

THE VOICE

MAGAZINE

Vol 22 Issue 32 2014-08-15

You Need to Relax!

Getting Busy with Relaxation

Holodeck Holidays

Want a virtual vacation?

Job One

Beyond the Workaholic

Plus:

*Council Connection
The Writer's Toolbox
and much more!*



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Feature

It's Official: *You Need to Relax* 6

Articles

Editorial: *The Synchronicity of Relaxation* 3

The Study Dude: *Moonwalking with Einstein* 11

Columns

Primal Numbers: *Holodecks on Holiday, Part I* 4

The Mindful Bard: *Is the Man who is Tall Happy?* 7

In Conversation: *With Gillian Sze* 9

Writer's Toolbox: *Where Have all the Canadianisms Gone?* 14

From Where I Sit: *Job One* 16

Dear Barb: *Relationships Gone to the Dogs* 17

News and Events

Council Connction..... 5

Click of the Wrist 10

Did You Know?..... 13

International News Desk 15

AUSU Update 19

Comics

AntGuy and Happy Rabbit: *Going to Palestine* 18

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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.

EDITORIAL**Karl Low****The Synchronicity of Relaxation**

I'm calling this our relaxation issue because, through complete coincidence, several of the articles I received for publication this week take different looks at the need, benefits, and methods of relaxation.

Our feature article by Barb Lehtiniemi, prompted by National Relaxation Day, examines that idea that we shouldn't leave relaxation to chance. Does simply being too busy mean that we should forego the health and mental benefits that relaxation can provide? And if not, how can we make sure that we take the time to do it? Barb tries to give us some answers and advice on scheduling relaxation.

Hazel Anaka then looks at the issue from the point of view of someone who simply doesn't do it enough in this weeks' *From Where I Sit*. It's an old Tony Robbins quote that nobody has ever looked back over their life from their deathbed and thought to themselves, "I should have spent more time in the office." And although it's an easy thing to say, when there's always one more task that's waiting to be done, it can be a hard thing to put into practice.

Then in *Primal Numbers*, S.D. Livingston examines relaxation of the future, and considers the question if we could take a virtual holiday, would we? This two part article takes a look at how "the real world" is becoming increasingly replaced by virtual connections and brings forward the question, if we had technology like the holodeck from *Star Trek*, would we use it?

Even our Click of the Wrist section has some ideas this week on ways that you can relax and recharge your brain for the upcoming school year. What makes this so interesting to me, from an editor's standpoint, is that it's interesting to see these articles all coming in at about the same time from writers that have no connections to one another. If you're familiar with the works of Carl Jung at all, this makes perfect, albeit eerie, sense.

However, relaxation is not the only thing on the menu this week. We interview poet Gillian Sze, examine a documentary examining Noam Chomsky, report on this month's Council Meeting, and much more through our usual selection of columns and articles. However one thing I definitely want to bring your attention to is the new AUSU update. Revamped over the last two weeks by AUSU, they're hopeful you'll find the new format of it more informative, useful, and even current, as changes to it are expected to happen regularly.

For those wondering about our swag giveaway this week, responses were much better, and the draw has been made and emails sent out. We're just awaiting confirmation. For all those who did enter, thanks so much for your loyalty to *The Voice Magazine*, and don't worry, there will be other opportunities in the near future. But if you're curious as to what you may have missed this time, take a look on our Facebook page, where I'll shortly be getting up a picture of one of the swag packages we sent out.

Until next time, have a good read!

A handwritten signature in black ink, appearing to read "Karl", with a stylized, flowing script.

Primal Numbers

Holodecks on Holiday, Part I

S.D. Livingston



If you've taken a trip lately, you know how frustrating travel can be. From cancelled flights to lost luggage and bad resort food, it's not uncommon for people to return from vacation more exhausted than when they left. Soon, technology could put an end to travel woes and let you choose a virtual vacation. But will we ever really prefer a digital beach over the real thing?

The ultimate virtual vacation would, of course, take place on a holodeck—that room on *Star Trek's USS Enterprise* where characters could create any world at will. Whether it was

transformed into a 1940s city or a tropical paradise, the holodeck let users make physical contact with the digital objects of their imagination.

Virtual holidays aren't quite that sophisticated yet but we're getting closer. As this [Telegraph article](#) reports, the tech firm Oculus has developed "virtual reality visors that will enable wearers to explore popular destinations and entirely new realms without leaving their homes." Wander the English countryside, discover the Great Wall of China, or go skydiving. You won't taste the food or feel the wind in your hair, but those advances could be as few as 10 years away.

The question is, will we ever give up the real thing (complete with sunburns and flight delays) in exchange for a perfect holodeck holiday? Two key signs point to yes.

For starters, there's the fact that we seem perfectly content to spend more and more of our time indoors instead of out. And we're conditioning our kids to live that way too. Whether it's a lack of time, bad weather, or the lure of screen time, life indoors has eclipsed the time we once spent in nature. As this 2012 [post](#) by the David Suzuki Foundation notes, more than 70 per cent of Canadian kids now spend 23 hours of every day inside.

