

THE VOICE

MAGAZINE

Vol 20 Iss 11 2012-03-16

Losing Time

More slacking, less cracking

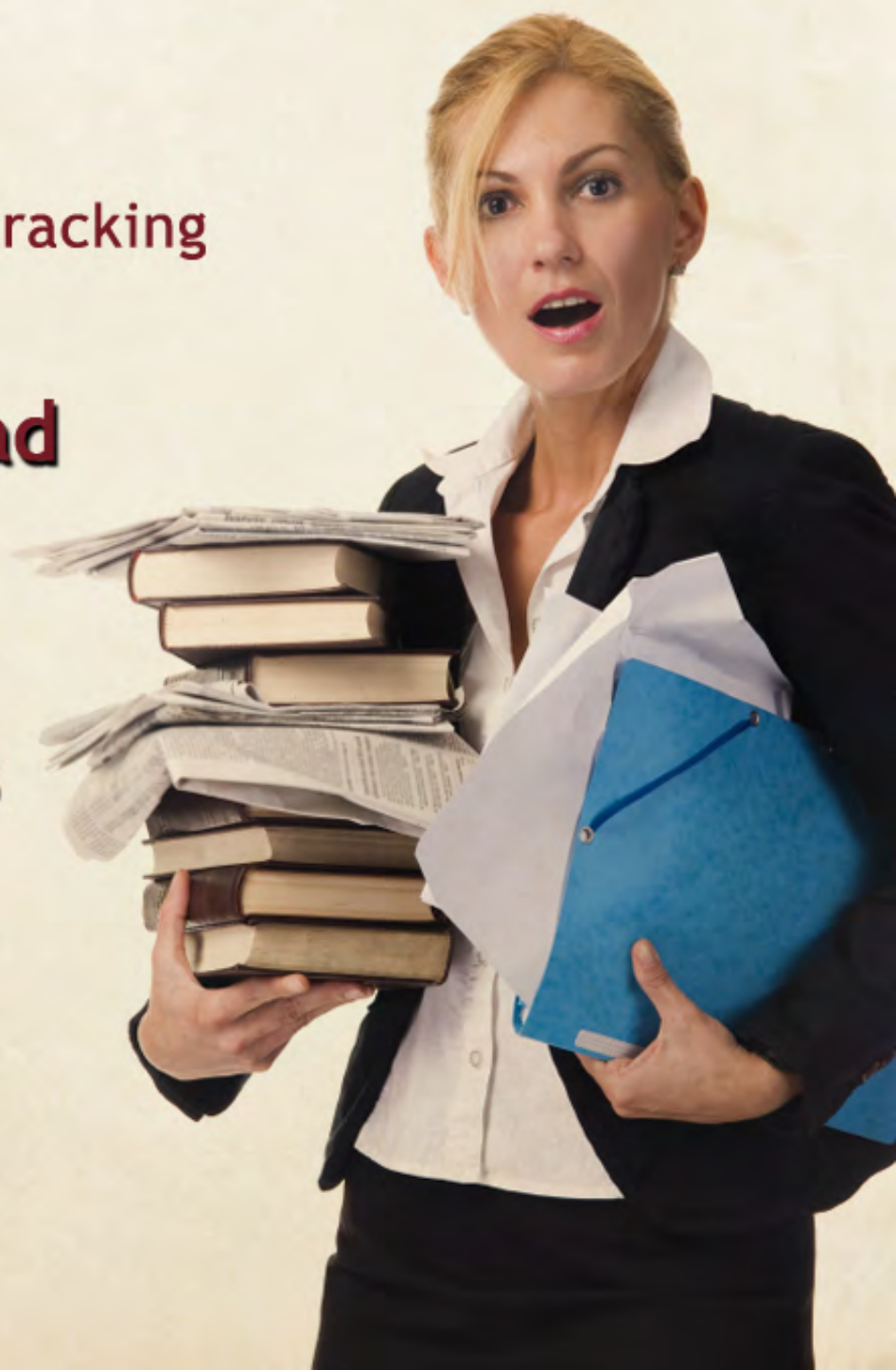
One for the Road

Little Free Library

Northern Lights

Ensemble Polaris

*Plus:
The Mindful Bard
From Where I Sit
and much more!*



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LETTERS TO THE EDITOR

We love to hear from you! Send your questions and comments to voice@voicemagazine.org, and please indicate if we may publish your letter.



STUDY SPACE

Maxie van Roye



Time is on My Side

There are simply not enough hours in the day.

Actually, there probably are enough hours in the day. Twenty-four, to be exact. And although we need to waste around eight of them—give or take—sleeping, that still gives us sixteen solid hours of potential productivity. Even with all our obligations, even with nonessentials like eating and showering, the day should give us enough time to cover all or most of what we want to do, shouldn't it?

And yet it doesn't even come close.

Whether it's a question of too many distractions, too much procrastination, or too much multi-tasking, or whether we've once again taken on more than we can handle, it's increasingly hard to juggle the responsibilities of adult life and stay sane. When you add university studies to the mix, it feels impossible.

So what are we doing wrong?

