

THE VOICE

MAGAZINE

Vol 22 Issue 39 2014-10-03

Minds We Meet

Interviewing Students Like You

The Travelling Student

A New Series

It's All About You!

The Next Phase

Plus:

Student Sizzle

*Music: The Honeyrunners
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

Minds We Meet: *Interviewing Nicole Whitaker* 6

Articles

Editorial: *It's All About You!* 3

The Library's Greatly Exaggerated Death 9

Music Review: *EP 2* 14

The Travelling Student: *Beginnings* 15

Columns

The Writer's Toolbox: *I'm Talkin' to You, Part III* 4

Primal Numbers: *Lab Kids* 11

Mindful Bard: *Our Joni* 12

The Study Dude: *How to Study* 16

From Where I Sit: *Another Thirty Years* 19

Dear Barb: *Cuddles & Religion* 20

News and Events

Student Sizzle 5

Click of the Wrist 10

Did You Know? 18

AUSU Update 22

Comics

Weird Canada: *Hockey Stick Robbery* 21

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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



It's All About You

One of the things that I knew I wanted to do when I took over *The Voice Magazine* was to try to make it more relevant to you, to us, the AU students. Of course, that's not a terribly easy task because we're such a diverse group. From people just getting out of high school who've decided they're fed up with restrictions and fixed timelines constraining when they can learn, to active parents and business people who are simply too busy to be able to attend a regular university, to the massive bulk of AU students, those who are here because they need to pick up that one extra course for their degree program and their own school isn't offering it in a way that they could take it. Publishing articles that are relevant to every AU student simply isn't an easy task.

But we're trying. With more articles giving studying and motivation advice, more stories about post-secondary matters, and interviews with both students and tutors, I'm trying to make sure that *The Voice Magazine* at least touches on something each week that any student can find useful for interesting. But, for me, it hasn't been enough.

This issue brings us a little closer to that goal, though, as I'm using it to start two new features which I hope will be regular ones. The first is a smaller section called Student Sizzle, where we report on some of the busier AU related topics that are going on across the various forms of social media where students reside. If you're too busy for Facebook, can't be bothered to Twitter, and not sure what happens on the AUSU forums, this little sidebar is something that'll help you decide if you want to get involved yourself, or if you don't, to make sure that you won't miss anything important.

The second feature is from a new writer, Philip Kirkbride, who has taken on the ambitious plan of travelling half way around the globe while still taking an AU degree. How well it will work, even he doesn't know yet, but we'll be able to vicariously take the journey with him through a new set of articles called The Travelling Student.

Another thing that is going to help make *The Voice Magazine* more relevant is our audience survey is now open, and will remain so until Thursday, October 16th. If you haven't filled it out already, you can do so at <https://www.surveymonkey.com/s/HTGP56Z> and, at the same time, get your entry into the contest to win either an 8.4" Samsung Galaxy Tab S, 16GB version—something great for taking your e-texts on the go—or one of five Voice merchandise packages. More importantly, you'll be helping me decide what kind of articles I need to focus on finding and publishing to make sure that The Voice is giving you what you want from your student magazine.

I'm happy to report that we've had a decent response rate so far, already dwarfing the results of our last survey, but I still want more, so if you know of any AU students that haven't filled it out yet, ask them why not and send them over. After all, you're paying for this anyway, right? You should make sure you're getting your money's worth!

Enjoy the read!

A stylized, handwritten signature in black ink, appearing to read 'Karl'.

Writer's Toolbox

I'm Talkin' to You, Part III

Christina M. Frey



Over the past two columns ([part 1](#) and [part 2](#)) we've covered nouns of direct address, their uses, and how to apply appropriate punctuation. But when using these nouns there's another factor that many writers don't even realize exists: proper capitalization. Mystified? Read on!

All in the Family

Is it "Mom" or "mom"? "Grandma" or "grandma"? Whether to capitalize family names can stump even the most experienced writer. And while the whole gamut of rules and exceptions is outside the scope of this article series, here's one relevant tip: Capitalize family names when they're used as nouns of direct address.

Example A: "I want to go to the store, Mom." Here, "Mom" is capitalized because the speaker is directly addressing his/her mom.

Remember, though, that the opposite of the rule doesn't apply; just because a family name *isn't* being used as a noun of direct address doesn't mean it isn't capitalized.

Example B: "I went to the store with my mom."

Example C: "I went to the store with Mom."

Neither example involves direct address, but one is capitalized and the other isn't. We'll deal with these in a later column, but for now, remember that the direct address/capitalization rule only works one way.

Incorrect Example D: "Will you teach me how to ride a bike, uncle?" This is incorrect; "uncle" is used as a noun of direct address, so it should be capitalized.

Corrected Example D: "Will you teach me how to ride a bike, Uncle?"

A Name in Passing

It may have been common years ago, but terms of endearment or familiarity—words like "honey" or "friend"—are now generally no longer capitalized, even in direct address. While the *Chicago Manual of Style's* most recent edition has dropped this lowercasing from its list of rules, its editors note it as a preference (and very, very few editors will recommend uppercasing terms of endearment).

Example E: "I love you so much, honey."

The same applies to not-so-pleasant terms of address:

Example F: "Get away from me, jerk!"

A Matter of Respect

The capitalization question becomes trickier when it applies to titles. When official political, civil, military, and religious titles—words like "senator," "bishop," and "general"—are used in direct address, they're capitalized, even if otherwise they wouldn't be. Contrast these two pairs of examples:

Example G: "The captain told us to abandon ship."

Example H: "Must we abandon ship, Captain?"

Example I: "I am asking the mayor whether he will be improving the park's security."

Example J: "What I am asking, Mayor, is whether you will be improving the park's security."

And that's a wrap on direct address! In next Friday's column we'll change focus from the minutiae of commas and capitalization to something that's the foundation of all good writing. Intrigued? Come back next week.

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](#).



Student Sizzle

AU's Hot Social Media Topics

Following what's hot around AU's social media sites.

AUSU Student Forums

Hot Ask AUSU discussion on "Course tuition fee & e-text." AU Student, Karen: "It doesn't make much sense to me that AU is saving cost by not having to purchase and ship text books and the student is being charged the same and more ... if they want a print."

AUSU's Executive Director replied: "AU has stopped moving any new courses into the e-text program while they review student concerns and consider some changes. AUSU has been advocating very heavily for students to have a choice of materials format and based on recent discussions, AU is taking this seriously."