That's a staggering 96 per cent of their lives spent in a controlled, indoor environment. No worries about rain or mud or the uncomfortable realities of bee stings and blisters.

Sure, plenty of families still spend a week or two hiking or camping each summer. But the overwhelming reality for North American kids these days is a life lived indoors. Once they become adults, odds are that technology will have perfected the tailor-made, hassle-free holodeck vacation. It will be a world they're already familiar with—a video game or TV show come to life. Why go through the messy reality of bug bites and cramped plane seats when you can take the entire family on vacation from the comfort of your living room?

Then there's our growing habit of spending more time with people online than we do in real life. According to the Australian [site](#) News Limited, a 2014 study reveals that more than half of young Australians (aged 18 to 34) "now spend more time talking and interacting with friends and family on social media than in person."

In a 24-hour period, 64 percent of participants had connected with their families and friends online. But during the same time span, only 15 per cent of them spent time socializing with those people in real life.

Canadians and Australians aren't alone in those social trends, and it's probably not hard to find examples in your own life.

What we have, then, is a market that will be primed and ready to embrace holodeck holidays. A population that enjoys the indoors, manages everything from cars to friendships on a screen, and wouldn't know poison ivy from a pimple.

Will there be benefits? Most definitely, though they won't come without a cost. Join me here to chat about that next week. I promise the virtual sightseeing will be fabulous.

S.D. Livingston is the author and creator of the Madeline M. Mystery Series for kids, as well as several books for older readers. Visit her [website](#) for information on her writing.

Council Connection

Karl Low



Although there were only two motions on the agenda at this month's Council Meeting, both motions were of the interesting variety.

The first was a motion for the AUSU Awards committee to now be co-chaired by two people, Bonita Arbeau and Christine Villeneuve. Each of them is to receive full pay for the position, as if they were the sole chair of any other AUSU committee. For those who don't know, the AUSU Awards committee, which has been able to operate with only a single chair since its inception until now, is responsible for updating AUSU Awards policies and reviewing any applications for the various awards AUSU provides.

AUSU Council voted unanimously in favor of doubling the number of chairs, and, consequently, the pay we are giving for leadership of that committee.

The second motion was a motion of removal against Councillor Shawna Wasylyshyn. Councillor Wasylyshyn had missed two meetings within a single month, an Awards Committee Meeting on June 17th and a Council Meeting on July 9th. As a result, a motion of removal automatically gets brought forward as a reminder to the Councillors of their duty, and so that Council has the opportunity to discuss whether the absences were material and/or justified. In this case, following some discussion about the mechanics of holding a secret ballot during a teleconference meeting, Council was unanimously against the removal.

Discussion during the reports stage was mostly routine business, although it was noted that there will be a special meeting of AU's General Faculties Council to discuss the Student Success (SS) Centre (aka, the call-centre). And it was stressed during the council meeting that the effects of the SS Centre on AU's international accreditation are of concern.

Also noted were that AUSU has received a large number of applications for awards, and the health care plan is moving forward, although exact dates cannot yet be given, as these are dependant on AU's assistance.

It's Official: You Need to Relax

Barbara Lehtiniemi



Good news for all you hardworking students: today is "National Relaxation Day!" I don't know who designated August 15 as a day of relaxation, but I'm not going to argue. I found NRD on two websites* so it must be true.

Too often we view the act of relaxation as that ideal state we'll arrive at once the essential work is done. Trouble is, essential work is never done. There is always another task demanding our attention.

I think we need to start viewing relaxation as an essential activity. We need to make time for it the way we make time for bathing, medical appointments, and car maintenance. We can't just put off relaxation until we have time, but that's what we often do. "I'll relax when I have my two-week vacation." Right. That makes as much sense as saying, "I'll shower during my summer holidays" or "I'll catch up on oil changes in July."

Because relaxation seems indulgent, many people are reluctant to make time for it. Even if they recognize how essential it is to mind and body to have some down time, they may think it's hopeless because they don't have time. Nonsense! We don't have time for everything, but what gets scheduled, gets done.

Think you don't have time to fit relaxation into your schedule? Try one of these:

Use transition times. Many people race from home to work to the gym to home and on and on without pause. Try taking a 15-minute transition break before advancing to the next segment of your schedule. For example, when you get home from work, take a 15-minute breather before plunging into meal and evening preparations. You've worked all day, so put your feet up and unwind. If you're one-half of a working couple, this may be a good time to reconnect.

Find an oasis. Sometimes calm is hard to find at home. Is there somewhere on your daily route that can provide sanctuary? Escape to a quiet corner of a library, a secluded park bench, or an isolated nook in a coffee shop and enjoy your private refuge. Can't relax with your own thoughts? Meet with a few friends and shoot the breeze or shoot some pool.

Schedule a "me" night. Declare one evening each week to be all about you. Serve take-out pizza for supper, turn off the phone, and send the spouse and kids out to visit grandma or see a movie. Spend your evening reading a book, indulging in your favourite DVD, or puttering about with a neglected hobby. Don't forget to reciprocate—gracefully—if your spouse wants an evening off, too.