When there's a breakdown in scheduling, we usually blame ourselves. We need to limit this, cut out that. We need to set boundaries. But what gets overlooked is an even bigger problem: we're setting limits on the wrong things.

Let me explain.

A recent *New York Times* [blog post](#) gave me pause. Although it's specifically aimed at women, I think that in many respects it applies to all of us. According to the author, one of our biggest time management issues is that we don't know how to spend free time. We know we need to take a break, but it doesn't seem to materialize.

There's always *something* that needs doing. And though we schedule in that relaxation, little jobs and last-minute tasks eat away at it until it's all but gone.

Yet without that chance to physically and emotionally recharge, we're unable to really focus on the items on our to-do list. That makes us slower, which makes us fall even further behind—which means it's even less likely that we'll take the time out to chill for a while.

And we wonder why we get burned out or unproductive?

Rest and relaxation are so foreign to the fast pace of modern North American living. We're all about achieving that final product, but *how* we get there is just as important as getting to our goals. And the only way to reach a goal intact is to learn actually schedule in that personal time—and stick to it.

But wait: Aren't we always taking a break? Isn't that the problem? Not really; after all, loafing in front of the TV, or procrastinating on Pinterest or Facebook, aren't really relaxing because we're not in the right frame of mind. We're not *working*, exactly, but at the back of our minds is the nagging feeling that what we're supposed to be doing is still waiting for us. And our duties are going to come back to haunt us if we don't get back to them now.

Self-care isn't usually high on our list of priorities. It's an afterthought, a spur-of-the-moment thing. And "scheduling time for yourself" sounds so trite, so checkout-counter-magazine-cover pop psychology. Maybe it's good in theory. Maybe it works in practice for celebrities, who have nannies and housekeepers and stylists and assistants and enough money to eat out for every meal. But in real life? For real people with jobs and family responsibilities and volunteer commitments and extracurricular activities and homework—it's just not realistic!

But it has to be.

Every time we allow extra tasks to cut into our planned relaxation space, we're selling ourselves short. We're forgetting that taking the time to chill—without physical or mental interruption—is a *need*, not an option.

I used to have a work-finished policy. After 10:30, the laptop went off, the door shut, and I spent an hour reading and sipping tea. Lately, that's fallen by the wayside. I'm still finding random things to do as I'm plodding to bed at 12:45. Unsurprisingly, I'm sleeping worse, working more slowly, and stressing abnormally.

Mandated relaxation may sound counterintuitive, but if we don't force the habit we'll never squeeze it in. This week, let's commit to scheduling regular wind-down time, forcing ourselves to turn off all other obligations. Who knows—we might find ourselves so renewed that life is no longer a daily grind.

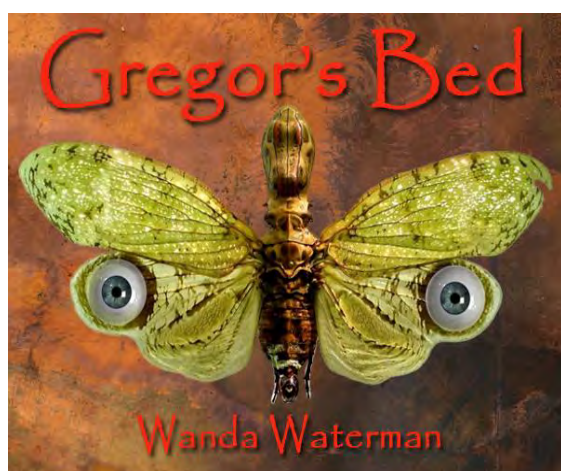
AU NEWS WRITER WANTED!

In order to meet the needs of our student readers, we're ready to expand our coverage of Athabasca University-specific news, events, and resources. We're seeking a regular writer who will research and cover these and other, similar topics on a freelance basis. Columns will be paid at the regular freelance rate.

Interested applicants can send a writing sample to the Managing Editor, Christina Frey, at voice@voicemagazine.org.

To all aspiring writers: remember that *The Voice* is always happy to consider articles on any topic of interest to our readers!





Recent Discoveries From the Realm of the Experimental and Avant-Garde

Album: Ensemble Polaris, *Uncharted Waters* (2012)

Artists: Marco Cera, guitar; Kirk Elliott, violin, folk harp, mandolin, accordion, bagpipe; Margaret Gay, cello; Ben Grossman, hurdy gurdy; Katherine Hill, voice, nyckelharpa (keyed fiddle); Alison Melville, baroque flute, recorders, seljefløyte (willow flute); Colin Savage, clarinet, bass clarinet, recorders; Debashis Sinha, percussion.

"Here in the north each night is a whole winter long. Yet the place is fair enough, doubt it not! Thou shalt see sights here such as thou hast not seen in the halls of the English king. We shall be together as sisters whilst thou bidest with me; we shall go down to the sea when the storm begins once more; thou shalt see the billows rushing upon the land like wild, white-maned horses—and then the whales far out in the offing! They dash one against another like steel-clad knights! Ha, what joy to be a witching-wife and ride on the whale's back—to speed before the skiff, and wake the storm, and lure men to the deeps with lovely songs of sorcery!"

