

THE VOICE

MAGAZINE

Vol 22 Issue 40 2014-10-10

Power Greens!
Health in a Glass

The AU Library
An Introduction

The Travelling Student
Changing Directions

*Plus:
Student Sizzle
Council Connection
and much more!*



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***The Voice
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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



And Miles to Go Before I Sleep

Have you entered *The Voice Magazine's* contest yet? You could win a Samsung 8.4" tablet computer, one that works with AUSU's e-texts, and has a memory card slot so that you can keep them all on there at once. It can help make your education truly portable, or at the very least, give you a whole range of distractions to take advantage of when you're "looking for inspiration" on your next essay. "But, Karl," you say, "I already have a laptop that works just fine with e-texts, and a smartphone that I keep myself distracted with otherwise."

That may be, but have you noticed how fast Christmas is hurtling toward us? And wouldn't a brand new tablet computer make a great gift? Plus, it would mean you're able to cross one person off of your Christmas list already. And all you have to do to get your chance to win it is fill out *The Voice Magazine's* survey, that you can find at this [link](#).

I understand though. A lot of people don't like doing surveys. After all, they don't want their information going toward some sort of spam delivery system, and I completely agree. Which is why *The Voice Magazine* survey avoids asking the questions that marketers would find useful. We don't ask about your income, we don't ask who buys what, we don't even ask what your sex is (which is a question I've always found very strange on surveys, because, these days, what does it really matter?)

"But Karl," you say, "I'm not a student, so I can't win the tablet. Plus even if I were, I don't need it and I don't have any friends I'd give it away to, so why should I take the chance away from someone who does?" to which I must commend your selfless altruism, and then urge you to go fill it out anyway, as more important than the prize is helping to make *The Voice Magazine* something that is even more useful to you every week than it is now. If you really don't want to take away the chances of some other deserving student, simply skip the last question in the survey, which asks for your student ID and contact information so that you can be entered into the draw. You'll still get to have your say, I'll still get to take your input on board, and we'll still get the best Voice for all of us.

Aside from our survey, we have a huge issue this week, in part because of the Council Connection report. The title of this editorial is a reference to the poem going through my head as we neared the end of that meeting this week, read my report to find out why.

Also this week, another installment of *The Travelling Student*, a first look at the AU Library for Canadian Library Month, Hazel Anaka explores the meaning behind this holiday weekend, and our resident health expert, Katie D'Souza returns with an article about green juice; how to make it, and why you'd want to.

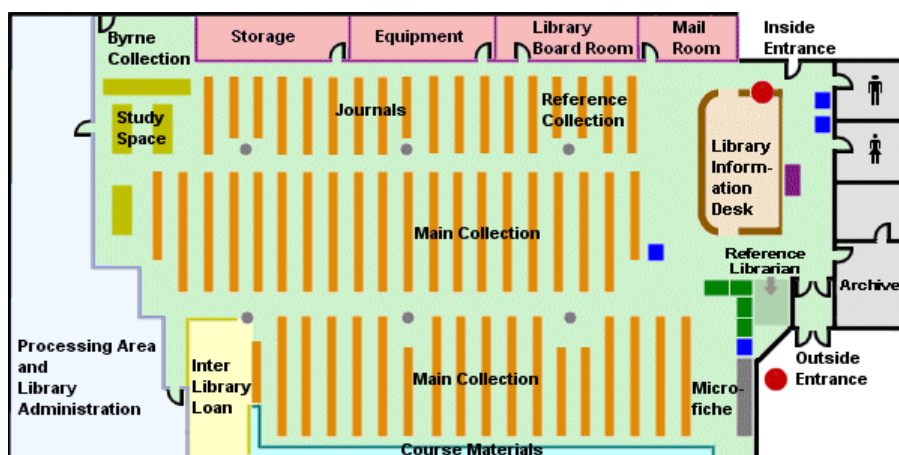
Plus we also have our regular round up of columns, exploring technology in our society, study and writing techniques, and so much more.

Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl".

Welcome to the AU Library, Part I

Barbara Lehtiniemi



"The only thing you absolutely have to know, is the location of the library."

- Albert Einstein

If there's one thing you absolutely have to know about the AU Library, it's that they welcome questions. "Students who ask questions will be more successful," says Elaine Fabbro, Acting Director, Library Services. At the AU Library, there's no such thing as a stupid question—they want to hear them all.