Get up while the world sleeps. Many people hate the idea of getting up any earlier than they have to. Until they begin getting up early regularly. While everyone else sleeps, get up and enjoy the bliss of beginning a day

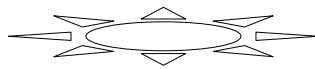
without having to rush. Read from an inspiring book or the morning newspaper while you sip coffee. Watch the sunrise. Meditate. Relax.

Relaxation is so important to our well-being, we ought to make regular time for it. De-stressing makes it easier to face the challenging moments of life. Unwinding allows time for contemplation. Relaxing makes us nicer to be around.

While you're relaxing today on National Relaxation Day, contemplate how you can fit some vital down time into your hectic schedule.

*Relax, both <http://www.daysoftheyear.com/> and <http://nationaldaycalendar.com/> have National Relaxation Day listed. Unfortunately, these sites don't agree on every day: September 6 is either "Fight Procrastination Day" or "Read a Book Day," depending on which site you choose to believe. I know what I'll be doing that day.

Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario



The Mindful Bard Is the Man Who is Tall Happy?

Wanda Waterman

Film: *Is the Man Who is Tall Happy?*

Director: Michel Gondry

It's All So Simple, Really—the Stone is Actually a Donkey

"Reality is simple and it's our task to show that."

- Noam Chomsky in *Is the Man Who is Tall Happy?*

Once upon a time a little donkey was turned into a stone. When some children told the donkey's parents that the stone was their son, the parents didn't believe it. Finally the stone was turned back into a donkey.

The lesson? Our ideas of objects are not based on their physical appearances but rather on the mental conceptions we impose on those objects, such as the notion of continuity that the children in this tale imposed on their little donkey friend; they retained an awareness of his true identity even when he no longer looked like a donkey.

This is just one of the many ideas presented by linguist, thinker, political polemicist, and activist Noam Chomsky in an interview with Michel Grondy, the French filmmaker who, during the nineties, was a much sought-after musical video director for Björk and the Rolling Stones, and who was also a co-director of the remarkable feature *Eternal Sunshine of the Spotless Mind*.

The dialogue between these two, quite different, men is illustrated by animated graphics (they look like blackboard doodles with coloured chalk) that illuminate each difficult idea that proceeds from Chomsky's mouth.

The synergy is palpable. It's utterly inspiring to see a vibrant, enthusiastic, and curious visual artist dialogue with a towering intellectual; it's the ultimate creative petri dish, and the results are almost divine.

The technique alone is fascinating and lends a delightfully playful quality to ponderous subject matter; the few sequences showing Chomsky talking were filmed on a Bolex Super-8 camera, and the rest of it is just his voice and the doodles dancing across the black screen, interspersed with the occasional old photograph. The drawings illustrate Chomsky's words, bringing them to life and fixing them in our minds in a way that just a talking head could never do.

Grondy's method of presenting Chomsky's ideas renders them exceptionally clear, but *Is the Man Who is Tall Happy?* isn't a film for the intellectually fainthearted. It does, however, hold enormous rewards for those who hang in there. And you don't have to understand it all to enjoy it.

One effect of the animated graphics is ironically to more clearly delineate Chomsky as a thinker and a person, and to present an appealingly whimsical survey of his life and thought. The questions Grondy asks are specifically designed to touch on the main points of Chomsky's philosophical work while humanizing him by getting him to talk about his childhood, his marriage, and his children.

A secondary effect of this groundbreaking approach is the showcasing of Gondry's phenomenal creativity and self-discipline. Gondry comes across as an ecstatic creative force with the enthusiasm of a child at a carnival, and at the same time as a hardworking schmo who spends countless hours hunched over a drawing pad—a model of artistic achievement well worth imitating.

Just watching this is incredibly stimulating. It's a striking example of how quality, engaging art can be made with just creativity, very simple tools, a vision, and dogged determination.

As for the film's enigmatic title, don't waste too much time trying to figure out what it means and how it relates to the film—just try to appreciate how cool it is.

Is the Man Who is Tall Happy? manifests nine of the Mindful Bard's criteria for films well worth seeing.

- It's authentic, original, and delightful.
- It poses and admirably responds to questions that have a direct bearing on my view of existence.
- It stimulates my mind.
- It inspires an awareness of the sanctity of creation.
- It displays an engagement with and compassionate response to suffering.
- It gives me artistic tools.
- It makes me want to be a better artist.
- It renews my enthusiasm for positive social action.
- It makes me appreciate that life is a complex and rare phenomena, making living a unique opportunity.

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.

In Conversation With Gillian Sze

Wanda Waterman



Everyone Should Have One's Own Museum

[Gillian Sze](#) is a Montreal-based poet who studied creative writing at Concordia University and who has already achieved numerous accolades for two books of poetry, *Fish Bones* and *The Anatomy of Clay* (recommended [here](#) in *The Voice*). Recently she took some time to answer Wanda Waterman's questions about childhood, sensitivity, and feeding the muse.

Poetry: "Imaginary gardens with real toads in them."