Henrik Ibsen, *The Vikings of Helgeland*

Audacious Virtuosos at the Vanguard of Musical Eclecticism

Ensemble Polaris claims to have been created for the purpose of exploring the "idea of North," something on the minds of many thinking Canadians. In fact, "Idea of North" was the title of a *CBC Ideas* program series by Glenn Gould, first broadcast back in 1967; the series was not so much an effort to define what constituted "Northern" culture as an attempt to communicate a way of seeing common to the experience of artists in Northern countries.

Ensemble Polaris was formed in Toronto in 1997 by professional, classically trained musicians from a number of different nationalities (many thanks to the Tafelmusik Baroque Orchestra and Chamber Choir for being the spawning ground and meeting place for at least half of these superlative artists). You'd expect this kind of ethnic mix from one of the most cosmopolitan cities in the world, nearly half of whose residents were born in other countries. Canadian culture is much the richer for it.

Ensemble Polaris is a rare gem, presenting the listener with a truly seamless musical eclecticism. They almost appear to have launched a new genre, pure and all-of-a-piece.

Uncharted Waters is their fourth album, and the repertoire comes from all over the northern cap of the planet. How does a pack of geniuses create such a set of consistently beautiful songs? By sharing a vision, transcending the gruelling academic disciplines that have elevated them to the status of maestros, and dismissing their individual egos in order to take part in something truly marvellous.

It's the kind of music you'd expect to hear in Valhalla, complete with every musical genre that the Vikings may have encountered on their journeys. There are also touches from the Parisian, East European, and Northern Arabic music of the last two centuries.

I tried to pick out a few favourite tracks but couldn't. They're all just too wonderful. The excellence of arrangement and performance is enhanced by an avant-garde adventurousness and an aesthetic that's both classical and folk, as primal as it is postmodern. The diversity of this music harks back to the patchwork culture of the European port cities that admitted all manner of sights, smells, and sounds from the cities of the world.



Wanda also penned the poems for the artist book *They Tell My Tale to Children Now to Help Them to be Good*, a collection of meditations on fairy tales, illustrated by artist Susan Malmstrom.

DID YOU KNOW?

DegreeWorks



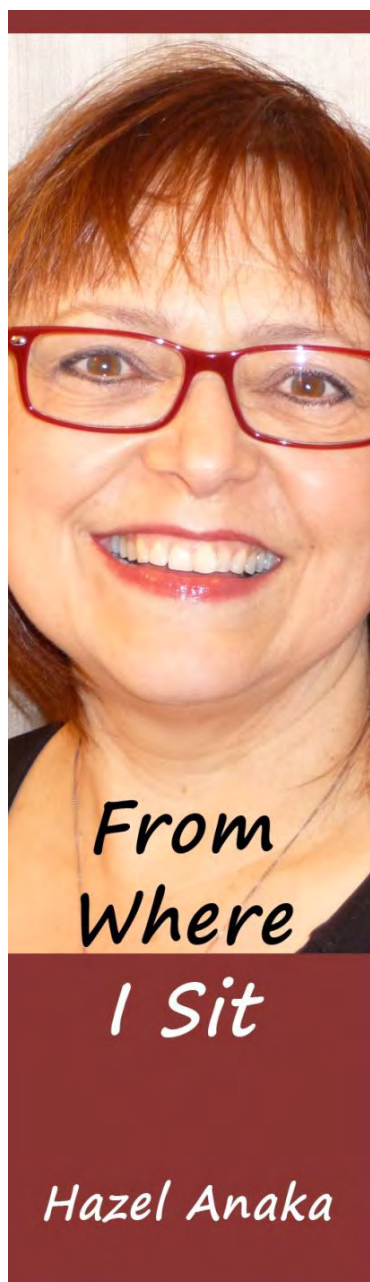
It takes a lot of planning to map out an academic career. But when you're working with information in several different media, the process can be time-consuming and frustrating. However, the future is promising: AU will soon be launching DegreeWorks, "a comprehensive academic advising and degree audit solution" that will communicate directly with AU's internal student information system and streamline program planning.

DegreeWorks helps students plan their educational futures by "automatically [retrieving] a student's academic record . . . and [organizing] it into an educational plan on the web, identifying program requirements, courses completed and courses still needed to complete a degree."

Students will also be able to "explore 'What if' scenarios to measure the effects of changing programs or adding majors or minors" and check GPAs based on projected future course grades.

It will be user friendly, and AU plans to make advisors available for students who need help navigating the system. DegreeWorks will be launched later this year.

For more information on the DegreeWorks project, visit the [information site](#).



Books Help

There's nothing like losing 44 pounds to get a girl thinking seriously about her changing body. Because this has been a slow process of losing a pound and a half or so each week, the changes have snuck up on me.

I have the energy and stamina to play ball hockey with my two and half year old grandson, or play tractors while sitting cross-legged on the floor. I can comfortably cross my legs. The sciatica that's plagued me for years is all but a memory. My posture is better and my acid reflux is gone, gone, gone. It feels like I've done my organs a huge favour. My flat feet thank me. My doctor congratulated me.

On the emotional side, my confidence is soaring. I want to accept invitations out. I'm looking forward to my niece's destination wedding next February.