"Students can contact us no matter what the question," Fabbro says.

A university library for many students—especially new ones—can be an intimidating place. How small and inadequate one may feel in the face of immeasurable knowledge. A single library contains more information than a student could take in over a lifetime. The quest for information needed for an essay or a research paper can be intimidating. Where should a student start?

Most AU students will start at the library's website. Although the library has a physical location on the campus of Athabasca University, the majority of AU undergraduate students are distance learners. A link to the AU Library's [website](#) is prominent on the upper-right of AU's [homepage](#); students can also access the library from their *myAU* homepage by logging in and clicking the library tab.

If you're a new student at AU, or if you're unfamiliar with university libraries, the first thing you'll want to do is look around. Think of the library website in the same way as you would a physical library building. What would you do first? You'd probably start with a quick tour to orient yourself. The AU Library has a guided 5-minute [tour](#) to their website. Once you know the basic layout, you'll want to wander around on your own to see what the library has to offer you.

Like a physical library, it's difficult to browse the whole collection. According to the [About Us](#) page, AU's library has over 150,000 books and media materials. Significantly for online students, the AU library boasts more than 200,000 e-books, and online access to 65,000 journals. AU Library's collection serves two main purposes: to support courses and programming, and to support research in distance education. To the latter purpose, AU's library houses the [Reverend Edward Checkland Collection](#), one of the "finest collections of materials on the subject of distance learning."

The AU Library website will be updated in the coming weeks. The new website will be easier to use and have streamlined content, according to Fabbro. AU students familiar with the library's site will be pleased to know the dated look of the current site will soon be a thing of the past. The new site, which is expected to launch in October, will have the same URL: <http://library.athabascau.ca/>. As with the current site, the updated site will feature a tour to guide users through the website's features.

Whether you check out the website now or wait for the new look, be sure to take some time and browse around. The more familiar you become with what the library offers, the better the library can serve you. And remember,

if you have any questions about the AU Library, or its services, materials or website, the only thing you absolutely have to know is that they welcome questions. Contact the library by e-mail at library@athabascau.ca or by phone at 1-800-788-9041, ext. 6254.

The AU Library isn't all about books; in the following weeks we'll be looking at what else the library has for AU students.

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

Click of the Wrist

During this weekend's Thanksgiving festivities, we're encouraged to be generous to those in financial need. But there's a different kind of need that often goes unmet: support for those dealing with mental illness, whether in themselves or in loved ones. This past week the Canadian Alliance on Mental Illness and Mental Health ran its Mental Illness Awareness Week campaign, coinciding with the World Federation of Mental Health's World Mental Health Day (October 10). Click through these links to get a better understanding of mental illness and how it affects those around you.

A Different Kind of Need

Just the Facts

Did you know that over 18 per cent of US adults are coping with an anxiety-related disorder? That over one-quarter of homeless adults in the US suffer from mental illness? The stats are eye-opening—and will inspire you to get educated and spread awareness.

Faces of Mental Illness

What does mental illness look like? These profiles, part of the Faces of Mental Illness campaign, show people who have been diagnosed with mental illness yet live normal, productive lives by managing their mental illness and surrounding themselves with solid support systems.

Giving Support

If you know or suspect that a loved one is depressed, what should you do? Using the "black dog" analogy, the WHO's video "Living With a Black Dog" gives basic advice for caregivers, friends, and all those who want to support friends and family who are struggling with depression.

The College Connection

College and university are already challenging enough. This guide, published by the Canadian Mental Health Association, contains a wealth of resources to help those dealing with depression and mental illness pursue their educational goals.

DID YOU KNOW?

A Tablet Computer is up for Grabs!