Other topics include BMgmt, motivation, assignment uploads in RTF format, and course chat on ADMN 232/3, BIOL 235, and ENGL 353.

AthaU Facebook Group

Adam is contemplating creating a new social site that would include students, TAs, Professors, and AU Admin, and looking for thoughts on the site's form. Lengthy discussion about AU's The Landing and AUSU's Discussion Forums followed. Other postings include double-majors, student loans, and courses ECON 401 and PHYS 200.

Twitter

@AthabascaU re-tweeted University of Calgary's Career Services reminder to visit AU's booth at the 2014 Grad Fair Oct 7 from noon to 4 pm.

MINDS WE MEET

A NEW VOICE COLUMN



Nicole Whitaker is an AU student from Edmonton, Alberta. She is two courses away from completing her Bachelor of Health Administration degree. After balancing AU studies with full-time employment for seven years, Nicole is looking forward to rediscovering what she used to do with her spare time.

Nicole was recently interviewed by The Voice Magazine about school, work, and marathons.

Has Edmonton always been home for you?

No—I'm originally from a small town in BC. Fourteen years ago a friend of mine was moving to Edmonton and wanted a roommate. There wasn't much going on in Williams Lake, BC, so I went with her to Edmonton and got a job there.

Describe the path that led you to AU. What was it that made you realize you wanted to go back to school, and what pushed you into the program you've signed up for?

When I first moved to Edmonton, I worked in retail for a while. I recognized I would need to do more, so I went to CDI College and got my medical assistant diploma. In 2005, I started with Capital Health, which is now part of Alberta Health Services. I wanted to stay in the healthcare industry but didn't want to pursue a nursing degree; I wasn't really interested in clinical work. I liked the admin part of healthcare so I did some research and found the AU program in healthcare administration. It works well for me because online study is flexible and I can continue to work full-time. I've spread a 3-year program over seven years and I have no student loans at the end of it. I'm just finishing up my final two courses, so I should be done by the end of October.

What do you do like to do when you're not studying?

First of all, I spend time with my husband and our dog. I'm also a devoted runner. I've done a few marathons and half-marathons, mostly around here but I also did a half-marathon in Vancouver. I'm planning to participate in the Okanagan International Marathon in 2015. My goal is to qualify for the Boston Marathon within five years.

What are your plans for this education once you finish? How does it fit in with where you want to go?

Having my Bachelors of Health Administration will take me farther—it really opens doors to have a degree. I'm fortunate to be with Alberta Health Services where there are growth opportunities.

Who in your life had the greatest influence on your desire to learn?

My grandpa, definitely. He was a real history buff. I spent a lot of time with my grandparents when I was young. Grandpa had a real love of history so everything he told us had a history lesson built in somewhere. I think being around him really developed my desire to learn and kept me curious about things.

What famous person, past or present, would you like to have lunch with, and why?

I'm going to have to say Steve Prefontaine. Prefontaine was an American long-distance runner who competed in the 1972 Olympics. He was known for his unorthodox training regime and he really sparked the running boom in the '70s. I'd like to figure out how to channel all the energy and enthusiasm he had for running.

Describe your experience with online learning so far. What do you like? Dislike?

I absolutely love the flexibility. It's total freedom to have a course that needs to be completed in 6 months but it doesn't matter when I finish the assignments during that time. Of course, that means sometimes I'm sending in a flurry of last-minute submissions! It definitely takes willpower. I find that scheduling study time in my planner keeps me on track—most of the time.

When was the point where you wavered the most about whether it was worth it to continue your schooling, and what made you decide to keep going?

It definitely gets to be overwhelming at times. I'm doing a 3-year degree, and at first I was taking only one or two courses at a time. For a long while it felt like I wasn't making a dent in the degree requirements at all. So I changed to doing three or four courses at a time. I've done more in the past two years than I did in the first five. It's been tough, but if I hadn't made that change, I probably would have given up.

I've done more in the past two years than I did in the first five ... If I hadn't made that change, I probably would have given up

What's your most memorable AU course so far, and why?

I think the most enjoyable courses for me were *Biomedical Ethics*, PHIL 335, and *Professional Ethics*, PHIL 333. In the healthcare industry, you hear about adverse events and the resulting harm to patients. It's an intriguing topic, and I got to write some interesting papers, on eugenics, for example.

Describe the proudest moment in your life.

I have a couple. I had two practicums in my degree program, so submitting the final paper for my last practicum was one of those moments. The other was completing my first half-marathon around 7 years ago.

What have you given up to go to AU that you regret the most? Was it worth it?

Mostly it's been the training time for running. It's too hard to balance the training needed for long runs with getting schoolwork done. I'll have more time for training once I finish my degree but it will be a real challenge to get back to my previous fitness level. I don't have kids, so I didn't have to give up family time. I admire people who balance family, work, and school. At times, when I was taking four courses on top of full-time work, I got someone in to clean my house so I could focus on important things.

If you were the new president of AU, what would be your first project?

It would have to be the e-text issue. I would change the e-text question to a student-based decision. Either build the text cost into the tuition and give a discount to students willing to use e-text, or exclude the text cost

and charge extra to those who want a traditional textbook. Students know what works best for them; give them the choice.

Describe your earliest memory.

It was on my 3rd birthday. I was with my family in Vancouver, and I was feeding the geese at Stanley Park. That was one of the last times we were together as a family before my parents separated. My grandparents were there and all of my aunts and uncles, as well as my grandmother on my dad's side. I think it really sticks with me because my whole family was there and we were all having a really good time. My dad and uncles playing football and my grandparents feeding the geese with me. I'm fortunate to have a very close family, and I think that is where it starts for me if I look back.

If you were trapped on an island, what three things would you bring?

My cell phone! I couldn't live without it. And then a bathing suit and a pair of sunglasses.

Editor's Note: Heh. Might as well make a holiday of it, eh? -Karl

Describe one thing that distinguishes you from most other people. What is unique or remarkable about you?

I guess I have eclectic interests—they're really all over the map. I'm interested in running, but also *Star Wars*, and World War II history. It seems an odd mix.

What is the most valuable lesson you have learned in life?

"This too shall pass." Gets me through a lot.

What do you think about e-texts or the plans to make the university follow a call-centre model?

Personally I don't like the e-texts. I prefer to be able to touch a book, make notes and highlight, dog-ear the pages. I also find my info retention is higher with traditional texts. I'm lucky because I've only had two or three courses with e-texts. Having used both, my preference is paper textbooks.