Part of improved self-confidence is knowing that I have more choices and some stylish clothes in my wardrobe. Some are pieces that will transition as the weight loss continues. Others are old favourites that fit better now. No pulling or gaping. No vice-like grip.

Aside from the smaller portions, more frequent meals, and increased activity, there has been a change in mindset. Eating off smaller plates and bowls. Eating more slowly. Cutting myself some slack and silencing the inner critic. Celebrating the victories, the milestones, the better choices. As Jenny says, "Progress, not perfection."

I've had to acknowledge that getting and staying healthy takes effort and mindfulness—not fanaticism, but mindfulness. For a year or two I've had a vision board covered with images and words. The pictures show healthy-weight women wearing great clothes or exercising or being pampered. Some of the phrases include these nuggets of wisdom: "It's better to have a body

in shape than to obsess about the shape of your body"; "No ifs, ands, or buts"; "Your body is talking, are you listening?"; and "Small steps, great strides." But of course, words without action mean nothing. Dammit.

I take time to prep veggie snacks for a day in the city. I study menus and read labels to make healthier choices in tough situations. It's not impossible to eat out, but it does slow the losing process.

What's been great fun is rereading some of my Trinny and Susannah (of *What Not to Wear* fame) books. The one that speaks to me right now is *The Body Shape Bible*. In it these fashion mavens have identified 12 different body shapes. They spell out and illustrate (with real women) the worst possible things each shape could wear. We are then shown the best core items for minimizing flaws and accentuating the positives.

Another gem I stumbled upon is Sam Saboura's *Real Style*. It, too, focuses on real women with real bodies. Building a wardrobe from the ground up is a challenge and I'm grateful for the help from these books. Maybe it'll prevent a few buying mistakes, from where I sit.

Hazel Anaka's first novel is *Lucky Dog*. Visit her [website](#) for more information or follow her on Twitter @anakawrites.

CLICK OF THE WRIST

Colour My World

This weekend, it's all about the wearing of the green. But the colour's not limited to green rivers, green clothes, or even the verdant valleys of Ireland. Check out these links for some new ways to think about green—whether on St. Patty's Day or not.

Pink Is Not a Colour

According to this YouTube clip from the "Minute Physics" series, pink is not only not a colour, it should be called "minus green" due to the nature of the colour spectrum of light. For more on the anti-pink controversy, check out this CBC [article](#).

Of Eggs and Ham and Words

The Dr. Seuss classic *Green Eggs and Ham* has been loved, read, deconstructed, and interpreted—but do you know the story behind it? This fascinating article describes the bet between Seuss and his editor, one that gave rise to a clever tale.

Playing with Fire

With just two household chemicals, you can create an impressive green fire in your backyard. Be sure to follow the safety precautions when you're performing this experiment!



NOTICE: VOICE HOLIDAY

Here at *The Voice* we're taking a holiday, too! *The Voice Magazine* will be on hiatus from Monday, March 26 to Sunday, April 1. There will be no issue published on March 30, but we'll be back with more of your favourite columns and topics with the April 6 issue!

THE MINDFUL BARD

Wanda Waterman



Books, Music, and Film to Wake Up Your Muse and Help You Change the World

Book: Alan Filewod, *Committing Theatre: Theatre Radicalism and Political Intervention in Canada* (Between the Lines 2011)

"Because things are the way they are, things will not stay the way they are."

Bertolt Brecht

The High Cost of the Artist's Right to Refuse

In high school in Nova Scotia we would occasionally file into the auditorium to see some travelling theatre troupe enact the legends of Glooscap or a drama about cultural rifts between urban and rural communities. It wasn't exactly Shakespeare, but these performances had the effect of lifting me from the miasma of the daily school grind and all the ugliness that went with it. It got me thinking about the outside world and about my own identity.

In the 1980s the *Codco troupe*, one of a number of ragtag Newfoundland groups vying for government funding, got accepted by a major television network. Their weekly half-hour sketch comedy show allowed all of us to see into this terrifying and hilarious mirror of Canadian Maritimers. The show eventually morphed into *This Hour Has 22 Minutes*, a satirical news show beloved of disgruntled Canucks from sea to shining sea, showing up our foibles and inconsistencies and poking fun at the status quo.

This was the opposite spectrum of Halifax's Neptune Theatre, one of my favourite haunts, the place to go to indulge a love of theatre as art, a place to see Ibsen, Shakespeare, and musical revues. But, as this book points out, the one could not have thrived without the other.

Committing Theatre explains in detail the contexts—and the terrible struggles—that led to the development of theatre as a vehicle for dissemination of progressive ideas in Canada.

In the 1970s the Mummers Troupe of St. John's had a hard time acquiring the government funding required by any fledgling theatre company. The Troupe, part of the popular theatre movement, was politically motivated and ready to move around the province, performing in any venue that would have them. The members started with agitprop (a Soviet term meaning agitation plus propaganda) and ended up reaching out to rural communities in an effort to unite people with a message of social justice.

