds of beaks, wings and feet. On-screen vocabulary words reinforce the concepts. Students observe how birds repel predators, build nests, and care for newly-hatched chicks. A summary in pictures, words and music facilitates learning and enables students to add new words to their own vocabulary.

Teacher's Guide:

<http://www.canlearn.com/guides/1-2888SG.pdf>

'04 10 min, Order 1-2888 DVD, VHS  
Grade K-3 PPR \$150

#### **Growing Plants : Science in A School Garden**

Students may be amazed to learn that human beings eat flowers - the portion of the broccoli plant that we eat is its flower! In fact, depending on the species we are able to eat every part of the plant: roots, stems, leaves, flowers, fruit and seeds. We join a group of elementary school students in their school garden where the life cycles of green plants are shown.

Explores the interaction of plants and the environment, the process of photosynthesis, the relationship between plants and insects, and the relationship between plants and the water cycle. Simple hands-on experiments reinforce concepts for students, and their vocabularies are expanded by such terms as photosynthesis, evaporation, transpiration, pollination, germination and propagation. Teacher's guide:

<http://www.canlearn.com/guides/1-2735SG.pdf>

'03 22 min, Order 1-2735 DVD, VHS  
Grade 1-4 PPR \$129.95

#### **Animal Biology Series, The**

##### **1. Eagles and Other Raptors**

This beautifully photographed program is a guide to American birds of prey. Narrated by Academy Award winning actress Joanne

Woodward, not only will it educate students about raptors and their life cycle, it will entertain and inspire them through an odyssey of natural discovery and wildlife beauty. It also covers raptor sighting techniques, quick clue identification methods and rare behaviours. Filmed by Emmy Award winning camera people, it is filled with spectacular aerial photography of the birds in flight.

Guide : <http://www.canlearn.com/guides/1-2701SG.pdf>

'03 27 min, Order 1-2701 DVD, VHS  
Grade 6-9 PPR \$129.95

##### **2. Insects**

From the Arctic tundra to the steamy tropics, the most common members of the Animal Kingdom are insects. There are more species of insects than all the other animals combined, and some such as cockroaches have been around since before the dinosaurs walked the earth. Through vivid photography this program introduces students to the many different kinds of insects, their anatomical features, ecological roles and habitats, and ways in which they both benefit and harm humans, as well as their classification within the phylum Arthropoda.

Guide : <http://www.canlearn.com/guides/1-2875ATM.pdf>

'03 24 min, Order 1-2875 DVD, VHS  
Grade 6-9 PPR \$129.95

##### **3. Hippopotamus, The**

The river hippopotamus is the world's third largest land animal - only the elephant and rhinoceros are larger. Introduces an ecosystem where its very existence depends on the contributions to its food web that are made by Hippopotamus amphibious. Students will learn how the river hippo's many structural and behavioural adaptations make it ideally suited for its watery habitat.

Guide : <http://www.canlearn.com/guides/1-2592ATM.pdf>

'01 19 min, Order 1-2592 DVD, VHS  
Grade 6-9 PPR \$129.95

##### **Technology and Society : When Machines Learned to Talk**

Today, when every life seems to have its own soundtrack, it's hard to believe that we once could hear music only in live performances. Introduces the remarkable inventors and innovations that brought a wealth of recorded entertainment and information to our everyday lives. After Edison proved that sound could be mechanically reproduced, an innovator, Eldridge R. Johnson, and his partner Emile Berliner, developed a "talking machine" that paved the way for today's recording industry.

This outstanding program traces the rise of this remarkable industry and clearly demonstrates the impact that technology's advances can have on society.

'04 30 min, Order 1-2899 DVD, VHS  
Grade 7-Adult PPR \$250

### **Biologically Speaking Series**

#### **1. Genetics and Heredity**

The history of genetics how traits are passed from one generation to another. Dominant and recessive traits, differences between pure and hybrid traits are illustrated through use of the Punnett square. The composition of DNA and its role in reproduction. The processes of mitosis and meiosis are colourfully detailed - with emphasis on the division and infinite variety of genetic material.

How mutations occur and explore the present and possible future role of genetic engineering in agriculture and medicine. Emphasis is placed on our responsibility to carefully weigh not only the probable benefits, but also the possible consequences of future developments in this exciting scientific domain. Guide available.

'02 16 min, Order 1-2601 DVD, VHS  
Grade 6-9 PPR \$99.95

#### **2. Systems of the Human Body**

Explore the structure and function of ten major body systems: the skin, the muscular, skeletal, digestive, circulatory, respiratory, urinary, endocrine, lymphatic and nervous systems. Discusses the primary organs within each system and explains the vital relationships between systems that allow us to survive and to be healthy. Provides health tips and emphasizes students' caretaker role in maintaining their bodies' optimum physical condition. PDF Teacher's Guide available

'02 20 min, Order 1-2602 DVD, VHS  
Grade 6-9 PPR \$99.95

#### **3. Biomes of the World**

Life cannot exist without water, energy, nutrients and a temperature range that allows life's chemical reactions to occur. Explore each of the major types of biome: tundra, coniferous forest, temperate forest, rainforest, desert, grassland, and aquatic. Learn about the effects of latitude and elevation on climate and the broad variance in rainfall from one biome to another. The influence of mountain ranges and ocean currents is also investigated. PDF Teacher's Guide available.

'02 23 min, Order 1-2603 DVD, VHS  
Grade 6-9 PPR \$150

#### **4. Ecosystems and the Cycles of Nature**

The factors that influence the development of communities and populations in biomes are explained. Living organisms of an ecosystem are determined by the environmental balance of four basic requirements for life: nutrients, energy, water, and an appropriate range of temperature. Introduces to the phases and the consequences of nutrient and energy cycles. Emphasis is placed on our responsibility to protect all ecosystems. PDF Teacher's Guide available.

'02 18 min, Order 1-2604 DVD, VHS  
Grade 6-9 PPR \$99.95

## 5. Living Cells

Explore all facets of living cells - the building blocks of life - in this informative video. With supporting illustrations and photos, this is an ideal educational for an in-depth look at this fascinating subject. PDF Teacher's Guide available.

'02 20 min, Order 1-2605 DVD, VHS  
Grade 6-9 PPR \$99.95

## 6. Classification of Living Organisms

Discover the ways scientists organize and categorize the tremendous diversity of life. Students will learn about the similarities and differences among organisms and their relative placement in a hierarchical classification system. The program identifies the differences between the five kingdoms, as well as the major classes of plants and animals. PDF Teacher's Guide available.

'02 24 min, Order 1-2606 DVD, VHS  
Grade 6-9 PPR \$99.95

## Dragonfly TV Series

Real kids tell about their own investigations - how they explore the science in the things they love to do.

### 1. Investigate!

Kayaking - Simi, Jenny and Danny premiere DFTV with a splash as they kayak down a raging river, relating river speed to rock size.

Martial Arts - Kha and Peta, young martial arts athletes, determine how different tae kwon do moves challenge their bodies' skeletal and muscular systems and then apply what they learned in competition.

Scientist Profile - Paleontologist Gary Takeuchi unearths fossils in Red Rock Canyon State Park.

Robot Contest - A GEMS team (Girls in Engineering, Math and Science) designs, builds and tests a robot to compete in the "First LEGO League" contest.

'03 30 min, Order 5-5150 DVD, VHS  
Grade 4-7 PPR \$89.95

### 2. Wheels

Motocross - Tamara and Tara, twin motocross racers, explore what impact their body positions have on their motorcycle jumps.

Skateboard - Skateboarders Scott and Anthony experiment with different sized wheels to maximize speed and maneuverability.

Snow Scooter - Patrick and Justin, two young inventors, show how skis and scooters can pair up to speed through the snow.

Scientist Profile - Bruce Roberts and Rick Solarez design Harley Davidson motorcycles.

'03 30 min, Order 5-5151 DVD, VHS  
Grade 4-7 PPR \$89.95

### 3. Animal Behaviour

Compare the grooming habits of otters at the Monterey Bay Aquarium with otters in the wild. Dog Behaviour - Test dogs' performances on basic intelligence tests.

Scientist Profile - Otter biologist Melissa Jefferies introduces the Sea Otter Research and Conservation Program in Monterey.

'03 30 min, Order 5-5152 DVD, VHS  
Grade 4-7 PPR \$89.95

### 4. Water

Surfing - Champion surfer Carsten explores how the terrain around different beaches affects the waves and the sport.

Dolphins - Investigate how dolphins make friends, observing pair bonding among captive dolphins.

Scientist Profile - Aquatic biologist Carlos de la Rosa describes his research in the wetlands of central Florida.

Water Slides - Valerie and Margie tackle two twisty waterslides to determine which is speediest and most "wild".

'03 30 min, Order 5-5153 DVD, VHS  
Grade 4-7 PPR \$89.95

### 5. Rocks

Kayaking - Simi, Jenny and Danny kayak down a raging river, relating river speed to rock size.

Rock Climbing - Climbers Gordon and Jesse explore the properties of different types of rock as they scale sheer cliffs in Aspen.

Scientist Profile - Paleontologist Gary Takeuchi unearths fossils in Red Rock Canyon State Park.

'03 30 min, Order 5-5154 DVD, VHS  
Grade 4-7 PPR \$89.95

### 6. Flight

Model Airplanes - Alex and Ryan, model airplane pilots, investigate how different wing designs affect the performance of stunt planes.

Paragliding - David, Abby and Alex use a thermal paragliding above.

Scientist Profile - Aeronautical engineer David Urie tests his new SkyTrac, a body surfboard for parachute jumpers.