For the call-centre, I haven't had much contact. I'm pretty low-maintenance so I don't need to contact tutors very often. However, for one economics course, I think I called the tutor during each of the available times, so I appreciated the ability to contact the tutor directly.

Speaking of tutors, how do you find communications with your course tutors?

They've been very positive for the most part. Sometimes it's a challenge when the tutor has a different understanding of an assignment's requirements. I've only had one that was a real struggle; most tutors have been helpful.

Where has life taken you so far?

I spent several months in Portugal a number of years ago. I went with my best friend who had family there and fortunately she knew the language. I've only been to a couple places in Canada. Last year I went to Mexico with my sister for the "First International Sibling Adventure." We plan to get away somewhere hot and exotic every second year.

What (non-AU) book are you reading now?

None! I usually feel guilty when I'm reading what I call "real" books. I feel as though I should be spending the time on my course books. However, I did just finish *The Rosie Project* by Graeme Simsion, and I can highly recommend it.

The Library's Greatly Exaggerated Death

Barbara Lehtiniemi



Those who say that nobody uses the public library anymore annoy those of us who do. Contrary to persistent laments on the imminent demise of libraries, Canada's 22,000 library branches are alive and well—and thriving. Libraries, like other public institutions, have had to change to serve the public's shifting needs, but they continue to be the heartbeat of many communities across the country.

October is Canadian Library Month, and CBC Radio heralded the month with a special edition of *Cross Country Checkup* on September 28. Peter Mansbridge guest-hosted a 2-hour town hall session, entitled, "What's the Future of the Library in the Age of Google?" Guest speakers and callers from across the country weighed in on whether libraries are still relevant in the age of electronic communication. The answer seemed to be a resounding "yes." Although the town hall session was held in the library-less Stratford Campus of the University of Waterloo, Director of Academic Programs Professor Christine McWebb acknowledged that "libraries are still central to research." Students agree, with one student describing the "vibe of knowledge" present in physical libraries.

Students from the Stratford Campus are not completely cut-off from libraries, however. Although their campus doesn't have physical library space, the library at the main campus in Waterloo, and all its materials, are available to Stratford students. While students everywhere do increasing amounts of research online, one participant cautioned that resources online can be impermanent—there's no guarantee that a resource will be there the next time you're looking for it.

Online resources don't meet everyone's needs. "Not everyone is information-literate," says Stratford Public Library's CEO, Julia Merritt. Many people require assistance to help them find the resources and information they seek. One caller to the program agreed, saying the role of public libraries is to connect people to people and people to information. In smaller or remote communities especially, the public library may provide vital access to high-speed internet as well as a community meeting place. Commenting on the future of libraries, a caller from Sutton, Quebec was firm: "the future of libraries is what it has always been—to allow people to read what they want to read and acquire information. New technology is just another tool."

My own relationship with libraries began early. Growing up in the 60s and 70s, money was tight and buying books was a luxury. A voracious reader, I quickly exhausted my family's book collection. My public library card was, to me, as magical as a credit card with no limit. Any book the library had could be mine for a time—for free. The library is even more magical these days. No longer limited to my local library's offerings, I can access books and other materials from across the province through inter-library loan.

The books I want to read far outstrip the time I have for reading. Despite that, I manage to read over 100 books yearly. If I bought that many books each year, not only would I run out of money, I'd also run out of space to store them. Of the books I read, two-thirds of them are borrowed from libraries (others are bought, borrowed from friends, or picked up—or downloaded—for free.) Which books am I more likely to read? Those with the library-enforced deadline, of course. A bought book may languish for months or forever without being read, while those borrowed get priority—and get read.

While libraries are inextricably linked with books, today's public libraries have evolved to meet their communities' changing needs. Far from being mere repositories of knowledge, today's libraries provide meeting space for community groups, host events, provide internet access, promote literacy and creativity, host art workshops, provide gallery space, provide training, and—important to me—proctor exams. The way I use libraries has changed too. I do much of my book-browsing online, order the books I want, then pick them at my local branch. With e-books, inter-library loans, and online catalogues, my library usage has increased, not decreased, in this electronic age.

Although those that don't use libraries seem to believe nobody else does either, the truth is libraries continue to be vital to their patrons. Over 21 million Canadians hold a public library card. In BC, 55% of residents hold a library card and use it regularly. According to a recent *Globe and Mail* [article](#), Halifax is set to open the doors this fall to a new \$57.6-million public library—a reflection of increased usage and public demand for a new building. Calgary may be following suit with a new library building in 2018. Expenditures like these hardly sound like a death knell.

Canada's public libraries are an enduring institution. Not everyone uses them, but not everyone plays hockey, either. And nobody is singing a funeral dirge for the sports arena.

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

Click of the Wrist

On the Run

Few things say "fall" like the crunch of leaves underfoot as you run along a trail. This year, if you'd like a fitter autumn, lace up your sneakers and hit the road. Whether you're ready to take on a race or just want to enjoy some fresh air and exercise, these resources will help you get moving:

Off to a Good Start

Couch potato? Total newbie? The Couch to 5K program may be right for you. The multi-week plan tells you exactly how fast and how far to run each day (there's an app to coach you through it, too).

Tracking and Timing

You don't need a fancy watch or device to help you from start to finish—there are many excellent apps that you can load onto your iOS or Android phone and take with you on the road or trail. Most use your phone's GPS to track your route progress, and some calculate splits, offer online challenges, and even give family and friends a way to check your progress (helpful if you're running long distances in unfamiliar settings).

Follow the Beat

Some prefer to run with just the sounds of nature for background, but many enjoy the motivation of a good, pumping rhythm to keep their pace on track. PaceDJ provides playlists appropriate for different running styles—and there are apps, too. If you want to do it yourself, the RunHundred database <http://www.runhundred.com/sort-by-tempo/> allows you to search for songs by BPM to build your own playlist.

Sign Up

There's no better motivator than time pressure, so sign up for a local 5K (or a longer race, if you dare!). This site allows you to search for Canadian running events in your area. (US readers, check out this site <http://www.runnersworld.com/race-finder>.)



Primal Numbers

Lab Kids

S.D. Livingston



Pity the poor guinea pig. Its name is forever linked to being poked and prodded in the name of scientific research—and it never gets a say in the matter. Then again, neither does a small group of human test subjects: kids who are used in neuroscience or psychology studies. It might be good for science, but is it bad for the kids?