- Marianne Moore

What in your childhood pointed you to poetry?

So many things: the plum tree in my backyard, the small space between the garage and the fence that I pretended was a secret passageway, the mishmash of dialects in my family, the stacks of scrap paper I was given to draw on, the library down the street, the dinners I skipped as I sat in my room reading, the typewriter I broke, the record player I broke, etc.

On Sensitivity: "The Glint of Light on Broken Glass"

There's that memorable line from Chekhov: "Don't tell me the moon is shining; show me the glint of light on broken glass." I delight in tiny, unassuming but meaningful details. I've always been an observer, an eavesdropper, a snooper. I wrote this book at a time when I was commuting two hours a day, working a job I didn't enjoy, and feeling particularly estranged from everything around me. So I'm sure all those things played a part in my process.

An Electrifying Place

In my first year of university, I transferred over credits from my high school calculus class, which allowed me to drop my math course. I replaced math with a full-year creative writing class taught by David Bergen. What an electrifying place to be for a young writer! David was a brilliant teacher (and still is, for me) and his class changed my academic trajectory. After that year, I moved to Montreal and continued university at Concordia in English literature and creative writing.

Obsessive Observation

If I remember correctly, one of the first poems that started the project of *The Anatomy of Clay* is "Floral." My kitchen window at the time faced a parking lot, and I would spy on my neighbour and watch him water his plants in the evening. His window of green was a nice break from the concrete dinginess of what divided us. That's when I started to observe obsessively the people around me.

A Mythic Montréal

Nicole Brossard writes the best passages about Montreal in *She Would Be the First Sentence of My Next Novel*:

"She would have liked Montréal to glitter like a northern jewel in the consciousness of restless minds which, the world over, dream of somewhere else. She dreamed of a mythic Montréal,

infinitely desirable, like Buenos Aires had become for her. She said that in order for a city to enter the imagination, it must enter literature."

I like the idea of a "mythic Montréal." While I've been here for ten years now, and it feels like "home," it isn't really. I don't know it all; I don't always understand its politics, its construction work, or its people. I think that because I'm not *from* here, I can let Montreal remain suspended in my imagination, in fantasy. I don't want to be embedded in the city, but sit on it, like dew on grass. I want to remain confused, intrigued, and uncomfortable. From a distance, I can keep it a space of invention and story.

How do you feed your creative self?

I like getting my hands into everything. It's easiest to reach out to good literature, good films, good art, but it's important to stay open to the world in general. So I try to do other things like compost, conjugate verbs, write letters, and study the movements of tennis players. I want to be learning. I need space and quiet for that, but I want there always to be something new at my fingertips.

On the Horizon

My latest book, *Peeling Rambutan*, came out this spring with Gaspereau Press. I also finished up a collaborative manuscript with friend and writer Alison Strumberger. What else? I'm trying to decide what colour to paint my walls. I'm stuck between "heavy sugar" and "spun cotton."

*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.*

Click of the Wrist

Build A Better Brain

September's around the corner, which means back to school—and time to start warming up that brain so you can get the academic year off to a great start. Here are a few brain-building tips you might not have thought of. Napping? Walking? Music? Bring it on!

Walk to It

Going for a walk—or taking some kind of unfocussed downtime—can help your brain function better, according to engineering professor and speaker Barbara Oakley. In this podcast she explains this "diffuse mode" of learning, and how it can help your memory and analysis skills.

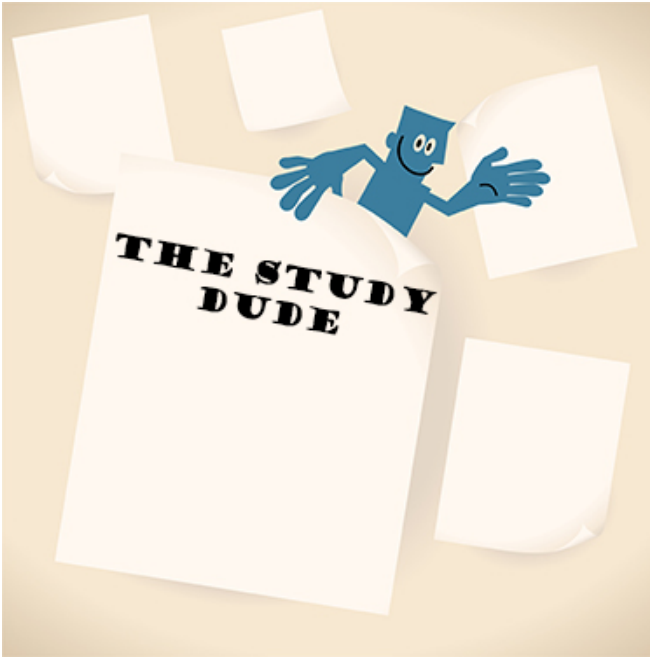
Close Your Eyes

You already know that getting enough sleep each night is essential to a health body—and a healthy brain. But short daytime naps can also boost your learning and memorization ability, according to studies from the University of California, Berkeley. In fact, an afternoon nap can be refreshing both psychologically *and* cognitively.