'03 30 min, Order 5-5155 DVD, VHS  
Grade 4-7 PPR \$89.95

### 7. Weather

F-Scale - Visit the site of a recent tornado, examining the damage to determine the tornado's strength on the F Scale.

Tornado Model - Sullivan and Alexa engineer their own tornado model to explore the forces that produce a tornado.

Forecasting - Mari and Lindsay test traditional "folk" forecasts against modern weather predictions.

Scientist Profile - Expert "stormchaser" Howie Bluestein investigates hurricanes, tornadoes and other wild weather.

'03 30 min, Order 5-5156 DVD, VHS  
Grade 4-7 PPR \$89.95

### 8. Technology

Robot Contest - A GEMS team (Girls in Engineering, Math and Science) design, build and test a robot to compete in the "First LEGO League" contest.

Solar Car - Find out how their model solar car performs as the sun moves across the sky. Scientist Profile - NASA engineer Lloyd French introduces his Cryobot, an ice-melting robot designed to help study the moons of Jupiter.

'03 30 min, Order 5-5157 DVD, VHS  
Grade 4-7 PPR \$89.95

### 9. Plants

Weevils - Elissa and Julia track a swarm of weevils charged with saving the Everglades from invasive melaleuca trees.

Kelp Forest - Megan and Ian, certified scuba divers, get deep as they meet some amazing creatures in an underwater kelp forest.

Leaves - Start seeing red (and yellow and orange) as Maddie, Mia, Mikki and Ally investigate how leaves change colour.

Scientist Profile - Dr. Elizabeth Strjewski of the Kennedy Space Center researches plants for gardens in space.

'03 30 min, Order 5-5158 DVD, VHS  
Grade 4-7 PPR \$89.95

### 10. Air

Sailing - GiGi and Emmanuel investigate how sail position affects speed of sailboats - both model sailboats and sailing yachts.

Balloon - Masha and Patsy check out how the temperature inside a hot-air balloon makes them soar or sink.

Scientist Profile - Award-winning engineer Lonnie Johnson demonstrates his most popular invention, the SuperSoaker 2000.

'03 30 min, Order 5-5159 DVD, VHS  
Grade 4-7 PPR \$89.95

### 11. Human Behaviour

Perception - Maddy and Martina investigate how unreliable human perception can be.

Roller Coasters - Zahabiya and Christopher hold onto their hats for their stomach-churning investigations of people's reactions to roller coasters.

Scientist Profile - Web developer Idit Harel shows off MaMaMedia.com and the research process that produces online stories, digital art and educational games.

'03 30 min, Order 5-5160 DVD, VHS  
Grade 4-7 PPR \$89.95

### 12. Space

Coconuts - Sarah, Shakivia and Erica send coconut snacks into orbit aboard the Space Shuttle to investigate how the coconut would fare as a space food.

Moon Craters - Chris and Vanessa make models of moon craters and compare their models with the view through their own telescopes.

Scientist Profile - MIT project scientist Any Liu investigates how humans adapt to the zero-gravity atmosphere of long space flights.

Riddle: How do you transport heavy equipment on Mars?

'03 30 min, Order 5-5161 DVD, VHS  
Grade 4-7 PPR \$89.95

### 13. Human Body

**Martial Arts** - Young martial arts athletes, determine how different tae kwon do moves challenge their bodies' skeletal muscular systems and then apply what they learned in competition.

**Taste Test** - Leah, Julia and Folabi engage their friends in a taste test to reveal what the nose knows.

**Scientist Profile** - Danny Smith and Scott Holmes, medical device designers at Medical Plastics Laboratory in Gatesville, Texas, apply science to the creation of anatomical models.

'03 30 min, Order 5-5162 DVD, VHS  
Grade 4-7 PPR \$89.95

## SCIENCE, Physical

### Learning About Science Series (2<sup>nd</sup> Ed)

How do the basic physical principles of our world work? Students are shown lively examples of the hows and whys of physical science illustrated through activities from their everyday lives. Demonstrations performed by middle schoolers bring these scientific concepts to life and inspire further investigation.

#### 1. Learning About Light (2nd Ed)

Explore light as a form of energy and see that most light energy comes to Earth from the sun. Using examples from students' lives, illustrates the splitting of white light into the colours of the spectrum, the concepts of transparency, opacity and translucence, as well as the physical make up of the human eye and how the eye perceives light. Teacher's guide :

<http://www.canlearn.com/guides/1-2947SG.pdf>

'04 14 min, Order 1-2947 DVD, VHS  
Grade 4-8 PPR \$160.00

#### 2. Learning About Air (2nd Ed)

Students know that we breathe air. This program takes the class beyond air's "breathability" and explores the mixture of gases that make up air, air movement and pressure, air and the weather, and the concepts of resistance, force and energy. A teacher's guide is available

<http://www.canlearn.com/guides/1-2948SG.pdf>

'04 11 min, Order 1-2948 DVD, VHS  
Grade 4-8 PPR \$160.00

#### 3. Learning About Sound (2nd Ed)

Explore sound as a form of energy called kinetic energy. It also illustrates how sound waves originate when objects are vibrated, how people make and perceive sounds, the concepts of pitch and volume, and how sound waves travel through the air, as well as through liquids and solids

Teacher's Guide:

<http://www.canlearn.com/guides/1-2949SG.pdf>

'04 15 min, Order 1-2949 DVD, VHS  
Grade 4-8 PPR \$160.00

### 4. Learning About Solar Energy (2nd Ed)

Solar energy powers our world. Without it, plants wouldn't be able to produce their food and there would be no water on Earth. The program demonstrates a basic food chain, explaining the process of photosynthesis, along with the concepts of renewable and non-renewable natural resources, as well as the current and future uses of solar energy for commercial purposes. Teacher's Guide:

<http://www.canlearn.com/guides/1-2950SG.pdf>

'04 14 min, Order 1-2950 DVD, VHS  
Grade 4-8 PPR \$160.00

#### 5. Learning About Water (2nd Ed)

Is anybody thirsty? Although three-quarters of the Earth is covered by water, less than 1% of it is available for human use. Through colourful examples from everyday life, the program illustrates the locations of Earth's water supply, water's three physical forms, the concepts of evaporation and condensation, the water cycle, and how humans use water as a source of energy and for many other purposes. Teacher's Guide:

<http://www.canlearn.com/guides/1-2951SG.pdf>

'04 13 min, Order 1-2951 DVD, VHS  
Grade 4-8 PPR \$160.00

#### 6. Learning About Liquids, Solids and Gases (2nd Ed)

For students who don't yet know "what's a matter?", this program quickly teaches that matter is anything that takes up space - even air is matter - even they are matter. The forms and physical properties of matter are demonstrated using objects familiar to students. The processes of matter changing its form from solid to liquid to gas and the effects of temp on these changes, are also demonstrated.

Teacher's guide :

<http://www.canlearn.com/guides/1-2952SG.pdf>

'04 14 min, Order 1-2952 DVD, VHS  
Grade 4-8 PPR \$160.00

## SCIENCE, Space

### The Space Files Series

This electrifying new series provides students with in-depth examinations of our solar system and the universe as they've never seen them before - a full 10 min on each planet, exploring its orbit and rotation, atmosphere, topography, climate and the likelihood of current or past life-forms existing there. The programs use up-to-the-minute graphic animation and the latest telescopic, radar, fly-over, and surface images of the planets, their moons, the Sun and deep space to deliver a vibrant and compelling picture of our cosmos.

Provides intriguing media support to Earth and Space Science units exploring the fundamentals of space and astronomy.

#### Inner Solar System: Earth

Earth is a blue planet; two-thirds of its surface is covered by water. Compared with the barren

terrain of other worlds the Earth teems with life, some evidence of which can even be seen from out in space.

'03 10 min, Order 1-2880 DVD, VHS  
PPR \$140.00

#### Inner Solar System: Eclipses and Auroras

A total eclipse of the Sun is the greatest spectacle in the Solar System, happening about seventy times every century. Electrically charged particles in the solar winds create glowing light shows around Earth's poles - the aurora borealis.

'03 10 min, Order 1-2882 DVD, VHS  
PPR \$140.00

#### Inner Solar System: Mars

The fourth planet from the Sun, Mars, is Earth's close neighbour. Surface evidence of past flooding points to the presence of water at some time in the planet's past. Scientists eagerly search for proof and theorize about the possibility of past or current life forms on the "red planet".

'03 10 min, Order 1-2883 DVD, VHS  
PPR \$140.00

#### Inner Solar System: Mercury

Mercury is the smallest inner planet and is closest to the Sun, orbiting the star in just 88 days and rotating so slowly that its day is 176 Earth days in length.

'03 10 min, Order 1-2878 DVD, VHS  
PPR \$140.00

#### Inner Solar System: Moon

Theory says our Moon may be a 50 million year old offspring of the Earth, created through a collision with another planet-sized object. Lunar phases, lunar "seas" and the Moon's effect on Earth's tides are discussed, as are scientific results of astronauts' lunar exploration.

'03 10 min, Order 1-2881 DVD, VHS  
PPR \$140.00

#### Inner Solar System: Sun

The centre of our solar system, the Sun, provides the energy that powers the Earth. At its core this star is a nuclear reactor, converting hydrogen to helium in a continuous chain reaction. Details solar activities, from sunspots to prominences and solar winds.

'03 10 min, Order 1-2877 DVD, VHS  
PPR \$140.00

#### Inner Solar System: Venus

Second planet from the Sun, Venus is called Earth's twin because of a similarity in size. Venus, though, is a dead world with a choking atmosphere and temperatures hot enough to melt lead.