The Mummers quickly developed a reputation for not taking any crap from the hands that could have fed them, which did not bode well for their future survival. What's more, ideological rifts and a refusal to bend ideals to meet pragmatic demands led to severe conflicts within the Troupe itself. One of the central issues was that these socialists were being asked to twist their agenda to meet the demands of a business model they abhorred.

Most young artists cherish the notions that art transcends money and that administrations are not to be trusted. Unfortunately, all art is to some extent dependent on Mammon and therefore must either find a means of pocketing the distrust of money and power in order to secure financial support or search for ways to simplify productions in order to stay within a small or non-existent budget. In the theatre arts in particular, these strictures may quash a good deal of creativity—but have also been the catalyst of much brilliant innovation.

Sadly, the days of leftist theatre companies are usually numbered. Why? Because radical theatre is, in the words of Alan Filewod, “a theatre of refusal.” The refusal to accept and support the existing order goes hand in hand with the refusal to compromise ideals in order to stay afloat financially. Unfortunately compromising one’s ideals does not always bode well for an organization either. But this is the kind of quandary with which every artist is faced.

Committing Theatre is extremely well-written and creates an amazing history of Canadian radical theatre (a phenomenon characterized by an absence of written records), but it is also a road map of one of the single most daunting challenges to the artistic life: survival. It points out historical examples of the things that can go wrong and shows how some ingenious groups and individuals have managed to keep on going and create amazing material while operating at a loss.

The book gives anecdote after anecdote, illustrating the impossibility of free theatre in Canada. In order to qualify for government funds, troupes must sacrifice their missions and purposes. The bourgeoisie love theatre as art, and the left loves it as a vehicle of social change, a thing that the rich and the middle classes will not normally support.

As Filewod writes, “They frequently came to the same solution: that radical activist theatre cannot happen in the framework of a box-office financial structure.”

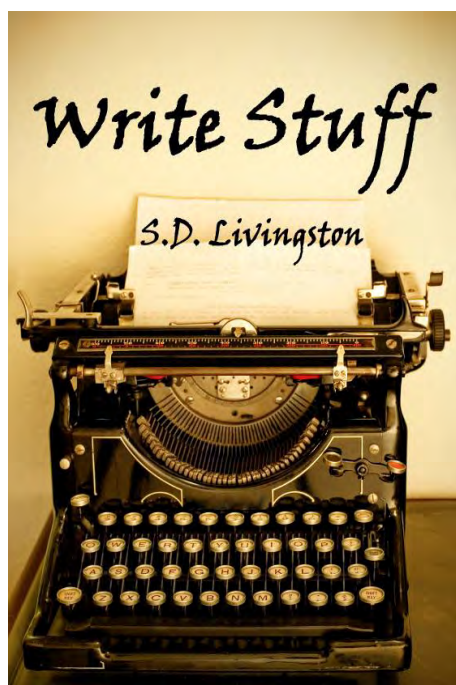
And yet . . .

The bottom of the pyramid, the place where the money trickles no further, the place beyond the reach of government coercion because the government will not pay for it—*that’s* where the inspiration is. The unfunded radical theatre fringe is the lifeblood of theatre as a whole. Without the Mummers Troupe and other radical fringe groups contemporaneous with Codco, Neptune Theatre would be dead.

Committing Theatre fulfills six of the Mindful Bard’s criteria for books well worth reading: 1) it poses and admirably responds to questions that have a direct bearing on my view of existence; 2) it stimulates my mind; 3) it harmoniously unites art with social action, saving me from both seclusion in an ivory tower and slavery to someone else’s political agenda; 4) it gives me artistic tools; 5) it makes me want to be a better artist; and 6) it renews my enthusiasm for positive social action.

“In the end the story of the Mummers illustrates, even establishes, the principle that radical intervention theatre is a theatre of refusal.”

Alan Filewod, Committing Theatre



Little Free Library

If you walk past a certain house in Hudson, Wisconsin, you might stop to glance at the odd wooden mailbox on the front lawn. Look closer, though, and you'll see that it isn't a mailbox at all. It's a library: the first in a growing movement called the Little Free Library, and proof positive that wonderful things often come in small packages.

That tiny red schoolhouse on the lawn in Hudson began as a way to honour the memory of June A. Bol, a book lover and former teacher. As the Little Free Library site [explains](#), June's son, Todd Bol, "built a miniature model of a library, filled it with books for anyone to take, and placed it outside his home." Little did he know that this small gesture would spark a movement that has spread around the world.

After seeing the positive response to his small library, Bol contacted Rick Brooks, a friend who works in the Division of Continuing Studies at the University of Wisconsin. Together they realized the potential for a network of little libraries, and embarked on a mission to "promote literacy and the love of reading by building free book exchanges worldwide." Their goals: to "build a sense of community as we share skills, creativity and wisdom across generations" and to "build more than 2,510 libraries around the world—more than Andrew Carnegie!"

Lofty ambitions to fit into small wooden boxes, but the idea has struck such a deep chord in people that Little Free Libraries have sprouted around the globe. As Brooks [told USA Today](#), "Little Free Libraries can be found in at least 24 states and eight countries," including England, Germany, and Ghana. Not bad for a small idea that began just two years ago as an 18-inch box.