Take Up Violin

...or any instrument, that is. This TED-ED video shows exactly what happens in your brain when you play a musical instrument (and why it's like a "full-body brain workout"). You may be inspired to revisit the saxophone or piano you stopped playing 20 years ago!





Study Tips from a Semi-Anonymous Friend

There is nothing more that The Study Dude wants than for you to get an A+ each and every exam, enter and win (hopefully by default of being the only applicant) the Canadian Memory Championships, and become a long-lasting member of Mensa Canada.

Well, in these articles, as The Study Dude, I'll try to give you the study tips you need to help make your learning easier. I'll also give you straight and honest opinions and personal anecdotes—even the embarrassing ones that you wouldn't ever dare read about from any other study tip guru.

Today's study tips are based on a reading of Joshua Foer's bestseller *Moonwalking with Einstein: The Art and Science of Remembering Everything* (2011).

Remembering Lists and Hard-to-Visualize Words

The Study Dude spent endless hours learning anatomy terms by rote. Repeating and writing the terms out seemed to cause them to sink in after a while. Sort of.

Yet, there is a much more efficient system for memorizing lists and terms. It takes creativity and the ability to conjure up wild images. It takes a keen sense of architecture. Does that sound like you? If not, don't fear. The Study Dude confirms that you've got what it takes by the nature of your awesomeness.

Bear with me as I describe the rather unusual system for memorizing lists (and hard to visualize words) as described by Joshua Foer, a journalist who sought out a story on the World Memory Champions only to end up the U.S. Memory Champion not that much later in time.

Here's how you use the memory techniques used by the world pros:

- First, you need to imagine a building or place that you are familiar with, such as the home you grew up in. This building or place is what is called a "Memory Palace." In this imaginary building, you will come to place all the items on your list you need to memorize. (In the meantime, you will scout out or at least pay attention to homes and buildings so that you can recreate them in your imagination for use as "memory palaces.") Memory palaces are buildings which you, via your imagination, enter and go through room-by-room, wherein each room has visual objects that you place in specific locations. Each visual object represents an item in a list, or a term, or something of that sort, which you need to remember.
- Now, walk sequentially through various rooms (via your imagination) to place and remember the items on the list in sequential order. Make the items appear in your building in an absurd, highly exaggerated, and completely wild manner. Start at the front of the palace (such as at a driveway) and place the first item in your list in place of the vehicle. (In the book, they put a vehicle-sized pickled garlic in the driveway as pickled garlic was the term to be remembered.) Then, imagine yourself entering the gate. Put the next item on the list at the gate, such as (if Red Bull is the next item on the

list)a Red Bull charging at you that gets pulled back by its chain. Keep doing this, ensuring that your images are as fantastical as you can possibly make them. Even make inanimate objects, like a piano, have human capabilities, such as the ability to communicate or walk.

- Try to remember each image through multiple senses (so, if you need to remember socks, imagine a sock puppet (on the chandelier of a room you visually enter) rubbing up softly against your cheek. Exaggerate the way the items looks, smells, tastes, and/or feels.
- The book recommends adding beautiful females or males in the images to make them more memorable in addition to making the images funny, lewd, or bizarre.
- For abstract or complicated words that are hard to put a visual to, use similar sounding words such as "she-male" for "email." For the word "these," as another example, remember a person walking on their knees. This comes in handy for memorizing passages, such as poetry, word for word.
- For hard to remember words, such as anatomy terminology, break the word down into syllables "and then creat[e] an image for each syllable based on another word that begins with that syllable" (Foer, 2011, p. 132), and then string them together. This is what is called Bradwardine's system, created by Thomas Bradwardine in the fourteenth century.

(Foer, 2011)

Although the memory palaces are meant to be places you intimately know already and the memory devices are meant to be funny, lewd, or bizarre, The Study Dude likes to take places familiar and transform them into heaven-like places (to counter if the places left any bad memories or if the places were run-down and shoddy). For instance, a house your aunt lived in could be transformed into the same house, but made of crystal with a driveway of pure gold. I like these kinds of transformations of memory palaces because they make them more positive and inviting to enter.

Also, The Study Dude refuses to create lewd visuals, preferring always to take the extra time where needed to come up with a positive and often spiritual image. I read that when we create negative or lewd visuals, we can oftentimes block them out as a natural memory defence system. The Study Dude takes the extra time to make positive images, thereby creating a happier world within the mind that uplifts the spirit each time you choose to remember.

Memorizing Numbers: Major System

The Major System for memorizing numbers, which I'm about to show you, comes in handy for memorizing dates, times, or anything that has a limited amount of numbers. For longer numbers, you should refer to the PAO System, which is in *Moonwalking with Einstein*, but which I won't go into as it would likely not apply to much other than memorizing decks of cards, strings of binary digits, and, of course, the first tens of thousands of digits of pi. If that sounds interesting to you, maybe you should consider competing in the Canadian Memory Championships, which have just recently begun operations.