'03 10 min, Order 1-2879 DVD, VHS  
PPR \$140.00

### **Outer Solar System: Asteroids**

The Asteroid Belt is a vast ring of rocky fragments found between Mars and Jupiter. Without Jupiter's gravitational pull, these huge boulders might pull together and form a planet. Collisions between asteroids send fragments hurtling through space. When their trajectories cross Earth's orbit, some strike Earth. Such an impact is believed to have wiped out the dinosaurs. NASA and the USAF monitor the skies, devising methods to ward off impact should another potentially deadly visitor appear.

'04 10 min, Order 1-2913 DVD, VHS  
PPR \$140.00

### **Outer Solar System: Saturn**

The sixth planet, Saturn takes nearly thirty years to complete an orbit, yet spins so quickly that its day spans less than eleven hours. It's the second largest planet with a diameter nine times that of Earth. There's no solid surface here, just five layers of clouds and those dramatic rings – broad bands of "moonlets" ranging from grains of dust to boulders the size of tanks.

'04 10 min, Order 1-2910 DVD, VHS  
PPR \$140.00

### **Outer Solar System: Jupiter**

Larger than all other planets combined, Jupiter is a giant gas ball composed mainly of hydrogen. Its day is less than 10 hours long, while its year lasts almost twelve Earth years. Water has been detected in the planet's atmosphere and below the glacial surface of several of its moons. Might there also be life on those icy satellites? A possible exploratory mission by the Jupiter Icy Moons Orbiter will seek to find out.

'04 10 min, Order 1-2908 DVD, VHS  
PPR \$140.00

### **Outer Solar System: Comets**

Wandering nomads from the farthest reaches of the solar system catch our attention when they blaze across the night sky. Some are never seen again, while others such as Halley's Comet, revisit us periodically. On a collision course with destiny, comets plunge toward the planets and the Sun - some are immolated in planetary atmospheres; others strike the surface, forming craters to mark their passage.

'04 10 min, Order 1-2912 DVD, VHS  
PPR \$140.00

### **Outer Solar System: Neptune and Uranus**

Neptune is a cold and windy place with temps of -220 C and constant cyclonic storms. Methane, hydrogen, ammonia and helium make up its atmosphere. Neptune is a ringed planet. Uranus is the solar system's third largest planet and could contain 64 Earths inside its surface. It's thought that a long ago collision turned Uranus on its side, where it spins in a backwards direction to the other planets.

'04 10 min, Order 1-2911 DVD, VHS  
PPR \$140.00

### **Outer Solar System: Pluto**

Lonely little Pluto is the farthest planet from the sun and so small that it wasn't discovered until 1930. The hunches, laborious search and excitement of the scientific hunt are vividly portrayed as this program relates the work of Clyde Tombaugh - culminating in Pluto's discovery. Tombaugh was the last person so far to find a new planet.

'04 10 min, Order 1-2909 DVD, VHS  
PPR \$140.00

Inner Solar System teacher's guides:  
<http://www.canlearn.com/guides/1-2877-83ATM.pdf>  
Outer Solar System teacher's guides:  
<http://www.canlearn.com/guides/1-2908-13ATM.pdf>

### **The Space Files: Exploration Series**

An up-close examinations of the universe, both near and far - from the constellations to the contributions of historic astronomers. These electrifying programs use up-to-the-minute graphic animation, telescopic, radar and fly-over images of the planets, moons and stars, to provide compelling media support for Earth and Space Science units exploring the fundamentals of space and astronomy.

### **Exploration: Observing the Night Sky**

An entrancing season-by-season look at the stars from both hemispheres reveals both the movement and the constancy of these heavenly bodies. A combination of animation and live-action footage depicts northern and southern constellations, from the familiar Big Dipper and Orion, to the more obscure Auriga and Pavo, and how they appear to change over the seasons. The "signposts" that point the human eye from one star to another give organization to the familiar beauty of the night sky.

'04 10 min, Order 1-2938 DVD, VHS  
PPR \$140.00

### **Exploration: The History of Astronomy**

From the Babylonians and the ancient Chinese - the first astronomers, to the Egyptians who calculated the flooding of the Nile by the stars, human beings have long sought order and measurement of time from the heavens. The contributions of the Greeks, as well as the discovery of gravity and our sun-centered planetary system are also explored. Images from the Hubble telescope and other huge sky-scanners reveal the beauty and mystery that drive and reward the astronomer's quest.

'04 10 min, Order 1-2939 DVD, VHS  
PPR \$140.00

### **Exploration: A History of Space Flight**

Rockets, that spectacular Chinese invention, have propelled human beings – in mind, spirit and body - to greater and greater feats of flight. The viewer learns how modern rocket technology introduced by Werner von Braun, led first to orbiting satellites such as Sputnik,

then to orbiting humans and finally to the trials and triumphs of the famed "space race" to the moon.

'04 10 min, Order 1-2940 DVD, VHS  
PPR \$140.00

### **Exploration: Satellites - Our Eyes in the Sky**

A veritable constellation of satellites looks down on us from space, assisting us with communication, weather prediction, and finding the best route on an auto trip, as well as monitoring forest fires and oil spills. Satellite pictures showing where irrigation is needed and the breeding grounds of pests have revolutionized farming. The information gleaned from satellites can be used in an almost infinite number of ways to tell humanity what on earth is going on.

'04 10 min, Order 1-2941 DVD, VHS  
PPR \$140.00

### **Exploration: Space Stations**

The progress and problems of space station technology are presented in this history of our attempts to install a permanent outpost in space. The Russian Mir's fourteen-year tenure was replaced in the year 2000 by the International Space Station, which, due to delays and cost overruns, may or may not be earning its keep as an experimental science lab. Still, the ISS offers great opportunities for international cooperation and discovery.

'04 10 min, Order 1-2942 DVD, VHS  
PPR \$140.00

### **Exploration: Astrobiology**

The question is almost as old as humanity: Is there life beyond our planet? Astrobiology, the science that explores such questions is examined in this program, first discussing how life developed on earth, then moving to the possibility of extraterrestrial life within our solar system. The viewer is invited to consider the technology that monitors far galaxies - searching for stars that might be forming planets or have life-bearing planets already in their orbit. Will this technology someday point to a place where there is life beyond earth?

'04 10 min, Order 1-2943 DVD, VHS  
PPR \$140.00

Series teacher's guide :  
<http://www.canlearn.com/guides/1-29380ATM.pdf>

### **The Space Files: Deep Space Series**

#### **The Big Bang and the Expanding Universe**

The more we see of the history of the universe the less is explained by standard theories. As the hot and tiny particles given off by the Big Bang cooled and clumped into matter and galaxies, they gave off microwaves, waves we are only just beginning to map and understand. The Hubble telescope shows images of ancient

galaxies even the new galactic string theory cannot account for. Presents current ideas and the research that surrounds them, but explaining the how and why of creation is left to the viewer.

'04 10 min, Order 1-2960 DVD, VHS  
PPR \$140.00

### **Telescopes**

The telescope has come a long way since Galileo first used it to scan the skies. Astronomers now calculate optimum location, install "smart" adapters that compensate for movement and atmospheric conditions and grind huge super-accurate mirrors to produce the Keck, the VLT (Very Large Telescope), and the amazing space-based Hubble. How telescopes work, what they see and the future of telescope design are also covered in this visually stunning program.

'04 10 min, Order 1-2962 DVD, VHS  
PPR \$140.00

### **Measuring Outer Space**

Everyone knows that a light year is the unit used to measure the vast distances of space, but what kind of cosmic tape measure is used to calculate these distances? The answer is revealed in this video which describes in detail stellar parallax, which measures up to several hundred thousand light years, the Cepheid Variable which measures more distant stars by their brightness, the Type 1A supernova and finally, redshift, a change in spectrum discovered by Edwin Hubble, which measures to nine billion light years and beyond - the very stars Hubble's namesake telescope is tracking.

'04 10 min, Order 1-2963 DVD, VHS  
PPR \$140.00

### **Invisible Astronomy**

With new technology able to make visible wave lengths never seen before (short x-rays and long radio waves), our view of the universe has changed drastically. Calmly floating galaxies are actually trading vast amounts of energy and sinking rapidly into black holes. Stars are being born and dying. Gamma rays explode across our very own sky. The instruments used to detect these marvels and how they work are also examined in this literally eye-opening program.

'04 10 min, Order 1-2964 DVD, VHS  
PPR \$140.00

### **Black Holes and Dark Matter**

Thought to exist at the centre of every galaxy, black holes are invisible and only a few kilometres across. So how do we know they are there? Radio and x-ray images enable scientists to detect, observe and weigh these hungry tunnels that devour matter, light and may even disturb the space-time continuum.

'04 10 min, Order 1-2965 DVD, VHS  
PPR \$140.00

### **The Universe and Its Future**

A multiverse? Eleven dimensions? Dark matter? Ideas that only recently were the stuff of science fiction are becoming more and more accepted by the scientific community. Slight variations in star movement seem to indicate that space contains large masses of invisible "dark matter". And is it possible that the expanding universe may one day reach critical density and just - stop? Theories are presented and the viewer is invited to think about great questions and their possible answers. A teacher's guide is available for the series:

'04 10 min, Order 1-2966 DVD, VHS  
PPR \$140.00

Series Teachers' Guide :  
<http://www.canlearn.com/guides/1-2960-66ATM.pdf>

## **SOCIAL STUDIES**



### **Voices of Dissent: Canadians In The Global Game**

The world is changing rapidly - and more than ever Canadians are demonstrating a concern for the future and a desire to be actively involved in shaping it. This film examines some of the central questions of globalization and the role of Canada. In particular, it highlights the range of Canadian responses to the growth of global corporate capitalism.