Science has a long, and sometimes alarming, history of using children as test subjects. Like Jonas Salk, who injected his own kids with polio vaccine. Or the infamous case of Little Albert, a nine-month-old boy who was conditioned to fear soft, fluffy objects—and released from the

lab before he could be deconditioned.

But that was back in 1920 and things have changed a lot since then. Today, a social science experiment involving kids is more likely to be a game, like following directions to find a stuffed animal in a drawer. That's the type of research that takes place at the University of Toronto's Language and Learning Lab, which, as the CBC reports, "aims to find out how children learn best, and what factors can help them learn better or impede their learning."

Still, there are plenty of ethical worries when it comes to using kids in any type of experiment. Especially when the researchers are also the parents. One example is the case of Karen Dobkins, a U.C.S.D. psychology professor. As *The New York Times* notes, Dr. Dobkins used her infant twin sons in an experiment that involved a game. One baby did well but the other did poorly. So poorly, in fact, that Dobkins "took only the good data and copied it and put it in both of their baby books."

There are also concerns about what happens to that data once the child is grown. Suppose, for instance, that your child is part of a language study as a toddler. Twenty years later, the lab tracks him down as part of a follow-up to the original experiment. Since he didn't originally give consent to being used as a test subject, can he demand that the original data be destroyed? If not, could that data somehow be used by an insurance company or employer to limit (or enhance) his opportunities?

If it all sounds a bit sinister, this use of innocent babes in social science experiments, the truth is that the world does exactly the same thing to kids in dozens of ways every day.

After all, there's nothing new about parents favouring one child over another, or worrying if little Johnny doesn't talk as early as his sister Jane did.

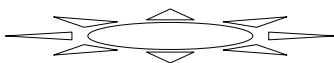
And comparing babies has been a source of pride and concern among new parents for centuries. Who hasn't exulted that their child/grandchild/niece/nephew took its first step months before the neighbour's slightly-less-perfect kid did? Parents don't become fair and impartial just because their reactions aren't based on scientific test results.

It could also be argued that the classroom is a social experiment not unlike the lab. Kids are given tasks, tested, observed, and compared. Their reactions and behaviour are recorded in files that follow them all the way to university. And unlike scientific studies, those classroom results aren't anonymized. It's just as plausible that a company or employer could gain access to those records as it could to some lab results from 20 or 30 years ago.

If there's any case to be made against using kids in ethical, controlled lab studies, is that the lab setups are deliberate—a specific action meant to create or test for specific results. Whereas sibling interactions and life in general aren't engineered that way. Except, in many ways, they are. From Baby Einstein products to high-end daycares that promise to prep your toddler for the Ivy League, it's perfectly acceptable to fine tune the methods and environment to get the desired result.

So while the notion of kids as social-science guinea pigs might sound alarming, it's not. Not as long as ethical guidelines are followed. Besides, you might just discover that you've got the next little Einstein on your hands.

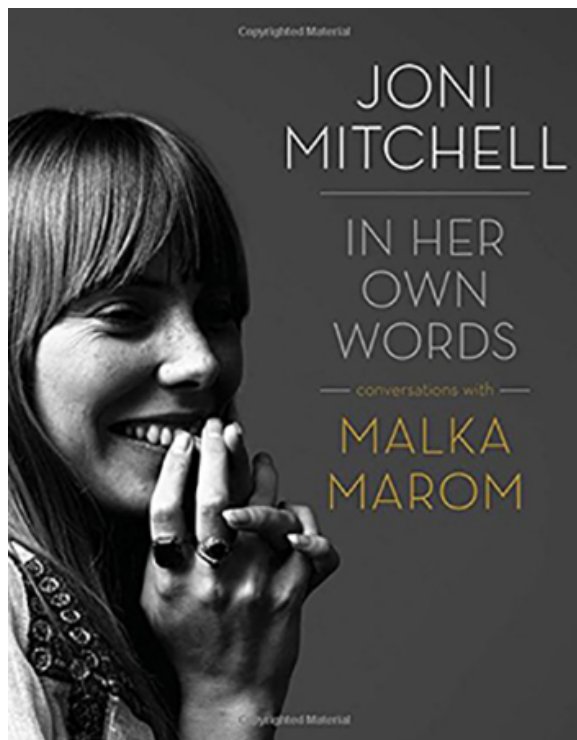
S.D. Livingston is the author and creator of the Madeline M. Mystery Series for kids, as well as several books for older readers. Visit her [website](#) for information on her writing.



The Mindful Bard

Our Joni: Still Lighting the Path to Creative Freedom

Wanda Waterman



Book: *Joni Mitchell: In her Own Words*

Author: Malka Marom

"If you just try to remember to keep your heart open, it produces a warmer tone than if you really think you're hot shit, because the tone is going to get cold then. "

- Joni Mitchell, *Joni Mitchell: In Her Own Words*

Interviews in which interviewers assert their own personalities into the conversation can be a little grating, and so it's usually best for the interviewer to remain as anonymous and invisible as possible.

One exception to this rule is when the interviewer has a story that complements or illuminates the story of the interview subject. Another exception is when the interviewer is a good friend of the subject and they've shared a bit of the same history.

In this case, journalist and singer Malka Marom, a fan, friend, and chronicler of Joni 's career almost from its beginnings, weaves in bits of her own amazing story—and Joni Mitchell's influence on it—to great effect. She implicitly invites us to do the same.

Marom's tone in her introduction to the book is like that of many of the best female writers, such as Doris Lessing, who seem to be laying aside all attempts to imitate, opting to rest in a sense of uncertainty and explorative curiosity, a stance that gives their language an almost childlike quality and allows authentic epiphanies to shine through each time they arrive.

Joni Mitchell: In her Own Words is a set of three lengthy interviews that Marom recorded with Joni Mitchell. The first, made in 1973, coincides with Joni's "nordic blues" period, in which she turned inward to explore and describe her personal pain and pleasure. The second interview, in 1979, came in the middle of her collaboration with some serious jazz giants. The third interview took place in 2012, and comprises Joni's clear-sighted backward gaze at where she's been and the conclusions she's drawn from life.

The book is not just about what Joni accomplished as an artist but also what she meant to several generations of women; her significance for us was as a woman who sought freedom, and yet refused to call herself a feminist—claiming that feminists just copy men (and men, Joni claims, need to be straightened out, not copied).