Returning to the Major System, it is useful for memorizing shorter numbers and is much simpler than the PAO system. Here is the Major System in a nutshell:

- The first task at hand, is to memorize the following list of number/consonant associations. It is a more intuitive list for someone who has taken a linguistics course, but for most of us, the list will take a bit of time to memorize. (These memory devices only get easy once they are committed to memory.) Here it is: **0 = S, 1= T or D, 2 = N, 3 = M, 4 = R, 5 = L, 6 = Sh or Ch, 7 = K or G, 8 = F or V, 9 = P or B.**

- Now that you have those number and consonant associations in mind (and eventually memorized, hopefully), take the number you need to learn off by heart, say 32-58-8627, substitute in the consonants--MN-LV-FShNG and then add some vowels as you freely might: Men Love Fishing. Now, that was just too easy. How about an obscure number like 7879 (or KFKP)? How about a coffee cup? (The last example was directly from the book.)

(Foer, 2012)

The Study Dude previously read a book that explained an easier way to memorize the number/consonant associations. It suggested that "T" kind of looks like a "1." "N" is kind of a sideways "2." "M" is a sideways "3." "R" is a letter in the number "4." "L" is "50" in roman numerals, which can be remembered as "5." "Sh!" is a word to silence the slight variation of the sound generated by the number "6" (which The Study Dude is too shy to reveal, but which you might be able to easily guess. "8" looks like a lower case fancy script "f". "9" looks like a backward "P." You get the picture. (However, 0 and 7 are not the most intuitive relationships to the letters "s" and "k" respectively.) Yet, memorizing the sound parallels is not quite as important as just keeping the system consistent--ready-and-waiting in your arsenal of exam taking strategies.

The Gear

The Study Dude just had to include this gear advice. No kidding, but The World Memory Championship contenders wear industrial headphones and horse blinders (or else spray-painted black industrial goggles with holes in the center) when practicing memorization strategies.

As for me, after being forced to overhear yet another episode of a real life murder mystery playing loudly in the background (complete with hysterical live-recorded screams), I broke down and went to Amazon and bought a pair of industrial headphones. Now that I have been using them regularly, I have to say, they are an indispensable tool for creating a highly focused yet very peaceful environment. I wear them at all times while studying.

Got a loud roommate? Industrial earmuffs are the solution.

So, there's nothing to fear. The Study Dude is determined to make right for you all the wrongs I made in grad school—one A+ at a time.

References

Foer, Joshua. (2011). *Moonwalking with Einstein: The art and science of remembering everything*. New York, NY: Penguin Books.

DID YOU KNOW?

Your 15 Minutes Awaits!



Every AU student has a story, and we want to hear yours! *The Voice Magazine* will be publishing profiles of AU students from across Canada and around the globe. Being at a distance doesn't mean we can't help other students be inspired, and maybe your story is the one that will give somebody else the motivation they need.

If you can spare 15 minutes for a telephone or e-mail interview, contact *The Voice* at voice@voicemagazine.org. Also, we'll make sure to get you some nifty *Voice* swag just for participating!

Writer's Toolbox

Christina M. Frey

Where Have All the Canadianisms Gone?



Happy birthday, *CanOx*!

If you follow this column, you probably know that *CanOx* is the *Canadian Oxford Dictionary*, beloved by writers, journalists, editors, and all who work with and care about Canadian English.

What you may not know, however, is that the last edition of *CanOx*, published almost exactly 10 years ago, truly was its final one.

In fact, as this *Globe and Mail* [commentary](#) explains, Oxford has since closed down the Canadian-focussed research unit that was pivotal to *Canox*—and "the task of watching over the country's linguistic quirks was reassigned to Oxford's lexicographers in the United States and Britain." Now academics and lexicographers are asking whether Canadian English will eventually disappear entirely, subsumed in American or British standards.

As a Canadian expat who's written and edited for clients on both sides of the border, this makes me incredibly sad.

Is Canadian English disappearing, and why? It's interesting to contrast this phenomenon with the state of Australian English, which has only become "recognized" (or codified) within the past four decades.

As a book editor, primarily for fiction authors, I find a striking difference in attitudes toward Canadian and Australian English. Both Canada and Australia have vibrant literary communities, cultures, and traditions. But while many Aussie writers specifically want their work edited to Australian English standards—presumably for Australian audiences—Canadians, I've found, often take a different route.

It's rare that I'm approached by a Canadian writer wishing to specifically use Canadian spelling and style. In fact, I usually get the opposite: "Make this sound less Canadian so that it appeals to US audiences."

This is somewhat understandable. As far as book sales go, the border here is much more open than internationally, where different trade agreements may make certain books unavailable overseas, and vice versa. But since when do Canadian spellings and usage rules make books inaccessible to the rest of the world's English speakers?

Is our love-hate affair with our language wrapped in our cousinly relationship with our neighbours to the south? Or are we lingering in the shadow of the larger country, afraid to hold onto our own linguistic heritage? Perhaps we need to stop apologizing and start being proud of our "weird" spellings and our "quirky" style. It's not quaint. It's not cute. It's Canadian, and that should be enough.