Viewers will explore major historical developments, from the formation of the Bretton Woods institutions at the end of World War II to the FTAA meeting in Quebec City and the G-8 summit in Kananaskis, Alberta. They will also hear a variety of insightful and provocative voices from business, NGOs, academia, and alternative media. Fundamental issues such as democracy, neo-liberalism, civil disobedience, the difference between GDP and the Human Development Index, are probed.

Endorsed by numerous eminent Canadians and Canadian institutions, from Margaret Atwood to the University of Waterloo Federation of Students. VATV Productions

'04 44 min, Order 9-6911 DVD, VHS  
Gr11+ PPR \$225

### **80/20 Series**

This series for high school and post secondary students of Global and International Studies updates the 1988 series "An Introduction to Development Education" and the 1998 "80/20" by Dr. Rick McDaniel.

The series provides viewers with an overview of conditions in the developing world and an understanding of their root causes, plus helps our understanding of issues pertaining to interdependence among all nations, and suggestions for how conditions in less developed countries can be improved.

### **Program 1: A Tropical Paradise**

What makes a third world country? Why are they called third world? What are the conditions in developing countries? How is Canada different? Introduces the concept of the developing world, the terms first, second and third worlds; explains the 80/20 split where 80% of the world's population has 20% of its wealth.

Facts and fallacies are discussed as well as the chief contributing factors, such as the debt crisis, "free" trade policies, loss of autonomy and failures of foreign aid. Explains the term GNP and compares Canada's GNP with those of several developing countries.

'06 Order 9-2202 DVD PPR \$195

### **Program 2: Interdependence**

The question posed at the end of part one was why people in more developed nations should be concerned about conditions in developing nations. This program begins by examining trading relationships that appear to benefit residents of the world's richer nations more than they benefit residents of poorer nations. Examines other patterns of interdependence among nations, the ways in which these nations are linked by health issues, environmental issues, economics, and global security.

Ends with an examination of the way in which enculturated points of view affect our understanding of other nations and cultures.

'06 Order 9-2203 DVD PPR \$195

### **Program 3: The Legacy of Colonialism**

Begins an analysis of the historical structures which have contributed to the current status of many of the world's nations. One characteristic that most developing nations have in common is that they were at one time or another colonies or occupied territories, and, as such, their resources were not developed for the benefit of their residents but for the benefit of the occupying power. Looks at the difficulties former colonies faced after achieving independence and their susceptibility to local autocrats.

Ends by looking at the signs of improvement and hope which occurred in the late 1960s and 70s.

'06 Order 9-2204 DVD PPR \$195

### **Program 4: Development and Debt**

If the 1970s was a time of promise for many developing nations, the 80s was the decade of reversal. Examines many of the factors that led to the "Third World Debt Crisis." Looks at the assumption upon which foreign aid policies were based and the ways in which those assumptions often contributed to new difficulties. Emphasizes that patterns of development must be appropriate to the nation in which they are implemented. Examines the impact of "structural adjustment" programs on indebted nations.

'06 Order 9-2205 DVD PPR \$195

### **Program 5: Where To Next?**

Begins with a rehearsal of some of the greatest difficulties developing countries face as well as examples of the greatest accomplishments they have achieved. The role of NGOs (Non-Governmental Organizations) in promoting community-based social development is considered. Examines how personal choices made by individuals living in more developed countries can have a direct impact on people in other nations.

Concludes with an examination of the issues that need to be addressed to ensure long-term improvement throughout the developing world.

'06 Order 9-2206DVD PPR \$195  
Series Save \$195 \$780 Order 9-22020

### **Respecting Beliefs: Muslims, Christians, Jews and Other Religions**

Religion is a unique force in society, providing individuals and groups with a wellspring of spiritual, emotional and intellectual guidance, strength and support. The diversity of religious belief systems found throughout North America enhances our society, yet due to lack of understanding it is often a source of social tension and intolerance. Religious intolerance left unchecked often leads to hatred and violence - as we witness daily on a global scale.

This thought-provoking program promotes religious tolerance through exploration of several of the world's prominent belief systems. Atheism as a system of thought based on the on-existence of a god or gods is also examined.

Viewers are encouraged to compare and contrast these distinct belief systems as the program provides practical guidelines for nurturing more positive attitudes towards diversity. Teacher's guide :  
<http://www.canlearn.com/guides/1-2918SG.pdf>

'04 24 min, Order 1-2918 DVD, VHS  
Grade 7+ PPR \$265.00

## **MATHEMATICS**

### **The X-Power Series**

X-Power is an animated series designed to foster the development of algebraic thinking and support the NCTM Principles and Standards for School Mathematics. X-Power supports the current paradigm shift in algebra instruction methods that promote visualization of concepts, multiple methods to solve problems and methods other than emphasizing abstract symbolic manipulation.

**X-Power** is designed to support the classroom teacher - primarily to either introduce or review a concept. It has been created to maximize television's ability to deliver information in a visually unique fashion - one that cannot be duplicated in textbooks, on blackboards or in verbal discussion. It is one more tool that teacher's can use to enhance instruction.

### **Arrival: Problem Solving**

Students will solve non-routine problems using multiple methods including guess-and-test, tables, diagrams and equations.

'04 Order 5-5509, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **Denial: Expressions**

Students will create equivalent algebraic expressions and also generalize the characteristics of simplifying algebraic expressions.

'04 Order 5-5510, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **Abduction: Equations**

Students solve linear equations using equivalent equations, diagrams and working backwards.

'04 Order 5-5511, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **Gridlock: Functions**

Students use a non-routine situation to identify characteristics of functions. The functions are represented by graphs and tables

'04 Order 5-5512, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **A Secret Code: Patterns**

Students identify patterns in multiple contexts including visual as representation, graphs, tables and symbols.

'04 Order 5-5513, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **Battle Plan: Systems of Equations**

Students solve systems of equations using substitution, addition method, and graphing.

'04 Order 5-5514, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **A Doorway Through: Factors**

Students explore factors of real numbers through geometric representation. They use patterns found in those representations to create similar ones with Algebra titles for polynomials.

'04 Order 5-5515, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **River of Time: Polynomials and Quadratics**

Students use graphs, tables, symbolic and geometric representations to explore quadratic equations. The quadratic formula is introduced.

'04 Order 5-5516, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **Reality Planes: Radicals**

Students represent irrational numbers in geometric settings using the Pythagorean Theorem.

'04 Order 5-5517, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

### **Vanishing Point: Rational Expressions**

Students use the catch-recatch method to explore solutions for proportion in multiple settings. They also explore the effects of raising rational numbers to a power.

'04 Order 5-5518, 15 min  
Grade 8+ PPR VHS or DVD \$79.95

An online Teacher's Guide will be available on Canadian Learning Company's website and instructions for download will be given at time of purchase.

## **ACCESS, RIGHTS & REALITIES**

### **Big Enough**

They are leading typical lives, pursuing typical middle-class careers, and living in the suburbs with their children. Yet they have grown up facing challenges that are anything but typical.

They are dwarves through they prefer to call themselves "little people." In 2000, Jan Krawitz set out to revisit people she had profiled in her award-winning 1981 film, Little People, to find out how the intervening years had treated their hopes, expectations and fears. Did 11-year-old Mark retain his confidence and optimism? Did 16-year-old Karla marry a little person as she hoped? Would 32-year-old Len find a way to be proud of being a dwarf? Did Ron and Sharon's children have an easier time growing up because of having dwarf parents?

Big Enough provides a unique perspective on a proud and activity community that many people know only from cultural stereotypes. Its subjects confront physical and emotional challenges with occasional frustration, anger and sadness – but most of the time with determination, humour and grace.

'04 53 min, Order9-7395  
PPR VHS \$285 DVD \$305

## **ADDICTIONS COUNSELLING**

### **Therapy Games**

Ideally, therapy should be a rewarding experience by providing the individual with a safe time and place to focus on, and resolve, his or her personal issues. However, many people enter therapy with another goal in mind – simply to get it over with as quickly as possible. Rather than being honest with themselves and their therapists, they choose to "play the game".

Various games patients play in therapy are addressed. This program explores denial, attitude, anger, blame and identifying your true self and provides strategies for helping viewers understand the value of therapy by exploring

the psychological and emotional states they may now be in, and how they got there.

'03 46 min, Order 1-2851 DVD, VHS  
Adult PPR \$335

### **Rules of Recovery, The**

Addiction can be a sly and cunning thief. It's only when individuals manage to get dry that they realize what addiction has stolen from their lives. The program emphasizes that getting dry is an event and sobriety is a process. Hear about the "rules of recovery" that assist the addict in focusing on his or her physical and safety needs. There is no "magic" in recovery. All that sobriety requires of individuals seeking it is the ability to comply. Sobriety is about learning to follow the laws, rules and regulations of life. Viewers are urged to take small steps toward their goal and to focus on making today just a little bit better than yesterday.

'03 45 min, Order 1-2853 DVD, VHS  
Adult PPR \$225

### **Maslow's Hierarchy of Needs**

Everyone is motivated by something. Dr. Abraham Maslow's theory is that human beings are motivated by unsatisfied needs. Once basic level needs such as shelter and safety, have been achieved, the individual can pursue higher level needs. Exploring Maslow's theory one will find a tie to the preoccupation of drug use and the negative effects that result from alcohol/drug addiction. Since addiction is a progressive illness it destroys a person's ability to achieve self-actualization, eventually destroying the person's ability to meet his or her other needs - including those of self-esteem, the love and acceptance of others, safety and even the base requirements of food and shelter.