As a teenager, I worshipped Joni Mitchell, as did so many of us, seeing her as our own personal Sherpa guide through the perilous climb of late 20th century Western culture. I stopped listening when it seemed that Joni was becoming too caught up in her own ego, but when I later saw the missing pieces of her story it all made sense. And it was all knowledge I could use on my own journey; Joni's life and the conclusions she drew from it helped explain the hypocrisies and inconsistencies of my world and my era.

This is definitely a book for creative types, and it's probably one of the most valuable biographical works that a mindful bard can read. The pleasure of vicariously walking through Joni's life, stormy and baffling as it so often was, is a regenerative experience, creating a thirst for creative growth and authentic achievement.

What does this book teach us about the artist's journey? It teaches us to defy boundaries and pigeonholes while using them as springboards to nonconformity.

Some of the things that helped Joni succeed were witnessing and glorying in her own growth, a desire to prove the naysayers wrong, and a conviction that you don't have to accept anything anyone tells you if it doesn't resonate with your own deepest personal convictions. It didn't hurt that she had a willingness to harness the power of aesthetic shifts triggered by seemingly trivial events (like Leonard Cohen telling her to draw him without looking at the paper).

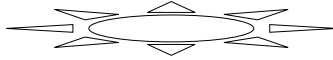
Joni's words about her life and work are completely eclipsed by the beauty of her songs, but her comments on her journey are still pretty golden.

Joni Mitchell: In her Own Words manifests nine of the Mindful Bard's criteria for books well worth reading.

- It's authentic, original, and delightful.
- It poses and admirably responds to questions that have a direct bearing on my view of existence.
- It provides respite from a sick and cruel world, a respite enabling me to renew myself for a return to mindful artistic endeavor.
- It's about attainment of the true self.
- 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 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.



Music Review

EP 2

Samantha Stevens



Album: EP 2

Artist: The Honeyrunners

For fans of the rock and roll and blues music of the 1960s and 70s, The Honeyrunners new album, *EP 2*, is definitely worth listening to. As you can guess from the name, this is the Toronto-based band's second EP and is available on their website, along with their first album, appropriately, *EP 1*. Influenced by music legends like Jimi Hendrix and Elvis, as well as modern soul rock like that of Jack White, The Honeyrunners is an emerging band worthy of the attention that they have been receiving.

Formed in October of 2012, The Honeyrunners quickly gained a large fan base. They've been compared to bands like Crosby, Nash and Young, and The Allman

Brothers, but The Honeyrunners' music is rock and roll with Motown, neo-punk, soul, and rhythm and blues tossed in to create a sound unequalled in music today.

The first song, "Under Control", caught my attention. Starting off with the strong drums and keyboard, the band's influences are easily identified. But, the song's strong vocals and stirring guitar add something to the song that hasn't been heard in modern rock in a long time. After a couple of repeats of the song, I found myself singing along and loving the rhythm of the song.

The song "Hold me" starts with a sound that instantly reminded me of Five Man Electric Band's song "Signs." But, once again, the vocals and lyrics add a uniqueness and modern twist to the song that allows the music to move from the past influences into a world all its own. It was also in this song that I noticed the killer blues-infused guitar playing. The addition of the guitar solos and riffing is something that has been missing in most modern music.

My favourite song on this album is "River Song." The Deep South blues sound has always been a favourite of mine, so I was excited when I heard this song. The pounding rhythm of the drums and guitar, plus the epic vocals with a modern flare, make this song stand out to me. This song is energizing and the lyrics fit the song

perfectly. I would love to hear "River Song" on a vinyl record. This song sounds like it naturally belongs on vinyl.

I have to say that I thoroughly enjoyed this album, although I do find at times that the keyboard is a little overpowering and distracting to the ears. Personally, I think the vocals and guitar are the strengths of this band's sound, and that the keyboard could be toned down a little so that it isn't the predominant sound at times. Yet I can see myself playing The Honeyrunner's music while relaxing with friends or out for a drive. This album seems to inspire that carefree and laid-back feeling that was imbued into older rock and roll and blues music.

The Honeyrunners will begin touring in the US in November of this year.

Samantha Stevens is an aspiring writer who loves combining her love for literature with photography, painting, music, and all creative pursuits.



The Travelling Student Beginnings

Philip Kirkbride



My name is Philip Kirkbride. I'm a college graduate from Ontario in the field of Multi-Media Design and Production working on upgrading to my Bachelor's Degree at Athabasca University (AU). I've always wanted to do an exchange program or study abroad but never found the right fit or time to do so. This is the story of how I decided to make my own study abroad program using the flexibility of AU.

I've been an AU student for a little over a year now, doing courses part time while working as a web developer in Waterloo Ontario. When the area's tech giant, BlackBerry, started doing badly, I was laid off and found it tough to find any work that interested me. I decided that there would be

no better time to finish my Athabasca degree. I down sized from my two-bedroom apartment to a single room in my hometown, London, Ontario.

While it was great to catch up with family and friends, I quickly grew bored there. A friend of mine, Matt, who does seasonal work, told me he was leaving Alberta, where he had been tree planting for the summer, to go do brush cutting in Northern Quebec. He offered to stop by and pick me up on the way, he could even get me a job with him at the final destination.

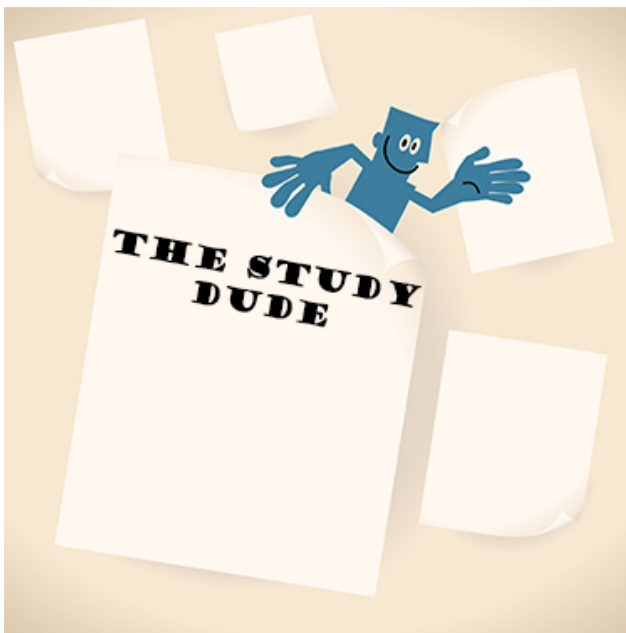
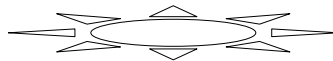
Matt had always been a sort of maverick traveler. Only a few months after we finished high school, over 6 years ago, Matt decided to hitch hike his way from Ontario to BC. While everyone from our school thought he was crazy and would likely die on the trip, he made it all the way to BC and back. Over the last 6 years he had worked all over the country doing interesting jobs, like picking exotic mushrooms in the wild, tree planting, and forestry. I lived vicariously through hearing about Matt's travels and journeys.