But what is it about the Little Free Library that touches people so deeply? In this age of e-books and apps, the sight of the unique wooden structures certainly has an appeal based on novelty. (This [USA Today photo gallery](#) offers a glimpse of just how creative some library builders can be.)

The appeal goes well beyond novelty, though, and even transcends the basic goal of increasing literacy. Not only has the Little Free Library movement created a community of individual library stewards, it has also created new bonds among neighbours who, in some cases, had never even spoken before.

"Not only has the Little Free Library movement created a community of individual library stewards, it has also created new bonds among neighbours who, in some cases, had never even spoken before."

And that sense of community, of positive involvement, has grown beyond sharing books. In the interview with *USA Today*, Brooks noted that some Wisconsin prison inmates have started building the libraries,

which will find their way to local communities. There's also a project "in the works in New Orleans to create libraries out of Hurricane Katrina debris."

The libraries can also be a great way to share books on a particular subject. Or, near a college or university, to share textbooks you no longer need. QR codes and stickers can be placed inside the books to identify them as part of the Little Free Library network. This helps ensure that books aren't easily resold, and that borrowers uphold the spirit behind the idea.

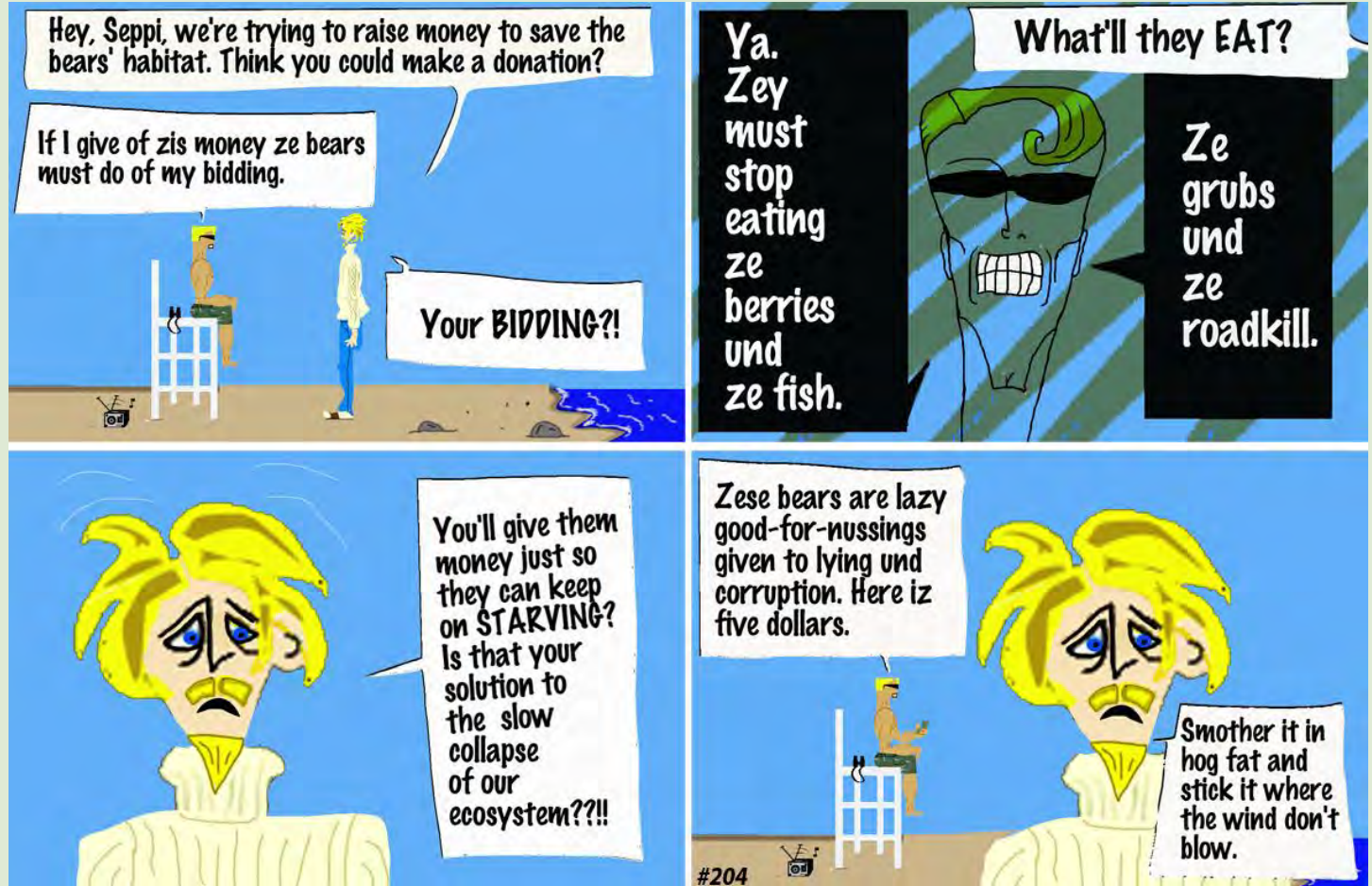
For those who want to get involved (whether building, borrowing, or donating), the project's founders offer building diagrams on their site, as well as a map that tracks the location of official Little Free Libraries locations, with new ones sprouting up all the time. Brooks and Bol also encourage using green or recycled materials in your library.