It should even be enough to not just preserve our unique style but to bring it greater global consciousness. That's not impossible; this past spring the American Merriam-Webster added "poutine" to its highly influential dictionary. If Canadian English is going to slowly wear away, it would be nice to see more recognition from American lexicographers, perhaps even culminating in a dictionary that recognizes both American *and* Canadian usage.

Language changes, particularly as borders become more fluid. But it doesn't have to only flow one way, eh?

Christina M. Frey is a book editor, literary coach, and lover of great writing. For more tips and techniques for your toolbox, follow her on Twitter (@turntopage2) or visit her [blog](#).

INTERNATIONAL NEWS DESK

At Home and Abroad



At Home: First World Student Day Passes with Little Fanfare

On August 15th, PIE News posted a story about Languages Canada inaugural World Student Day. If you haven't heard about it until now, you're not alone, as the event happened on August 8th, and it took a full week for PIE News, a site focussed on the development of international education, to report on it. The focus of this day is to "celebrate what international students bring to Canadian culture" and to help to "showcase the importance of the international language education sector to Canada," according to Languages Canada Spokesperson, Gillaum Debreuil.

There also may be a bit of confusion because there already is an internationally recognized World Student Day, otherwise known as International Student's Day, that is annually celebrated on November 17th, and which started in 1941 in London. This one is to commemorate the anniversary of the 1939 storming of the University of Prague by the Nazis.

But just in case that's not enough, there's also the World Student Day happening on October 17th that's hosted by the International Fellowship of Evangelical Students, which encourages students all over the world to pray for one another and for specific situations facing students around the world.

So for international students, it seems you not only get to choose what school you study at, but which day you celebrate on.

Around the Globe: Ghana Delays University Openings due to Ebola

In Ghana the opening of universities and colleges for the new academic year will be delayed by at least two weeks so that measures to screen international students for Ebola can be put in place. Ghana has not yet had recorded any cases of the deadly disease, though it is only a few hours away from highly infected Sierra Leone, and the Deputy Education Minister, Samuel Okudzeto Ablakwa, has said that the Ministry will do all it can to preserve the stability of the academic calendar.

The Ghana Health Service is calling on universities to further monitor students for symptoms every 21 days. Internationally, various schools are cancelling planned classes in universities in Ghana over concerns of the virus.



Job One

My name is Hazel and I'm a recovering workaholic.

An insightful reading of these From Where I Sit columns over the past ten years or so would have revealed that I have a challenge striking a reasonable balance between work and play. In some columns I've stated my dilemma candidly along with whatever trick I was trying to fix it. In others one needed to read between the lines to spot the insanity.

For much of this year I've been seeing a naturopath. With the use of remedies and supplements I'm noticing subtle changes in attitude and behaviour, and improved well-being. My sleep cycle is better. I feel calmer, less frenetic yet am still incredibly productive and can (and do) out-work people half my age. I do what I do because I want to do it. When something stops being fun or a challenge I drop it like a hot potato.

But I also notice that some things are suffering because of my busyness. I'm losing control of the yard work and worst of all, I don't seem to care. I didn't visit a nursery this spring, didn't buy a single bedding plant. My latest brainwave is that we cut down three or four big trees and remove a flowerbed so at least once before I die I can have a garage that I could actually park a car in.

Step by little step, decision-by-decision headway is being made. In the last while we've attended a Sunday evening birthday party for a friend, had Grady here for a two-night sleepover, spent a day in Edmonton doing *personal stuff*. I could have easily filled that time with work. But the sky didn't fall and the world didn't stop turning on its axis.

Part of the decision-by-decision strategy involves dropping tasks that too much work with too little payoff. It means being wise enough to know what is humanly possible and saying no to what isn't. A younger, more foolish Hazel would have taken on (and did) anything that looked remotely interesting or useful that came along.

Now I look around me and see many of my counterparts, friends, colleagues, and strangers working harder than ever but also knowing when to say no. When to just pick up and go on a trip. When to drop everything and party. When to put each other and family first. Some of these lessons I'm learning from my own children.

Others you grasp when you see lives cut short by illness or injury. When those deferred plans for travel, freedom, happiness, and the good life come screeching to a halt. Regrets set in. Shoulda, coulda, woulda becomes the mantra. I want us to be smarter than that. I want us to do the right things in the right order.

So, for now I'll finish my festival work and get through harvest. Then the fun begins. Planning rewards for all that hard work becomes job one, from where I sit.

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



Dear
Barb

Barbara Godin

Relationships Gone to the Dogs

Dear Barb:

Let me start out by saying I have two large dogs and I am an animal lover, however I also believe that pets have their place. I have a friend who recently got a puppy. Initially he asked if he could bring the dog to my house to show her to me. I agreed, thinking this was going to be a one-time thing.