Any other time I probably would have turned down the offer as impractical, but with little opportunity in London I figured this was my chance to have a crazy adventure. With only a three-course workload from Athabasca, I could work on my classes just as easily from Quebec as I could from London.

A few weeks later he arrived. I helped him in his Dad's shop as he repaired four giant saws using a welder and some spare parts scavenged from old lawn mowers. As someone who had, in the past, mainly worked on computers I watched in amazement as scrap metal was turned into highly valuable saw parts (each saw being worth \$1500 a piece).

When everything was ready we packed his 16-year-old SUV with equipment, clothing, and of course a few Athabasca textbooks. Our destination was Val D'Or, Quebec, which translates to Valley of Gold. We had two choices in which route we could take. The first route was slightly quicker and would involve going through Northern Ontario past North Bay. The second was slightly longer but allowed us to travel through a more popular area heading from London to Toronto to Kingston to Ottawa and then roughly 5 more hours northwest to the final destination. We left that morning not knowing which route we would choose, but, either way, we first had to head toward Toronto.

On the way to Toronto we weighed the benefits of each route. The brush-cutting season had already started, so we were in a big hurry to get there quickly and the Northern Ontario route would ensure that. On the other hand, we might end up needing to stop at a hotel that night, and finding one in Northern Ontario would definitely be a bit more difficult. About 10 minutes from the exit we would need to take to head north we still hadn't decided—and a decision had to be made.



Study Tips from a Semi-Anonymous Friend

There is nothing more that The Study Dude wants for you than the knowledge that you are infinitely worthwhile regardless of any grade.

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 a reading of the book *How To Study* (7th Edition) by Ron Fry.

How to Manage Your Children So You Can Study

The Study Dude thinks children are complete and utter gifts to this world. However, when it comes time to study, you need to devise a magic solution to temper your toddlers' need for your undivided attention.

Fry (2012) has a plethora of ideas for helping you to keep the little ones happy while you study away:

- Spend some time playing with your children so that they are more inclined to attend to play at tasks you assign them when it comes time for you to hunker down with the books.
- Make your study time part of a routine and let the children know it's mommy or daddy's study time during the certain hours. Kids love routine, and they will adapt to wanting to give you your space during your scheduled time.
- Let the little tykes enjoy television or DVD flicks (or NetFlix or the like) while you are attending to study matters. Everyone (most everyone, that is) loves a good movie and your children will be thanking you for the opportunity to squeeze in some entertainment while you do the homework hustle.
- When taking your five to fifteen minute breaks in between study sessions, why not go attend to the tykes and do something fun and/or meaningful that you all can benefit from?
- Why not have a relative babysit occasionally, or send your spouse and your children off to a dinner and movie night periodically? Your children will be begging for you to have study nights under the latter circumstance.

The Cue Cards System to Writing Amazing Papers

The Study Dude used cue cards for making papers, and the system was amazing. Be that as it may, Fry (2012) has come up with a more detailed system of using cue cards that is by far the best of all I've yet to encounter.

Here are some tips from Fry (2012) for making your paper writing journey the simplest process imaginable:

- After choosing a topic, doing some preliminary background research from resources such as encyclopaedias or overview books, and settling on an initial thesis topic, then what you should do is make a preliminary outline of what you want to tackle in your research paper. Just "jot down the various issues you plan to investigate" (p. 145) and put them in a logical order. This outline may change with further research, of course, but it creates an excellent road map to help you to zero in on the prime fodder during your more in-depth research sessions.
- Create bibliography cue cards that have all of the information you will need for citation, including page numbers of sections you referred to. Make one bibliography card per single resource. Although Fry doesn't recommend this particular approach, I would put them in alphabetical order next, and then, as Fry recommends, number each bibliography card.
- When researching your materials, go through the resources referenced in the bibliography cards one-by-one, ensuring that you capture any ideas that pertain to your outline in addition to any stats, expert quotes, definitions, names, dates, and facts you might encounter.
- Get your blank index cards and write one idea per card, ensuring that you put the number for the bibliography card on the front of the cue card. Only write on the front so that you have it all right before your eyes. Ensure you paraphrase the quote to your best ability and, if you opt to quote word for word, ensure that you mark it with quotation marks and the page number(s). Better yet, always write the page numbers for the quotes, whether paraphrased or cited word-for-word, so that you can go back to it at any time to reference the original material.
- Check your outline now, and see what heading topic fits for your cue card. Make sure you use roman numerals and alphabetical hierarchical lettering in your outline so that you can just jot that letter down in your cue card. Put this in the upper right hand corner of the cue card. Put a one or two word heading beside it that sums up the content, and try to be consistent with the heading names across cue cards, wherever possible. If you have no place in your outline for the quote you captured, put a star in the upper right hand corner of the cue card as you may include it later on or may insert an additional section into your outline that fits with the cue card.

- Make sure you put your personal thoughts on cue cards, too. Mark the upper right hand side of the cue card with an "M" for "mine". Your musings are just as important to a paper as any other authors, and any opportunity to fit your perspectives into a well-structured essay work wonders for your potential grade.
- Now that you have all of your research material read and your cue cards made, group them according to where they are in the outline. For each group of cue cards that fit under a heading in your outline, further organize them into a logical order.
- Put the miscellaneous cue cards that you marked with an asterisk in addition to your personal thoughts you marked with an "M" into the structure where they most fit. If they don't fit, just place them at the back of the stack for reference in case an opportunity to fit them into your essay arises. Voila. There you have it: your own detailed outline. Now just start writing to your heart's content.

While Fry recommends using the cue cards for the outline—and The Study Dude does, too—I'd recommend you make it extra easy on yourself and type up the cue cards (with the paraphrased or word-for-word cited quotes) in order of grouping. Add an introductory sentence that sums the paragraphs idea up (and there should only be one key idea per paragraph) and use a lead in a follow-up sentence for each quote you include. This system will make your life easier, and The Study Dude will sleep easier at night, too, knowing that you will be acing your classes with fewer pressures. Whew!