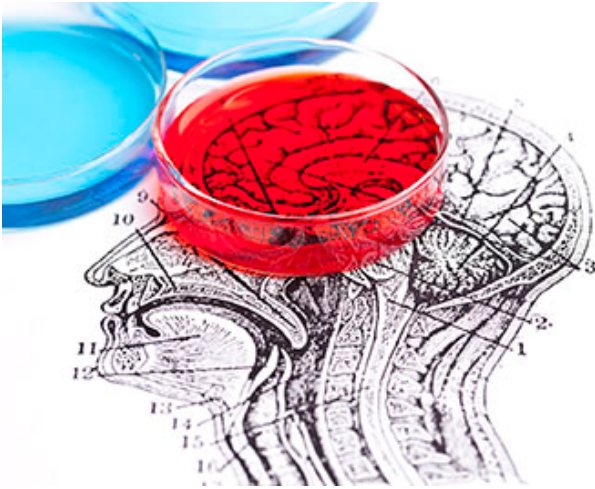
The Voice Magazine is giving away an 8.4" Samsung Galaxy Tab S tablet to one lucky AU student. All you need to do to get your entry is to fill out *The Voice Magazine's* audience survey at this link: <https://www.surveymonkey.com/s/HTGP56Z> before October 16th and hope for the best.

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.

Primal Numbers

Ig Nobel

S.D. Livingston



"Somewhere, something incredible is waiting to be known." Whether or not Carl Sagan actually said those words, there's no denying the truth of them. So it might seem counterproductive for the Ig Nobel Prize to poke fun at research of any kind, no matter how ridiculous it might seem. Look a little closer, though, and you'll see that there's method in that scientific madness.

For a lot of people, science has about as much appeal as accounting. Sure, there are huge, important discoveries. But for the most part, science and research are seen as countless dull hours spent poring over test tubes and incomprehensible equations.

And when millions of dollars in science funding can sometimes lead to no useful result, people are quick to jump on the bandwagon and criticize research that seems like a two-year-old could have done it. Like the study that tested more than three thousand people to come up with the conclusion that high heels make your feet hurt. Or the study that set out to discover whether men were bothered by going bald.

At first glance, the Ig Nobel Prize seems to encourage the ridicule of seemingly obvious research. Organized by the magazine *Annals of Improbable Research*, the prize is handed out in a yearly ceremony by real Nobel Laureates (in funny costumes, of course). But while the categories seem serious enough, such as physics, psychology, and public health, the winners are chosen primarily because their research made the judges laugh.

Winners of the prize offer some fine examples of silly science. In 2014, the Ig Nobel for Neuroscience went to a team that studied "what happens in the brains of people who see the face of Jesus in a piece of toast." In 2013, the Physics prize was awarded "for discovering that some people would be physically capable of running across the surface of a pond—if those people and that pond were on the moon."

A waste of time and funding? Not at all, especially when you consider the other main criteria of the judges. First, the research has to make them laugh. Then it has to make them think.

Take the 2014 Ig Nobel Physics winner, for example. That prize was given for "measuring the amount of friction between a shoe and a banana skin, and between a banana skin and the floor, when a person steps on a banana skin that's on the floor." Cue the jokes about slipping on banana peels—but don't forget that studying the lowly peel's gel-like qualities is also helping with research on cartilage and human joints.

And that study on seeing Jesus in toast (known as face pareidolia) also examined whether participants saw letters that weren't really there. It's the type of research that could help thousands of people who struggle with dyslexia and other visual-input conditions.

So bring on the Ig Nobel Awards, and make 'em laugh. Because we might just discover that it really is the best medicine after all.

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.

Power With Greens!

Katie D'Souza



Does a nutrient blast to your system sound good? What about increased energy, clearer mental focus, and improved sleep? These are a few of the numerous health benefits associated with green juices. Since starting on my own "green juice" journey, I have experienced similar amazing health benefits, which I'll share with you.

What is a Green Drink?

A green drink is a vegetable juice, made from fresh, optimally ripe vegetables. The base of such a juice is usually a leafy green, such as spinach, giving the juice a vibrant green colour, and hence, its name. There's no

hard-and-fast recipe to produce a "real" green juice, which makes it simpler if you are making these yourself, as there isn't a strict list of must-have ingredients. Ingredients are also selected based on outcome (for instance, if you'd like to start a greens-based liver detox, you would add different ingredients, like beet and spinach, to your green drink, than you would if you were interested in an anti-inflammatory boost for arthritis or stiff joints, where pineapple would figure more prominently).