That was six months ago and the dog is growing like crazy and is around fifty pounds now and every time Jeff comes over he brings the dog with him. The dog is a typical puppy, jumping on the furniture and chewing stuff and of course having accidents on my CARPET! I never bring my dogs to his house, or to any of my friend's home. I don't believe in bringing dogs to friend's homes. How can I stop Steve from bringing his dog without causing problems between us?
Eric

Hey Eric:

Many people believe if they are welcome somewhere, their dogs should be as well. Perhaps you could initiate a discussion about pet etiquette. Mention that you don't bring your dogs to friend's homes as they are more comfortable in their own environment. At this point your friend will most likely share his feelings about this topic. Casually mention that it gets pretty wild with the three dogs running around your house. I suspect your friend will pick up on what you are trying to say. If the next time he comes over he brings his dog, then you are

going to have to tell him outright that you would prefer he not bring his dog to your home, but that you and your dogs would be happy to meet him and his dogs at an off leash park where the dogs could run around and have fun together. Great question Eric.

Dear Barb:

A very good friend of mine has been dating his girlfriend for approximately three months. I don't know her very well, but I recently found out she is cheating on my friend. I feel really uncomfortable when I am around these two. I don't know whether I should tell my friend that his girlfriend is cheating or try to ignore it. I value his friendship and I don't like him being made a fool of like this. What is the right thing to do?

Perplexed, Michelle.

Hey Michelle:

You are obviously in an awkward position. If you tell your friend, it could jeopardize your relationship with him and if you don't and he finds out that you knew, it could also jeopardize your relationship. You have to do what feels right for you. Follow your heart. If you were in this situation, would you want to be told? Either way, be prepared for the outcome.

Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.

Comic

Wanda Waterman

ANTGUY AND HAPPY RABBIT IN: Going to Palestine

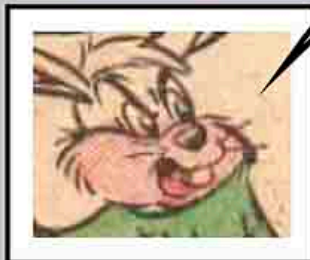
Hey, Antguy, guess what? I'm headed to Palestine!



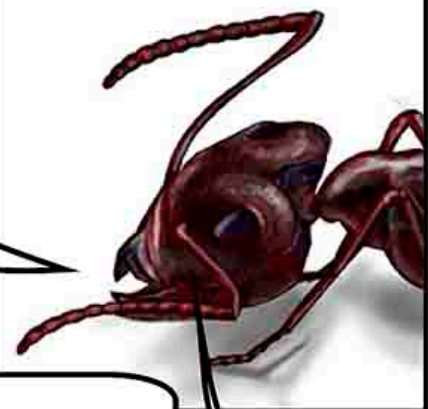
Oh, please, God, no . . .



You're just jealous because we're trying to DO something while you're just sitting around depressed!



Trying to DO something? Like what? Have a singalong? Stick flowers in the soldiers' guns?



We're going to create a human peace sign by getting all the activists on both sides to stand—



Get the hell out of my apartment.



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Featured AUSU Member Service

Smart Draw

AUSU has partnered with Smart Draw to provide members with their award winning business graphics software. This is a \$297 package is free for one year, only for AUSU members.

Smart draw allows users to create a wide range of charts, diagrams and other business graphics that can be dropped in to Microsoft Word or Excel files. This makes it easy for students to include professional diagrams in their assignments for AU classes.

To get more info on how to get this software for free, visit AUSU's website at <http://www.ausu.org/services/smartdraw.php>

Note: SmartDraw CI is the latest version. If you are upgrading from an earlier version, email us for installation instructions.

AUSU Featured Groups & Clubs

Group Name: **Athabasca University**

Where: **Facebook**

Members: 1211

About: Members are all types of students taking all types of AU courses. The members of the group seem to support, encourage and give advice to each other on course content, study tips, and other AU topics.

Activity: Multiple posts daily with lots of post replies and discussion

Great AU Finds Online

Open AU – AU's student-focused magazine is distributed through various national daily and regional weekly newspapers in Canada. This publication is no longer available online, but has been replaced with a

IMPORTANT DATES, AUGUST

- August 4: AU & AUSU closed – Civic Holiday
- August 10: registration deadline for a Sept 1 start date
- August 13: AUSU Council Meeting
- August 31: extension deadline for a Sept 30 contract date.

news link through the banner at the top of the AU home page. You'll find more AU news in the News and Announcements feeds at the bottom of the home page, and AU will continue to publish Open magazine, in print form, for the AU community, once a year.

<http://www.athabascau.ca/>



This Week at lynda.com

*lynda.com experts have curated playlists to help you get started in any of their subjects. With hundreds of playlists in a variety of subjects, there is something for everyone. **Check out the playlist center for more information and enter the playlist title.** This week's featured list:*

Go Job Hunting

These courses can help while on the job hunt, including advice on proactively managing your career, negotiating an offer, and building your professional connections.

Courses: 7

Duration: 11h 12m

Skill Level: Appropriate for all

Topics Covered:

- Job Search Strategies
- Job Hunting Online
- Creating an Effective Resume
- Building Your Professional Network
- Acing Your Interview
- Negotiating Your Salary
- Insights From a College Career Coach

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CLASSIFIEDS

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THE VOICE

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