'03 42 min, Order 1-2854 DVD, VHS  
Adult PPR \$225

## **AGING & GERONTOLOGY**

### **Sage**

Average life spans in the West have increased by thirty years in the past century. More of us today have the privilege of focusing on the goal not simply of living longer but of living better, more energetically, more creatively. This program celebrates the wisdom, experience, and creativity of our society's elders. Its eight portraits of active, engaged seniors from diverse ethnic, religious, educational and socioeconomic backgrounds, cover a broad spectrum of creative activities. They are pursuing lifetime interests - and some new ones as well - in philosophy, political activism, teaching, social service, business, the visual arts, and writing. Among the seniors profiled is chef Julia Child.

In their own words and voices, these thoughtful elders reflect on the process of growing older, the meaning of wisdom, and the importance of making a contribution. A vivid demonstration that later life can and should be a time of burgeoning creative freedom and possibility,

with opportunities not only to hone existing skills but to explore new terrain as well. By Nicole W. Brodsky, Ph.D.

'05 47 min, Order 9-6103  
PPR VHS \$265, DVD \$285

### **More Than a Thousand Tomorrows**

Eight years after the original video "A Thousand Tomorrows" was produced, we revisit one of the couples featured in this video (Everett & Betty Jordon). This new video gives a picture of what has Happened in the lives of the Jordan's over the past eight years as they struggle to deal with a spouse who has Alzheimer's. Central to the video is Everett's candid discussion of his feelings and decisions regarding the changes in his ongoing intimate relationship with Betty during these eight years and how he has coped. A terrific discussion starter for support groups.

'03 30 min, Order 9-7464  
Adult. VHS PPR \$230

### **More Than Skin Deep : Aging, Self-Esteem & Hairdressing**

Through the stories and insights of six nursing home residents, viewers are taken on an evocative look at the connections between living well, aging with dignity, and looking good. Life in a nursing home can be lonely and disorienting. The beauty shop and its rituals offer an example of the ways a good long-term care facility can help residents stay connected to their past lives, to their self-identity, and to each other.

'01 25 min, Order 9-7385 VHS  
Grade 11 - Adult PPR \$285

## **ABUSE & FAMILY VIOLENCE**

### **Battered Hearts**

In this compelling documentary, survivors of domestic abuse convey their feelings of inadequacy, isolation, and helplessness resulting from abuse - both physical and emotional - they have suffered at the hands of their partners. But the program begins and ends with men who abuse.

In interviews with batterers themselves, they describe the frustration, the need for power and control and, in many cases, the abuse in their own earlier lives that led them to using physical and psychological abuse to dominate their family members. Several admit that when they realized they had a problem with abuse, they could not find programs outside of the criminal justice system to help them stop.

This program also profiles group therapy approaches and intervention programs as well as community-based coalitions working to bring awareness, help and healing to both victims and abusers.

'05 27 min, Order 9-7391  
Adult PPR VHS 250 DVD \$270

## **HEALTH CARE, Chronic Illness, Nutrition, Diabetes**

### **Stories of Lupus**

An estimated two million North Americans are currently living with systemic lupus erythematosus, a chronic, devastating disease in which the immune system turns against the body's own cells and tissues. It commonly strikes between the ages of 18 and 45, and 90% of those diagnosed are women.

Confronting their own recent diagnoses with lupus, the filmmakers decided to go "on the road," in honour of broadcaster Charles Kuralt, who had died of lupus not long before. Travelling to eight cities, they sought out others who are enduring the precarious roller coaster of symptoms, treatment, flare-ups and recoveries characteristic of this complex, mysterious and life-threatening disease.

'99 27 min, Order9-7392  
VHS PPR \$225

### **For Life : More Stories of Lupus**

Chronic illnesses like lupus are "for life", but when patients and their loved ones can find ways to cope with their situation, they can give the expression a different meaning. This documentary is about how six people with lupus have gone beyond despair and truly made a decision "for life."

Three years after making the award winning **Stories of Lupus**, the filmmaker, who has chronic and frequently devastating autoimmune disease herself, revisited five of those she had filmed, to explore the day-to-day challenges and gifts that come to people living with a chronic illness as it evolves over time.

She wanted to see how they were coping with universal issues including relationship changes, monetary burdens, public misconceptions, and access to medical care. She was also interested in discovering whether and in what ways they were integrating western medicine with alternative or complementary approaches.

'02 53 min, Order9-7393  
VHS PPR \$225

### **Good Food/Bad Food : Obesity in American Children**

Childhood obesity is a national epidemic. Too many children watching too much television and computer games, omnipresent ads for fast foods and high-fat snacks, vending machines in school cafeterias, busy schedules, lack of physical activity, the decline of family meals - it's a perfect recipe for overweight kids.

According to the Centers for Disease Control, the number of seriously overweight kids has doubled since 1980, and the rates of Type II Diabetes, high blood pressure and high cholesterol among children are soaring.

In a clear, accessible and often humorous way, this program offers parents, teachers and policy makers a recipe for change. The ingredients include a better understanding of the causes

and consequences of childhood obesity, and the changes in personal habits and public health policies that can prevent and help overweight children achieve and maintain a healthy weight.

'05 31 min, Order 9-6101  
PPR DVD \$270 or VHS PPR \$250

### **Guiding Your Overweight Child : Getting Healthy Together**

Using calorie counting as a base, parents are given tips on how to make healthy food decisions for themselves and their children in this "super-sized" society.

The importance of physical activity is emphasized through examples such as making the 10,000 steps program a family challenge. Includes reading and understanding food labels, what is a calorie, healthy food choices, and comparing similar products. Knowing how to make these daily lifestyle choices will help parents become healthy role models for their children. They can face the weight battle together, and win. cc

'05 19 min, Order 3-2051  
VHS PPR \$225

### **Diabetes: A Family Perspective, Type 2 Diabetes Young People**

When a child or teen is diagnosed with type 2 diabetes it's a diagnosis with which the entire family has to cope. Ways parents can help their child is discussed. Examines the emotions parents experience and recommends how parents can provide life lessons on making healthy lifestyle choices.

'04 19 minutes, order 3-2047  
VHS PPR \$225

### **Diabetes: Moving Forward Type 2 Diabetes in Young People**

From the voices of children and teens with type 2 diabetes (ages 11 to 18), this "motivation" video lets young patients know that they are not alone with their condition and their emotions about it. Teens featured share that type 2 diabetes means neither a boring life of forbidden foods, limited activities, and over-protective parents. They send a positive message that they are in control of their bodies, their health and their future. It helps young people with type 2 diabetes start a new life of healthy eating and increased activity.

'04 12 minutes, order 3-2048  
VHS PPR \$225

### **Diabetes: Managing Type 2 Diabetes in Young People**

After outlining what type 2 diabetes is and the five parts of a treatment plan, this program takes young viewers through the steps that will keep them feeling better and on the road to self-managing their diabetes. Teens with diabetes (age 11 to 18) share their healthy food selections and snacking tips. They encourage other young people with diabetes to find exercises they enjoy and incorporate them into their busy teen life, to educate themselves

about type 2 diabetes, monitor their blood glucose regularly and take medications as prescribed.

'04 20 minutes, order 3-2049  
VHS PPR \$225

## **ETHICAL DILEMMAS**

### **Ethics Thru Drama**

Every day in the life of a terminally-ill patient presents a host of complex decisions for patients, families, and members of the healthcare team. As medical science and technology continue to evolve, discussions of the ethical aspects of end-of-life care become both more critical and more difficult. Learning to facilitate and participate in these processes is essential for all healthcare providers.

Helen Emmott and Julie Russell are both experienced RNs as well as bioethics educators. They have created a powerful series of short, one-character dramas, performed by Russell, which offer nurses, physicians, social workers and other members of the healthcare team invaluable case material for use in thinking about these issues. The cases portrayed in these poignant monologues are similar to those faced by patients, families and care providers every day. They will stimulate hours of ethical discussion. Produced with support from ELNEC, The End of Life Nursing Education Consortium.

#### **Case 1: Tricia's Story : I'm Not Earth**

**Any more.** Tricia, a breast cancer patient, confronts difficult moral and spiritual issues as she comes to grips with her impending death.

#### **Case 2: Sheila's Story : A Song Outta**

**Tune.** Sheila lacks both health insurance and the social supports that might help her confront terminal illness with dignity.

#### **Case 3: Claire's Story : Ethical Issues At the**

**End of Life.** Claire is a registered nurse but, she says, "I've learned some things since I was a patient."

'04 64 min. Three programs on one DVD PPR \$385, order 9-73960. Or single titles on VHS PPR \$160 each

### **Everyday Choices : Ethics and Decision Making in Home Care**

This challenging new video documentary will help to stimulate discussion about a wide range of ethical and professional dilemmas faced by nurses working in home care and community settings. It is an engrossing exploration of some of the realities of home care work, as experienced by a skilled and compassionate professional.

Guide :  
<http://www.canlearn.com/guides/9-7386SG.pdf>

'03 28 min, Order 9-7386 Adult  
PPR VHS \$285 PPR DVD \$310

## **Caring At The End Of Life Series**

This series consist of three films packaged together on one DVD, or separately on three videotapes.