The Cornell System

How can The Study Dude claim to be a guru of study tips with substance without having yet mentioned the Cornell system? When searching books on the Cornell system on Amazon, I found only notepads with sheets of paper with a vertical line three inches from the left of the book marked down each page. Namely, the Cornell system requires you to write on the larger side of the rule, taking all of your notes as usual, and then filling in the three-inch side of the left page with key words that delineate to what the notes pertain. The left-hand side becomes a section for putting types of, if you will, headings and subheadings, while the right-hand side is for all of your usual notes. There you have it! Cornell demystified.

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

Fry, Ron. (2012). *How to study*. (7th Edition). Boston, MA: Course Technology: Cengage Learning.

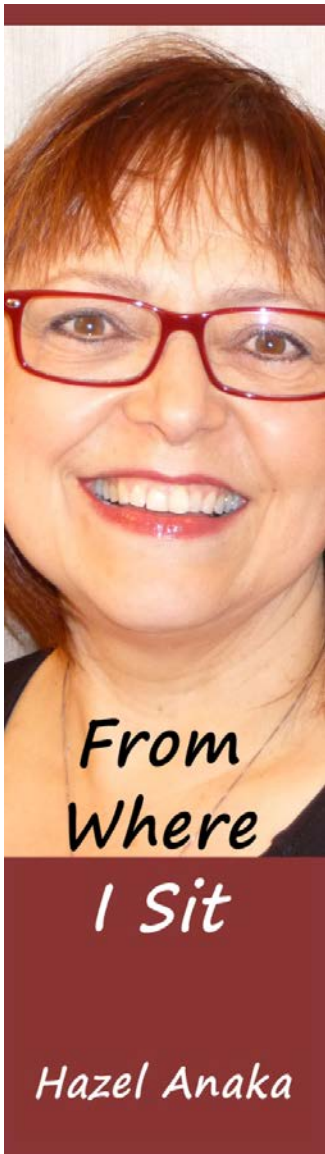
DID YOU KNOW?

You Could Win A Samsung Galaxy Tab S



The Voice Magazine is giving away an 8.4" Samsung Galaxy Tab S tablet to one lucky AU student. All you need to do to get your entry is to fill out *The Voice Magazine's* audience survey at this link: <https://www.surveymonkey.com/s/HTGP56Z> and hope for the best.

But in case that's not enough incentive, we're also giving away five of our promo merchandise packs to lucky entrants as well. The survey is to find out how *The Voice Magazine* could be serving you better, your likes and dislikes, and what types of issues and articles you think we should be bringing to you each week.



Another Thirty Years

What God and Mother Nature took thirty years to accomplish was torn asunder by a man named Adrian, a homeowner named Hazel, and a chainsaw. But let me begin at the beginning.

When we first moved to the farm in 1984 I was distressed that Roy's parents had done no landscaping other than planting a shelterbelt row of spruce trees. Okay, that's not entirely true. They also planted a lilac at one corner of the house. Two spruce seedlings that were commonly given to school kids in grade two in the late 1950s were also planted smack dab in the front of the house.

In the early days, I was seduced by the amount of available space, misjudged my energy levels in the coming decades, and was quite inexperienced in site planning. Most of the trees we subsequently planted came courtesy of the Alberta government's shelterbelt program. The trees were free but some species were nothing more than twigs.

So plant we did. We added another spruce shelterbelt parallel to the road. We did specimen plantings of sea buckthorn (with orange berries and sharp barbs on the branches), Russian olive (short-lived trees with gorgeous silvery grey foliage), Mayday (large with fragrant white blossoms in spring), birch (papery white bark), and others whose names I've forgotten.

Fast-forward thirty years. The ones that survived had long ago made mowing a challenge in avoiding decapitation. They began encroaching on each other's space. They effectively killed the lawn beneath them. Flowerbeds nearby soon became light and moisture starved.

Of course it wasn't all bad. Trees provide shade and privacy and trap the dust that is so much a part of rural life. The birch outside the kitchen window was especially beautiful with its delicate leaves and gorgeous trunk. The feeders for either suet or black sunflower seeds turned our window into a big screen playing a perpetual nature

program starring blue jays, chickadees, and so many more.

In the last few weeks we've been looking at our yard critically trying to decide where to site the new garage (yeah). Locating the underground utilities was part of the decision. I can be (and am) very patient. I can rationalize, excuse, forgive damn near anything but when I make a decision, or lose patience, things can't happen fast enough for me.

Adrian was hired to help Roy but made the mistake of asking me if I needed anything. Hell, yes. "Let's cut down a tree," I said. "Do we have approval?" he asked. I nearly smacked him.

So two mature but diseased trees bit the dust. Both had significant woodpecker damage and the mayday was plagued with black knot fungus. We salvaged the trunks for firewood. We've created breathing space for the remaining trees and opened up the yard to more light. I can't rule out more selective culling. The good news is there are more beautiful trees to plant for another thirty years of enjoyment. And now, we even know where they should be planted, from where I sit.

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



Cuddles & Religion

Dear Barb:

I have been married for two years. My husband and I are very happy for the most part; however I have noticed a change in him recently. He used to like to cuddle on the sofa while we were watching TV and now he sits by himself in a chair. Also when we go to bed we used to spoon and now he doesn't want to do that either. I have brought it up to him in a joking manner and he just laughs, but doesn't offer an explanation. I don't know whether I should be worried or just accept that this as the way he is!

Nicole

Hey Nicole:

You need to make sure everything is okay with your husband, which means you are going to have to have a serious talk with him. If he assures you that all is fine with him and your relationship, then it may simply be that you require more affection than your husband. As a result you need to come to a compromise. Possibly you both could agree to spoon for a few minutes before going to sleep and perhaps occasionally cuddle together on the sofa when you are watching a movie. This may be enough for you both to feel close and connected. Your husband may be emulating the example he saw at home while growing up, perhaps his parents were not very demonstrative. It will take some time for you both to find your comfort level in marriage.

Best of luck Nicole.

Dear Barb:

I am in my early twenties and recently moved out of my parent's home. My upbringing was very religious and I had no problem following my family's example while I was at home. Now that I am away from home I have been attending a few nondenominational places of worship. I am enjoying the sense of freedom I feel while attending these Churches. The problem is that my family does not approve! They are making me feel guilty for not continuing their religious practices. I am not joining a cult or anything weird like that, these are Christian Churches but are not affiliated with any specific religion. How can I get my family to understand that I am an adult and I need to do what feels right for me?