Health Benefits of Greens

The best way to describe what a green juice does to your body is a "nutrient blast" to your cells. Individual nutrients in their natural chemical form (not lab synthesized, as is the case with the nutrients in the majority of standard multivitamins available) have higher absorption potential, since these nutrients are often found in their activated (think 'ready-to-use') form. Additionally, with a green drink boosting our day's vegetable intake several-fold, there is the added bonus of excess nutrients flooding the body. A fresh green drink is also loaded with plant enzymes, aiding in digestion (think digestive enzymes, many of which have plant origins).

Higher intakes of fresh vegetables on a daily basis, research shows, leads to reduced risk of chronic disease, including cancer, heart attack, and stroke.

Do I need a juicer?

No, you don't. Although the name "green juice" might imply the mandatory use of a juicer, I don't personally use one, and don't necessarily recommend the sole use of a juicer over a blender for certain juice blends. For a basic green juice, a juicer will extract the liquid and leave the fibre behind. However, a good-quality blender will blend this fibre into the drink, until it is imperceptible (if you are noting fibre in your drink, you may need to sharpen your blender's blade, or purchase a higher performance blender). The benefit of fibre in the drink improves bowel function and regularity, as well as assists in blood sugar balance (even if you're not diabetic).

How do I make a green drink?

Probably the simplest green drink to make is that of spinach + water. Spinach is the mildest-tasting of all greens, and this mild flavour is also imparted to the juice. However, you may want to add a handful of berries or mango (fresh or frozen), or a small serving of orange juice to the mixture if you wish to liven the taste up a bit. A green drink is a very adaptable item; you can mix and match whichever greens and whatever fruits you like, depending on your tastes. Some prefer a banana undertone (add ½ banana to the mixture); others prefer a "greener" taste and toss in a part of lettuce, or broccoli (although certain flavours, like broccoli, tend to exhibit flavour override), or kale (imparts a gentle sour-bitter taste to the shake), beet greens, or ¼ raw beet, cut into small chunks. I

recommend the use of organic greens since certain greens (spinach, for instance) have been noted to contain higher levels of pesticides and herbicides.

A note regarding dry "greens" powders vs fresh green juices: the greens powders, depending on the company of origin, have the capacity for health benefits. I use the powder when traveling, since it eliminates my need for blender and grocery stores! However, when at home, I prefer the fresh juices since the nutrient content is higher, with the additional naturally occurring enzymes (the powdered greens contain digestive enzymes, but these are added to the mixture after the fact).

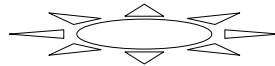
No Time?

No worries! Powering your body with green fuel in the morning doesn't need to be laborious. My morning's green "power shakes" actually take 3 minutes to complete. It's as simple as dropping a handful of spinach or other greens into a blender, adding water and berries (note that the latter is optional), and blitzing with the blender. In my opinion, it's a minimal time expenditure, with maximum returns.

Try two weeks of daily green drinks; you will be pleasantly surprised to notice positive changes in energy, skin health, and possibly sleep. I can truly say I was fascinated at the results in my own life.

Katie D'Souza is an AU graduate and a licensed naturopathic doctor. She currently practices in Ontario.

Disclaimer: The information contained in this article is for personal interest only; it is not intended for diagnosis or treatment of any condition. Readers are always encouraged to seek the professional advice of a licensed physician or qualified health care practitioner for personal health or medical conditions.



The Mindful Bard The Signal

Wanda Waterman

ELIZABETH SHEPHERD

Album: *The Signal*

Artist: Elizabeth Shepherd



**Something More Beautiful and Human
Than the Dominant Madness**

"I believe in God, as mother. She's good to me and keeps me going. I'm aware of how dysfunctional and unjust our world is, and I feel the need to use my musical platform to try to bring some joy—something more beautiful and human than the dominant madness."

- Elizabeth Shepherd in an interview with Wanda Waterman, June 2013

SIGNAL

I first heard of singer, pianist, and composer, Elizabeth Shepherd from her publicist just before her appearance at the 2013 Montreal Jazz Festival. I was impressed with her latest album (a collection of standards), just not impressed enough to recommend it to my

readers.

Still, I was glad to do an interview with her, and was thoroughly delighted with her story—the tale of the daughter of a Winnipeg Salvation Army family that moved around a lot. Elizabeth always found devoted support for her musical education from other Salvation Army musicians wherever the family moved.