### **1. Caring At The End of Life**

Ben Achtenberg's provocative documentary, raises a number of key issues faced by patients and those who care for them, including the role of technology, deciding when to use or withdraw life-sustaining treatments, the importance of effective pain management, and the impact of patients' culture, religion and community on care decisions. focusing on the key roles of nursing staff in patient care and communication, it profiles the cases of six severely ill hospitalized patients. Offers no easy answers, but challenges viewers to think about and discuss their own hopes, fears, and beliefs. Achtenberg was nominated for an Academy Award for his earlier film Code Grey.

45 min Order 9-7354 VHS PPR \$310

The other programs, two brief, related study films, are designed to help audiences focus their discussion on particular areas of concern.

### **2. Stanley**

This disturbing case study presents a Comatose patient whose family and healthcare team are in conflict over how long to continue with the treatments that are keeping him alive. In making decisions about his care, they confront difficult ethical questions about patient autonomy vs. the needs of the family, about who is in a position to judge what another person would want, about the role and impact of religious faith, and about the certainty or fallibility of medical judgment.

15 min, Order 9-73541 VHS PPR \$159

### **3. Discussing Advance Directives**

Two nurses and a physician, part of a foundation study on patient communication, meet to discuss the difficulties they encounter in working with other staff and patients on advance directives. Among these are misunderstandings among both families and staff; differing roles of living wills, durable powers of attorney, and "DNR" orders; confusion about how to interpret these documents in the light of changing medical circumstances, and the ambivalence of some patients about having to make such decisions at all.

15 min, Order 9-73542 VHS PPR \$119

Three programs on one DVD  
Order 9-73540 PPR \$495

### **First Do No Harm : Total Patient Care For Intersex**

Describing a range of conditions in which a person is born with mixed or ambiguous sexual anatomy, this program argues for a new standard of care that is more advanced both scientifically and ethically. Though addressed

primarily to medical and mental health professionals, it is quite accessible to lay audiences, as well.

'02 20 min, Order 9-7377  
Adult PPR VHS \$185

### **Still Life :**

#### **The Humanity of Anatomy**

A humanist exploration of the un-stated but powerful relationship between medical student dissectors and their cadavers. It is a conversation crafted from interviews with gross anatomy students, faculty and a donor to the Willed Body Program at the University of Texas Medical Branch. Students share the fear, guilt, gratitude and awe of their dissection experience. Donor Bob Harvey recalls his life experiences, offers advice to medical students, and talks about what it means to be a body donor. Scenes from the movie "People Will Talk", starring Cary Grant as an anatomy professor, are spliced into this conversation as an effective foil for the humanistic message of this program.

Dr. Thomas Cole, the film's creator and medical humanities professor, discusses the compassion and fullness of life that can grow from the human experience of dissection. Stirring scenes from an annual voyage into the Gulf of Mexico to scatter the ashes of unclaimed cadavers connect the diverse voices of the film's conversation. By powerfully probing the imaginative "shadow traffic" between the living and the dead, <!--Still Life--> offers both professional and public audiences a unique opportunity to probe the depths of their own humanity.

Guide :

<http://www.canlearn.com/guides/9-7370.pdf>

'98 26 min, Order 9-7370 VHS  
Grade 11 - Adult PPR \$285

## **DEATH AND DYING**

### **Live and Let Go**

When 76-year-old Sam Niver learned that his prostate cancer was terminal, the last thing he wanted was to die in a hospital, as his wife had recently done. Fiercely independent, he wanted to die as he had lived his life - on his own terms. In constant pain, and tired of a seemingly endless round of drug and radiation treatments, Sam did his research, made his own plans, approved his obituary, and asked his son Jay to document his final days. The resulting film is a moving tribute to a life lived well and ended with dignity.

Having decided to take his own life, he was careful to explain the decision not only to his family but also to the world, through the press and through this film. Jay and his sister, Gretchen, supported Sam's decision, and, when he told them he would have a friend sit with him at the end, they insisted on being the ones to share his final moments. Another son chose not to participate.

Issues related to assisted suicide, or the more general questions surrounding an individual's right to choose a death with dignity, are being hotly debated today in our legislatures, by our civic and religious organizations - and at the family dinner table. This film offers a powerful and provocative context for such discussions. Discussion leaders should be aware that the scene in which Sam takes his life, using sedative drugs in a method advocated by the Hemlock Society, is quite peaceful but may be difficult for some viewers to watch. Cc

'02 56 min, Order 9-7389  
Adult, VHS PPR \$250

### **More Than a Failing Heart**

The articulate people in this program describe examples both of the best of end-of-life care, and of the worst. Their stories convey a vivid sense of the ways inadequate care has contributed to their pain and loss - and of how truly competent and compassionate physicians and nurses can change the character of the end-of-life experience.

Above all, the film calls on caregivers to listen ... to treat every individual with dignity and respect; to attend to family and caregiver needs; to provide physical comfort and emotional support; to communicate information sensitively, and to share decision-making and foster a sense of control.

'02 25 min, Order 9-7366 VHS  
Grade 11 - Adult PPR \$250

### **To Live Until I Die**

Most people die in hospitals, many of them alone and in pain. Follow six remarkable individuals who have chosen to spend their last days differently. All have terminal illnesses, yet all are squarely facing what lies ahead with humour and insight, anger and honesty - and are determined to have what they consider a "good death".

'99 58 min, Order 9-7384 VHS  
Grade 11 - Adult PPR \$285

### **The Way We Die: Listening to the Terminally Ill**

Through interviews and moving conversations between medical personnel and their terminally ill patients, this video makes a strong case for training physicians and nurses to treat the whole patient, including their psychological, social and emotional needs.

It also encourages healthcare professionals to work with their patients to devise treatment plans in accordance with their needs, values and wishes - and to pay attention to what illness and death mean for a particular patient and family.

'95 25 min, Order 9-7195  
Adult, VHS PPR \$240

### **Common Heroes: Choices in Hospice Care**

Today families turn to the staff of hospice programs to provide support and guidance

throughout the dying process. This program will help explain the choices.

Join the nurses, physicians, social workers and clergy who make up the hospice team in a revealing look at the ways they collaborate to help families maximize each patient's quality of life during the end stages of their illness, providing family support and grief counselling. Also shown is an innovative program at the University of California where all medical students undergo a hospice rotation.

' 01 30 min, Order 9-7365  
Adult, VHS PPR \$250

### **Pioneers of Hospice**

Over a period of less than forty years, the passion and foresight of four visionary healthcare professionals dramatically transformed the landscape of end-of-life care, and inspired a movement felt around the world.

This program documents the growth of hospice and palliative care in Canada, Britain, and the United States, focusing on the legacies of these founders of modern hospice.

**Dame Cicely Saunders** has spent more than fifty years creating a philosophy and practice of care which has humanized the dying experience.

A world-renowned leader in nursing research, **Florence Wald** founded the first hospice in the U.S. in 1974.

In the same year, **Balfour Mount** founded the first palliative care service in Canada.

Author of 1969's groundbreaking *On Death and Dying*, **Elisabeth Kubler-Ross** was one of the best-loved and most respected authorities on dying, death and grief.

Close Captioned in VHS or DVD. DVD version includes special educational features.

'05 49 min, Order 9-6104  
Adult, PPR VHS or DVD \$310

### **The Journey Home: Stories From Hospice**

At a time when medical technology is extending our lives and death has become more lonely, frightening and sterile, hospice steps in to offer a more meaningful way to die - surrounded by loved ones in a familiar environment. Primarily based in the privacy of one's home, hospice offers comfort-oriented care when there is no hope for a cure. The program examines this medical model by presenting five patients who have taken control over where and how they will die.

The delicate role of hospice becomes clear through the experiences of different families on the same, final journey. Through striking personal interviews and in-depth footage of the team approach to physical, emotional and spiritual care, this program weaves together the stories of doctors, nurses, social workers and family members to present a sensitive

landscape of living with dying and dying with dignity.

'01 60 min, Order 9-7367  
Adult, VHS PPR \$285

## ECE and EDUCATION

### Mary Ainsworth : Attachment and The Growth of Love (Giants Series)

This film represents an important introduction to not only attachment theory, but also to the methodology of observational research.

Best known for her "Strange Situation" procedure, Mary Ainsworth's work in Uganda and in the United States greatly influenced John Bowlby's work on the development of personality. Students will learn about different styles of parent-child attachment, how they are assessed, and how understanding them can be used therapeutically. With Robert Marvin, Ph.D.

'05, Order 8-1086 35 min  
Adult, PPR DVD, VHS \$350.00

### Maria Montessori : Her Life and Legacy (Giants Series)

Born more than 25 years before Piaget or Vygotsky, Maria Montessori understood the constructivistic nature of all learning. As she observed children building their understanding of the world, she developed materials and approaches to education that are now used, in part, in most early childhood classrooms across the world. She realized the tremendous power of intrinsic motivation and sought to capitalize upon it, especially for children between the ages of three and six.

Montessori's conception of the changing roles the classroom environment and teacher should play for students of various ages is presented with carefully shot footage of toddler, preschool, elementary and secondary classes at work in accredited Montessori schools. Students will learn of Dr. Montessori's own dramatic life through archival visuals and will be challenged to think about what they think are the components of exemplary educational practice. With Annette Haines, Ph.D.

'04 35 minutes, order 8-1085  
DVD, VHS PPR \$350

### Talk To Me : Children With Autism

Public school systems are experiencing a rapid rise in the number of children diagnosed with autism, in both mainstream and special classrooms. Studies have indicated that these increases are not related merely to changes in diagnostic criteria. Narrated by a child, this engaging documentary takes viewers into their lives at home and school, and profiles the efforts of their parents and teachers to help them achieve their potential.