Looking forward to your advice!

Scott.

Hi Scott:

I can't give you any better advice than what you said in the last statement of your letter. *You are an adult and need to do what feels right for you.* Discuss your thoughts and feelings with your parents, and then let it be. Don't bring it up again. If they attempt to discuss it, reiterate that you are comfortable with the Church you are attending and you would rather not get into this with them. If you refuse to engage in conversation they will eventually have to let this go. Great question, Scott!

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

Weird Canada

Hockey Stick Robbery

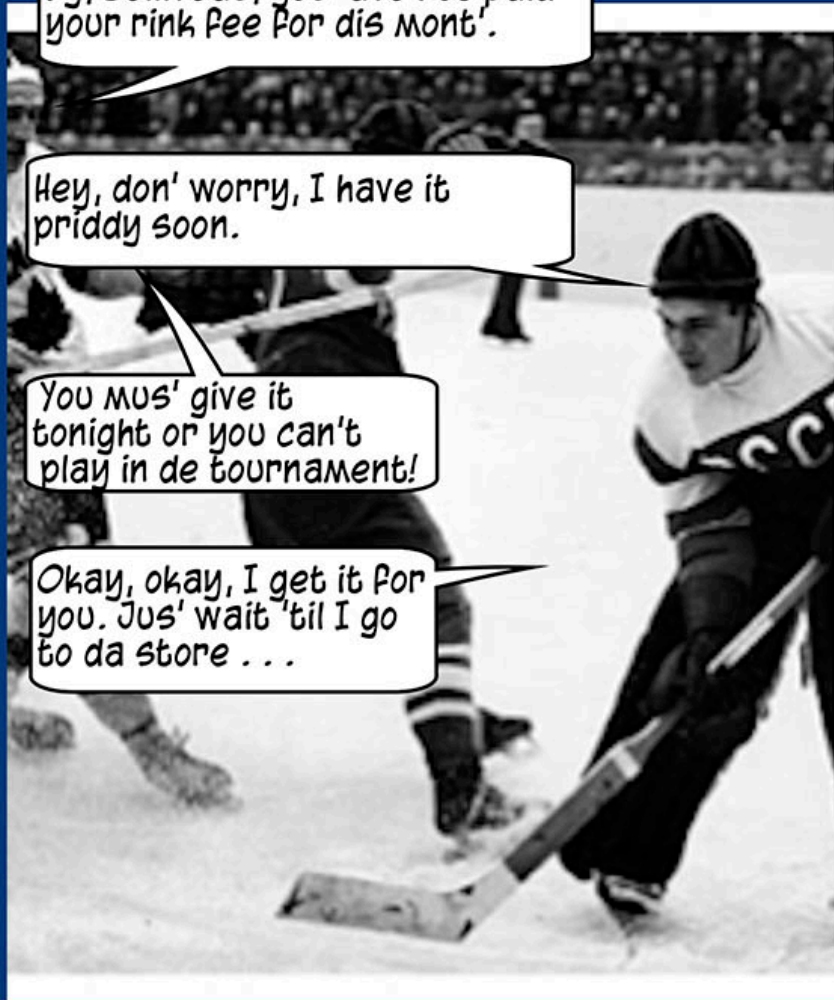
In March 2014, a man in a black balaclava tried to get cash from an Ottawa store by wielding a hockey stick. The clerk was able to wrestle the hockey stick away from the thief, who then ran off.

Ey, Belliveau, you 'ave not paid your rink fee for dis mont'.

Hey, don' worry, I have it priddy soon.

You mus' give it tonight or you can't play in de tournament!

Okay, okay, I get it for you. Jus' wait 'til I go to da store . . .



WANDA WATERMAN



AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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This Week at lynda.com

lynda.com experts have curated playlists to get you started. With hundreds of lists on a variety of subjects, there is something for everyone. Visit the playlist center for

more information and enter the playlist title. This week's featured list:

Master Office 2013

Microsoft Office products are needed for almost every AU course. Mastery of these products is not only beneficial to your schooling, but also for many jobs. Although using the most basic functions of Word and Excel is almost intuitive, there are so many other functions that that can help you put out superior work. Take the time to get to know your tools. Use lynda.com.

- Office 2013 New Features
- Excel 2013 Essential Training
- Word 2013 Essential Training
- Outlook 2013 Essential Training
- PowerPoint 2013 Essential Training
- Up and Running with Office 365
- Up and Running with Lync Online

Courses: 7

Duration: 24h 8m

Skill Level: Beginner

Have you signed up for lynda? It's free for AUSU members. To learn more, check out ausu.org/services/lynda.php

Featured AUSU Member Service: Awards

AUSU offers a variety of scholarships, awards, and bursaries for members. Here are some with a pending application deadline of November 1:

Academic Achievement Scholarships reward scholastic excellence. The applicant with the highest GPA over the last thirty credits will receive the award.

IMPORTANT DATES

- Oct 8: AUSU council meeting
- Oct 10: registration deadline for an Nov 1 start date
- Oct 13: Thanksgiving: AU closed
- Oct 31: extension deadline for Nov 30 contract dates.
- Nov 1: AUSU fall awards deadline
- Nov 10: registration deadline for an Dec 1 start date
- November 11 - Remembrance Day - AU closed

Overcoming Adversity Bursaries help students in financial need. Special consideration is given to those who have other challenges such as disabilities, single parenting, and extraordinary financial concerns.

Returning Student Awards recognize the commitment of students who return to university after a long break.

Balanced Student Awards reward students who balance multiple life commitments with university study.

Student Service Awards recognize those who provide outstanding support to students or their community.

For more information on these and our other awards (the Emergency, Computer, and Travel Bursary), visit the [AUSU awards page](#).

AUSU Featured Groups & Clubs

Group Name: **AUSU Student Moms' Club**

Where: **Facebook**

Members: 140

About: Members are moms taking all types of AU courses. There is support, encouragement, venting, and advice on course content, study tips, "how do you do it," and just about anything else.

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

Great AU Finds Online

Counselling Assessments – Am I Ready for studies in ...? Counselling Assessments – A series of review modules to test your skill in a variety of subjects (currently there are assessments for English, math, chemistry, Microsoft Access, and computing science). Use these to determine if you need to brush up on a subject before diving in to a course, or just for fun. Also, Mapping Your Future helps you choose an occupation.

For links, see:

http://counselling.athabascau.ca/assess_yourself.php

CLASSIFIEDS

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

THE VOICE

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