To find out more, or to get involved, visit the Little Free Library [site](#) or their [Facebook page](#).

S.D. Livingston is the author of several books, including the new suspense novel Kings of Providence. Visit her [website](#) for information on her writing (and for more musings on the literary world!).

CHRONICLES OF CRUISCIN LAN

Wanda Waterman



INTERNATIONAL NEWS DESK



At Home: Ice Breaker

Fishing from a boat has its challenges. Ice fishing is a completely different story. But a group of ice fishermen unwillingly experienced both when the piece of ice they were standing on broke away from shore and started floating out into the lake.

As *The Toronto Star* [reports](#), 26 fishermen were recently “stranded on Lake Simcoe after a dramatic change in wind direction forced the ice . . . to suddenly crack away from shore.”

The two-kilometre chunk of ice, shrinking, floated “further and further away from shore” for about 90 minutes until a rescue effort was mustered.

One of the fishermen attempted to jump his ATV across the breach before it widened too far. However, it couldn’t manage the six-foot gap; the “ATV crashed into the water, and his head struck the ice, severely cutting his face.” He later needed 300 stitches.

All the fishermen were rescued “just in time.” Five or six had to be pulled from the water due to the ice’s deterioration, and an OPP representative told reporters that “[if] it had been another ten minutes, another 5 or 10 more people would have been pulled from the water.”

Around the World: Shut Up

It’s the stuff of sci-fi—and maybe of our dreams. But getting the obnoxious to hush up for a bit may be closer to reality than ever, thanks to a new invention by two Japanese researchers.

As CBC News [reports](#), the scientists have made a working speech-jamming gun that “works by ‘shooting’ the offending voice back at the source.”

According to the researchers’ report, the device jams speech by playing back the speaker’s words “at a delay of a few hundred milliseconds.”

Because our brains “need to hear what comes out of our mouths,” this delayed auditory feedback disturbs speakers, making it “nearly impossible” for them to continue speaking.

Currently, delayed auditory feedback devices are used to help in speech therapy situations, but they are disruptive to those without a stutter.

AUSU UPDATE: MARCH 2012

Bethany Tynes, President



ELECTION RESULTS!

AUSU Elections were held March 3-6, 2012, and 17 candidates appeared on the ballot. Thank you to all who ran, and all who voted! The nine candidates who have been elected to form the 2012-2014 AUSU Council are: **Wendy Barnard, Bethany Tynes, James Ramsbottom, Evan Schmidt, Ashley Charlton, Toni Fox, Kim Newsome, Jason Nixon, and Craig French.**

Of the nine candidates elected, four are incumbents (James, Toni, Kim, and Bethany), while five are fresh new faces! We'll look forward to sharing more about our new group as time goes on, but for an introduction, here's what they had to say about themselves while still campaigning:

Wendy Barnard: "In 2009 I enrolled in AU's BComm Accounting program, and it was the best decision I ever made. Until that point I had been randomly taking courses at various colleges and universities throughout Toronto, trying to piece together my own BComm. AU made everything simpler. As a part-time student at AU I still have plenty of time to devote to my (almost) husband and challenging teenage boy. I am also able to work full-time in the accounting industry (using what I learn to constantly improve myself) and still have time to do things I enjoy. My main hobbies are knitting and crocheting for charity, reading and reviewing books for my blog, and wrestling with my two German Shepherd "puppies." During my time at Mohawk College in Hamilton I was elected Business Director of their Student Council. It was a great experience and I hope to bring that knowledge to my position with AUSU. My main focus is to create a voice for the student body by interacting with them regularly through social media to learn, and share, their issues and ideas. A fellow student once called me AU proud, and he couldn't be more right!"

Evan Schmidt: "Hello fellow members of AUSU! I'm a part-time student and I live in the town of Vaudreuil-Dorion, located in the outskirts of Montreal. I am currently enrolled in the Certificate of Marketing, and later plan on completing my Bachelor's degree after getting a few more certificates. I've been home-schooled since I was 10, live in a francophone community, am vegetarian, have six dogs, and have been involved with AU and AUSU since I was 14 (I am 20 now), so I really appreciate how Athabasca caters to the uniqueness of each student. Often doing things backwards myself (heck, I got my pilot's license two years before my driver's license!), I realize the importance of making sure that everyone is represented. I volunteer three nights a week with the Air Cadet Program (for teens ages 12-18), so I know what hard work and dedication can accomplish (hence the pilot's license!). I always strive for excellence and make sure that everything counts. That is why I think I would be great on the AUSU Student Council. It would be my honour to represent my fellow students, and a responsibility I would not take lightly!"