'03 28 min, Order 9-7378 VHS  
Grade 11 - Adult PPR \$250

## HEALTH CARE, Cross-Cultural

### Worlds Apart : Four Part Series on Cross-Cultural Healthcare

These unique trigger films follow patients and families faced with critical medical decisions, as they navigate their way through the health care system. Filmed in homes, neighbourhoods and places of worship, as well as hospital wards and community clinics, Worlds Apart provides a balanced yet penetrating look at both the patients' cultures and the culture of medicine. This series is an invaluable tool for raising awareness about the role socio-cultural barriers play in patient-provider communication and in the provision of healthcare services for culturally and ethnically diverse patients.

**Justine Chitsena** needs surgery for a congenital heart defect, but her mother and grandmother, refugees from Laos, worry that the scar left by the operation will damage her in her next reincarnation. They want to seek advice from the local Buddhist temple. 11 minutes

**Mohammad Kochi**, a devout Muslim from Afghanistan, had surgery for stomach cancer, but is now refusing the chemotherapy recommended by his physician. His daughter thinks he may fear that the kind of chemo offered will prevent him from observing daily prayer, and wonders if a professional translator might have avoided misunderstandings. 14 minutes

**Robert Phillips**, a health policy analyst who is African-American, believes he's likely to wait twice as long as a white patient for the kidney transplant he needs. He's looking for a new nephrologist - someone who will be more sensitive to his concerns. 10 minutes

**Alicia Mercado**, a Puerto Rican immigrant, has strong beliefs about using natural home remedies rather than prescription medications. Her diabetes, hypertension, asthma and depression have been aggravated by her recent eviction from her apartment of 18 years that has also disrupted the continuity of her care. Her son worries about the "assembly line" care he feels she is receiving. 13 minutes

The interactions between these patients and their healthcare providers reveal a great deal about both problems and opportunities in cross-cultural healthcare. The study guide was designed by cross-cultural medicine educators Drs. Alexander Green, Joseph Betancourt, and Emilio Carrillo. All four trigger films on one 48 minute tape. cc

'03 48 min, Order 9-7387  
VHS PPR Series of 4 tapes \$465  
Or all on one DVD \$495

On-line guide available

### Community Voices

Exploring Cross-cultural Care Through Cancer

Hear the voices and perspectives of nurses, doctors, outreach workers, medical interpreters

and patients -- people from a fascinating range of backgrounds, who make up today's health care system. This innovative video offers a window into the challenges and rewards of cross-cultural healthcare. The video uses cancer as a lens to explore the many ways that differences in culture, race and ethnicity affect health and the delivery of healthcare services. Its six clearly defined sections are intended as triggers for discussion. They explore language, interpretation and communication styles; the meanings of illness; patterns of help seeking; core cultural issues; and building bridges.

'02 69 min, Order 9-7356, Adult  
VHS PPR \$310 DVD \$330

### The Culture Of Emotions

Designed to address some of the cultural shortcomings of DSM-IV, this is an urgently needed resource for training in psychiatry, psychology, social work, counselling, medicine and nursing.

Culture and ethnicity play multi-dimensional roles in the ways we experience and understand our own psychological states and those of others. This program explores some of the ways the diverse cultures of North America understand mind and body and the disorders to which they are subject. It is designed to introduce cultural competence and diversity skills to mental/behavioural health professionals and students who deal with multicultural client population.

Clinicians and researchers from a variety of cultural backgrounds contribute their personal and professional perspectives, and introduce the Outline for Cultural Formulation (OCF) a diagnostic system for the assessment and treatment of psychiatric disorders across cultural boundaries and diagnostic categories. The OCF offers a conceptual bridge between western diagnostic concepts and explanations, and traditional world views of health and pathology from a variety of societies.

'02 60 min, Order 9-7359  
VHS PPR \$310, DVD \$375

## MENTAL HEALTH ISSUES

### Bundle of Blues

Women who experience postpartum mood disorders can feel that they are all alone, but postpartum depression may actually affect as many as one in five new mothers.

Janice first experienced extreme anxiety attacks about three months after her delivery. "I felt like a freight train came through the house and knocked me down," she says. Monique didn't share her feelings with her family, and felt that it was unacceptable in the black community to seek therapeutic help. Thomas recalls that after a difficult birth and recovery his wife Carol grew distant and seemed uninterested in her baby. But neither he nor the professionals they consulted realized that she had become suicidal.

This quiet, thoughtful documentary stresses that PPD can happen to any new mother, but that it can be managed. cc.

'05 13 min, Order 9-6102  
DVD, VHS PPR \$205

### **Are The Kids Alright?**

With unprecedented access to families, the courts, and psychiatric and correctional institutions, this searing documentary examines the crisis in mental health care for children and adolescents at risk in the state of Texas.

Nine year old Cesar is severely depressed and has threatened to kill himself. His mother is afraid to take him home, but there is no treatment bed available. Raised by her grandmother, teenager Antonia tried to cut her wrists after her mother failed to appear for a Mother's Day visit. Jeremy, also a teen, has threatened his stepmother and injured his younger brother. Unable to afford psychiatric placement, his father seeks to relinquish parental rights so the state will be responsible for Jeremy's care, but the judge refuses.

'04 57 min, Order 9-7399  
PPR DVD \$330, VHS PPR \$310

### **Isn't She Lovely? Coping With A Parent's Mental Illness**

This moving personal documentary is a brave attempt to understand a childhood profoundly affected by a parent's severe mental illness. When the filmmaker was twelve, her mother began showing signs of mental illness, but when she was a junior in high school the illness appeared to be stabilizing. But then her mother stopped answering the teenager's phone calls. When Kerry went to see her and demanded that she open the door, the response was "I love you, but I can't be with your right now." "I think I knew," Kerry says fifteen years later, "that she was never coming back."

"Schizoid personality, bipolar type, bipolar disorder with psychotic features?", the filmmaker struggles to reach the person behind the shifting diagnoses, but ultimately has to accept that she can't "fix" it, and that perhaps the best she and her brother can do is to enjoy their mother when they can. This is less a film about Lynn's mental illness than it is about the courage and resilience that has enabled Kerry and Rob to create independent lives for themselves despite their feelings of loss and abandonment.

'03 23 minutes, order 9-7383  
VHS PPR \$189

### **Bad Hair Life : Trichotillomania**

This unusual documentary is a personal exploration of *trichotillomania*, also known as compulsive hair-pulling. It is estimated that 1.5 percent of men and 3.5 percent of women experience it at some time in their lives, but those seeking treatment are overwhelmingly women. In seeking an answer, the film explores broader issues of sexuality, beauty, identity and the boundaries of self-control. The search for an answer to why people pull out

their own hair takes us to the crossroads of biochemistry, psychology and genetics.

'03 57 min, Order 9-7379 VHS  
Grade 11 - Adult PPR \$285

### **Safety In Numbers**

With pathos and humour, this drama explores the mental reality of one woman's attempts to quiet the chaos in her mind. It offers viewers an unusual and compelling trigger for discussions of mental disorders and of the sometimes hazy borderline between normal behaviour and "symptoms".

Is she suffering from Obsessive Compulsive Disorder or Agoraphobia, or is she just overly rigid? Is there a clear boundary between the two? Viewers must decide.

'99 6 min, Order 9-7380 VHS  
Grade 11 - Adult PPR \$135

### **Worried Sick :**

#### **Obsessive Compulsive Disorder**

This up-to-date and comprehensive video on Obsessive Compulsive Disorder sees the puzzling disease as a "shape-shifter". Its symptoms can change and mutate, sometimes erupting, sometimes controlled, but never quite disappearing. This program presents the revealing personal narratives of ten people whose OCD almost cost them their jobs, their relationships, their freedom, and their faith. It gives viewers the opportunity to experience reality as they do and to understand the desperation and loneliness they have felt.

'02 52 min, Order 9-7376 VHS  
Grade 11 - Adult PPR \$275

### **Packrat**

This compelling personal documentary takes us inside two families whose lives have been shaped by parents who are "packrats," and have trouble balancing their love for their spouses and children with the obsessive accumulation of things. It also looks at what we know about the causes and progression of this odd but by no means uncommon phenomenon.

Many clinicians and researchers now believe that hoarding behaviour is related to Obsessive Compulsive Disorder (OCD), or OCPD (Obsessive Compulsive Personality Disorder), though it may also sometimes be a symptom of Alzheimer's or other dementias. Montag interviews a social worker who talks about the difficulty of dealing with elderly hoarders in a hospital environment, and with Randy Frost, a leading clinician and researcher, who addresses the hope of treatment for the disorder

'04 28 min, order 9-7388  
Ages 16- Adult PPR DVD \$270, VHS \$250

### **Inside Out : Stories of Bulimia**

Witness the lives of women and men who are struggling to cope with bulimia and its consequences on their health, work, recreation and relationships. The program features interviews and observational footage of each of

them and of their family members and partners. Abstract imagery and an original score help to evoke the feelings of compulsion, confusion and desperation endemic to the disorder, but also of humour and the hope of recovery.

Bulimia can be as hard to overcome as any addiction, and it can be a killer. It affects both men and women, from all walks of life, and is frequently linked to other factors including depression and other mental illnesses, sexuality and gender concerns, and family dynamics. Biochemical causes are suspected in at least some cases.