Ashley Charlton: “I have been an AU student since September 2009, working on a BA with an English major. I am a stay-at-home parent to my two preschool-aged daughters. My hobbies include long-distance running, playing the saxophone, and snowboarding; I am especially excited to be running my first-ever full marathon this summer. I also enjoy volunteering within my community. For over five years I was a member of the executive for minor soccer and I am now in my third year of acting as the secretary for the non-profit performance band that I play in. My previous involvement in minor sports gave me ample experience in conflict resolution and problem solving, while my experience with my band involves creative fundraising, finding new ways to recruit members, and keeping organized. I feel that these experiences, as well as my enthusiasm for AU and the flexible education opportunities it offers, make me an ideal candidate for a position on AUSU’s student council. During my time at AU I have found the AUSU community to be exceedingly welcoming and supportive and I would love the opportunity to serve this community by continuing the positive atmosphere and providing useful resources for its members.”

Jason Nixon: Jason Nixon lives in Sundre, Alberta and is in AU BComm program (Accounting Major). Jason has a BA Diploma from SAIT which he completed through distance education as well as over 10 years of management experience in both the for-profit industry and lately as an Executive Director of a non-profit agency working with urban underprivileged in a rural setting. Jason is excited about the opportunity to represent his fellow students on the council and if elected will use his experience and skills in management, program development, and distance education to work with council members and the AUSU executive to advance our members’ interests.

Craig French: “Eleven years after graduating with a degree in Computer Engineering and Management from McMaster University, I felt the urge to broaden my academic horizons. I enrolled in a night course at McMaster. However, I found that the structure of a traditional university course was challenging to interweave with my additional responsibilities as a husband, a parent of three young children, and my career as a software engineer. In 2008 I discovered AU. With the flexibility it offered, I learned that I could handle my responsibilities and pursue further education simultaneously. Since then I have been enrolled in the Bachelor of Science program as a part-time student. I have the skills and experience necessary to be an effective member of the AUSU Student Council. I have board experience. I’m currently serving as Vice-Chair of a not-for-profit organization that produces subsidized fresh food boxes. I have a reputation for getting things done. I was voted ‘Executive of the Year’ as Vice-President of the Student Alumni Association of McMaster. By virtue of my profession, I bring deep technical knowledge of Internet and telecommunications technologies. Finally, I have recently received awards for my public speaking skills at Toastmasters. Vote Craig French for great results!”

We look forward to seeing what the new council will be able to accomplish during their term! Congratulations to those elected, and thanks to all who ran!

This column is provided by AUSU to facilitate communication with its members. The Voice does not write or edit this section; all content has been exclusively and directly provided by AUSU, and any questions or comments about the material should be directed to ausu@ausu.org.

EMPLOYMENT OPPORTUNITY: ALBERTA STUDENT MINISTERIAL INTERNS

About Us

The Government of Alberta offers diverse and rewarding career opportunities for everyone - from individuals beginning their careers to those with lots of experience. Summer employment provides students with the opportunity to learn about our organization, develop workplace skills, and gain career-related experience. For more information about the Government of Alberta, please visit our website at www.alberta.ca.

Role

If you are a post-secondary student who wants hands-on experience working in a minister's office in the Alberta Legislature this summer, this challenge is for you. We are looking for highly motivated, enthusiastic individuals interested in learning how the Alberta government functions at the ministerial level. In these three-month summer internship positions, you will work closely with minister's office staff to support the minister with his/her daily activities. You will use your strong interpersonal, research, and verbal and written communication skills, as you attend events; assist with briefings and scheduling; respond to telephone enquires; process action requests and work on special projects. Ideal candidates will also have strong computer and organizational skills, the ability to learn quickly, and work well in a team setting. If you have an interest in working for the Alberta Public Service or other government-related fields, this unique position is for you.

During this internship you will have the opportunity to learn how your provincial government works and gain an understanding of public policy development activities through on-the job training and by interacting with staff from many different areas of government.

Qualifications

You are a post-secondary student who has completed at least two years of a program or you have graduated from a post-secondary program within the past year. Proficiency with Microsoft Outlook, Word and Excel is also required. Preference will be given to candidates who have demonstrated an interest in public service, government or the political processes through related work, co-op or volunteer experience. Equivalencies will be considered.

Salary

\$21.82 per hour **effective April 1, 2012**

Closing Date

March 26, 2012

Job ID: 1010118

Open Competition

Notes

We have several positions located in Edmonton and one position located in Calgary. Please indicate which location(s) you are applying for in your application. These are three-month temporary positions from May 22 – August 24, 2012. Final candidates will be asked to undergo a security screening.

How to Apply

Apply online at www.jobs.alberta.ca. Along with your resume, applicants are required to submit a 500 word Statement of Interest responding to the following questions:

- Why do you want to participate in the Alberta Student Ministerial Internship Program?
- Why are you a suitable candidate?
- How do you envision participating in this internship will impact your career?

Online applications are preferred. If you apply online, please ensure your Statement of Interest and resume are submitted as one file. If you are unable to apply online, please submit your cover letter and resume, quoting the Job ID, to: Marriam Adujan, Alberta Executive Council, Human Resources, by email to marriam.apdujan@gov.ab.ca or by fax at 780-422-4168. Applicants who apply online will be able to track the status of this competition. We thank all applicants for their interest; however, only those individuals selected for interviews will be contacted.

CLASSIFIEDS

Classifieds are free for AU students! Contact voice@voicemagazine.org for more information.

THE VOICE

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