'02 56 min, Order 9-7368 VHS  
Grade 11 - Adult PPR \$255

## **NURSING, Home Care/Long Term Care**

### **Everyone Wins! Quality Care Without Restraints**

A comprehensive training program that offers practical strategies for providing quality care without the use of restraints. It presents real solutions to real problems facing long term care providers - falls, wandering residents, and aggressive behaviour. Showing actual cases, the video and print package gives you proven, creative methods for solving these problems. The package includes:

**The Resident Care Library.** Six videos, each 12 to 14 minutes, reproducible handouts and an inservice training manual. Each program can be used as a stand alone. The video titles are:

- \* The New Resident
- \* Up and About: Minimizing the Risk of Fall Injuries
- \* Working with Residents Who Wander
- \* Getting Hit, Grabbed and Threatened: What It Means, What to Do
- \* Staying Restraint-Free Evenings, Nights and Weekends
- \* Now That the Restraints Are Off, What Do We Do?

**The Management Perspective.** A 16 minute video and print guide. Designed for owners, administrators and directors of nursing.

### **A Family Guide to Restraint-Free Care.**

A 12 minute video and pamphlet. Family resistance is one of the most persistent challenges to achieving restraint-free care. Shows the story of a husband who needs significant support to understand that restraint-free care can provide his wife with both dignity and safety.

'02 140 min, order 9-7457  
PPR VHS \$290

## **In Your Hands :**

### **Nursing Home Resident Care**

Issues are raised that are central to giving respectful care in a long term care facility. A nurses' aide berates a resident for an incontinence accident ("Look what you've done! You're dirty!") In another incident, an aide shouts back at an emotionally upset and abusive resident. These scenes of improper caregiving and "emotional abusive behaviour" are interspersed with scenes of sensitive and respectful caregiving that honours the dignity and needs of the resident.

Hosted by internationally renowned gerontologist and Pulitzer prize winning author, Dr. Robert Butler, this video will be a valuable addition to the orientation and training of nurses aides. The video clearly pays respect to the importance of the work of nurses' aides and their role in providing quality care for residents.

'03 12 min, Order 9-7456 VHS  
Grade 11 - Adult PPR \$179

## **Residents' Rights Today :**

### **Respectful Care in Changing Times**

Presents a contemporary overview of residents' rights in the long term care context. It covers how residents' rights can be affected by other characteristics of today's long term care environment including - Increased cultural, ethnic, language and age diversity - More time and work-flow pressure on staff - The impact of outside stresses on staff, especially for single parents and employees working two jobs Covers what residents' rights are and why they are so important in the life and culture of a long term care facility. Covers the specific rights everyone in a nursing home must understand and uphold, and what staff, residents and family members should know about dealing with concerns and complaints.

Guide :  
<http://www.canlearn.com/guides/9-7481.pdf>

'04 20 min, Order 9-7481 VHS  
Grade 11 - Adult PPR \$199

## **Supervisory Techniques For Charge Nurse in Long Term Care**

This program takes a work smarter approach to leadership while it helps anyone in a supervisory role to communicate effectively with others, lead by example, and set the tone for improved staff performance and accountability.

Gives practical solutions to resolving conflict, gaining and giving respect, organizing time and creating well-organized strategies that benefit the residents as well as the entire staff.

The hands-on techniques shared will help supervisors take a realistic look at themselves as role models, and enable them to identify areas where they excel or may need an alternate approach. Staff leaders will learn how to apply affective leadership skills including organization, trust and respect for staff and resolving conflicts in a timely manner.

'02 24 min, Order 9-7479 VHS PPR \$225

## **NURSING, Childbirth, NICU**

### **Bundle of Blues**

Women who experience postpartum mood disorders can feel that they are all alone, but postpartum depression may actually affect as many as one in five new mothers.

Janice first experienced extreme anxiety attacks about three months after her delivery. "I felt like a freight train came through the house and knocked me down," she says. Monique didn't share her feelings with her family, and felt that it was unacceptable in the black community to seek therapeutic help. Thomas recalls that after a difficult birth and recovery his wife Carol grew distant and seemed uninterested in her baby. But neither he nor the professionals they consulted realized that she had become suicidal.

This quiet, thoughtful documentary stresses that PPD can happen to any new mother, but that it can be managed. cc.

'05 13 min, Order 9-6102 DVD, VHS  
PPR \$205

### **Focus On The Brain Series**

Available April, 2006

A staff training toolkit of evidence-based care practices to support preterm development in the NICU.

### **Focus On The Brain, Part One: The Science of Preterm Infant Development**

Presents a practical overview of recent science and research illuminating the process of fetal and neonatal development. Using state-of-the-art animations and commentary from leading experts in the field, Part One conveys what is known about the impact of early birth on the brain. Importantly, the program also presents clear evidence about interventions now known to support optimal brain growth and development in preterm infants.

Chapters include:

- \* The Overlooked Organ
- \* Fetal and Neonatal Brain Basics
- \* How Relationships and Environment Shape the Brain
- \* The Sequence of Sensory Development
- \* The Role of Sleep in Preterm Brain Health

### **Focus On The Brain, Part Two: Clinical Practices for Special Care Nurseries**

Incorporates the science presented in Part One and gives professionals who work in special care nurseries practical strategies proven to support optimal brain development in preterm infants.

Chapters Include:

- \* Responding to Infant Cues

- \* Arranging the Infant Bed Space
- \* Sound for Sleep
- \* Limiting Lighting
- \* Modeling Calm in the Nursery
- \* Supports for Sensory Development
- \* Strategies for Comforting Infants
- \* Pacing Care

Special Offer! Get the Focus On the Brain Professional Resource Guide CD-ROM Free when you purchase this set.

'06 60 minutes, order 7-1160 PPR \$495

### **Focus On The Brain, Professional Resource Guide CD-ROM**

Available April, 2006

Offers professional resources in support of the Focus on the Brain Training Toolkit.

The CD-ROM contains

- \* References to important scientific literature
- \* Program transcripts for Focus On the Brain and No Matter How Small in both English and Spanish
- \* Lists of featured experts
- \* Program guide for the Newborn Individualized Developmental Care and Assessment Program (NIDCAP)
- \* Links to websites containing more information about developmental care, certifying organizations and sources for further professional development.

Special! This CD-ROM is included free with the purchase of **Focus on the Brain Series**

'06, Order 7-1161 PPR \$65

### **No Matter How Small**

Available April, 2006

Designed to help parents understand and support the neurodevelopmental course that lies ahead of their preterm baby, this program may be viewed either at home or in the hospital along with facilitator.

**Module One** provides an overview of preterm infant behaviours, reflexes and cues for caregivers. Audiences can see first-hand how parents are able to discover the strengths, needs and preferences of infants born early, some of whom may be quite medically fragile. Parents demonstrate how their presence in the NICU, their quiet observation of their baby, their handling and timing of care, etc., all helped babies to feel more comfortable and formed the foundation for the parent-child connection.

**Module Two** offers tips and practical strategies about: learning the language and routines of the intensive care nursery; developing confidence in handling a fragile infant; collaboration with professional caregivers; coping with setbacks; coming to terms with the suddenness of birth and parenthood; struggling with feelings of fear, guilt, disappointment, exhaustion, disconnection; and much, much more.

The DVD includes both English and Spanish language tracks and is close captioned.

Available in either a PPR Classroom License, or a Home Use Only Edition

**Home Use Editions may be purchased by professional organizations to distribute directly to families of preterm infants. Home Use editions may not be displayed in a clinical, classroom, or library setting**

'06, 40 min, Order 7-1163-IN PPR \$245

## WOMENS' HEALTH

### Scrambled : A Journey Through Polycystic Ovarian Syndrome

This complex medical condition affects perhaps 5 to 10 percent of all women and is the leading cause of infertility. Most of these women are not even aware that they have the condition. This is a wide-ranging and frequently amusing exploration of twelve women's experiences with living with PCOS.

'03 41 minutes, order 9-7382  
VHS PPR \$285

### Postpartum : Caring for Yourself After Delivery, Rev Ed

Giving birth can be an event of great joy and satisfaction for a mother; yet, new mothers may be concerned and confused by a variety of "after pains" and physical processes they experience as the body cleanses and heals itself. This postpartum program provides straightforward answers to many questions regarding the natural biological processes that occur following childbirth and practical guidance for physical and emotional self-care during this period of intense change.

Guide :  
<http://www.canlearn.com/guides/3-2044SG.pdf>

'03, Order 3-2044 DVD, VHS  
Grade 10-Adult PPR \$195

## TRAVEL & TOURISM

### Inside The Tuscan Hills Series

This PBS documentary series is an unprecedented journey into the vineyards, workshops, kitchens, and homes of the Tuscan people. Each 26-minute episode of this six part series will take you deep into the rich culture of rural Tuscany, a place where ancient traditions have never disappeared.

Every episode brings the viewer face to face with the traditional artisans who still practice their craft. You will meet master shoemakers, mosaic artists, ceramic painters, coppersmiths, and many others. Chefs open their kitchen doors and show us the secrets of hand-rolled pasta, wine-bathed steak, succulent porchetta, and many other mouth-watering Tuscan dishes.

Highlights include Cortona, where cross-bow archers in Renaissance costumes compete in a 700 year old festival; a visit to the bubbling

hotsprings of Saturnia shows both the glamour of its private spa and the wild beauty of the public pools; A blessing of the fields melds pagan beliefs with Christian rituals; The traditional wine harvest at a castle in Chianti

**"Dakkan Abbe's camera successfully captures the beauty of buildings and street scenes, delving into visual details with concerted care... stunning visuals." Variety**

'04 156 min total, 26 min per episode.  
Fifty Rubies Productions – Ages 15 Adult

9-7902P DVD PPR Episodes 1-3 \$89.95  
9-7902H DVD HU Episodes 1- 3 \$34.95

9-7903P DVD PPR Episodes 4-6 \$89.95  
9-7903H DVD HU Episodes 4-6 \$34.95

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