I was also impressed with her excellent artistic tastes, which included an affinity for the *Tao te Ching*, the films of Kurosawa, and the music of Miles Davis; here was a woman who nurtured her muse with nothing but the best.

It's all paid off; *The Signal*, a collection of her original songs, is head and shoulders above all her previous albums.

But is it jazz? Or is Elizabeth just another musician advanced enough to be granted a spot at a jazz festival (because there aren't enough "real" jazz musicians out there to fill the world's jazz festival schedules)?

Yes and no. Shepherd came to jazz late and so had already developed her musical chops in too many different directions to fit neatly into the same room with the best of today's strictly-jazz artists.

But here's the thing: she swings. Just a little, and not all the time, but swing being one of the essential components of jazz, it matters. Swing is that special quality of jazz rhythm in which the first beat is a loving caress that turns the second beat into a gasp of pleasure. If you take this special element and add it to the music of someone writing lyrics in the tradition of Joni Mitchell, Kate Bush, and Björk, you've got some amazing alchemy.

More potent additions to the mix include some carefully chosen and artfully incorporated artists including jazz guitar icon, Herbie Hancock, and West African guitar master and vocalist, Lionel Loueke. (I was certain I heard Cassandra Wilson on the title track, but since I can't find her name in any liner notes I have to assume Elizabeth is doing an extremely good impression.) These and a few more big names rise to the challenge of interpreting Shepherd's original, and quite feminine, aesthetic very well.

It's no wonder that Shepherd has been hailed as one of the voices reinterpreting jazz for a post-rock generation. This is *not* synonymous with a dumbing down—to interpret jazz for today's listeners requires a high level of sophistication, a broad range of influences, and a degree of relevance to today's concerns.

All of these features are present in this collection of original tunes, showcasing not only Shepherd's songwriting and arranging skill, but also her social conscience. She's not preachy, but her eyes are open to racism, sexism, and economic exploitation, and she frames instances of injustice with a special respect and compassion for victims as she pays tribute to their suffering.

She attributes this new social awareness to her relatively new status as a mom (her daughter's now three), citing a need to do what she can to influence the world her daughter has entered for the good. At the same time she buries the prevailing prejudice that having babies compromises a woman's creativity; this is one of the most creative, inventive, and delightful albums of the year, chock full of beautiful sounds, mental stimulation, and pure fun.

The Signal manifests eight of the Mindful Bard's criteria for albums well worth a listen.

- It's authentic, original, and delightful.
- It harmoniously unites art with social action, saving me from both seclusion in an ivory tower and slavery to someone else's political agenda.
- 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 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.

Writer's Toolbox

The BackBone

Christina M. Frey



Over the weekend, my husband—ever the prankster—conducted a social experiment.

It was inspired by Cracked.com's "[22 Eerily Plausible Conspiracy Theories \(We Just Made Up\)](#)," a hilarious parody of the click-bait posters that seem to be proliferating on social media these days. A lot of them were too far over the top to be plausible, but a few seemed legit enough to try on the unsuspecting public (or at least on my husband's Facebook friends).

He chose a poster that connected *Harry Potter* to a Satanic cult—and got comments from both sides of the debate. Not one person checked the source, even though the poster itself was labeled "Cracked.com."

Everyone likes to point fingers, of course. It's *those guys* who fall for everything! It's *the other side* who doesn't check sources! But we all are taken in by click-bait articles, junk science, misleading headlines, and skewed studies, especially when they line up with something we want to believe or feel.

For example, this past Friday I was exhausted and counting down the minutes until wine o'clock. Then I happened upon an [article](#) with the tantalizing headline "Is Drinking Wine Better Than Going To The Gym? According To Scientists, Yes!" I just about reached for the bottle and glass, but then I had a second thought. Too good to be true? Of course it was. The headline wasn't just misleading, it was false. Scientists said no such thing. In fact, they haven't even finished the experiments. I closed the article in disgust, but it popped up in my news feed countless times over the weekend.

So why am I talking about this in a column dedicated to writing well?

It's simple. The facts we use form the backbone of our writing—and they're important whether we're submitting an academic paper or waxing eloquent on a Facebook status. A writer could have the most elegant language, the most perfect grammar, and the most engaging style in the world, but if the writing is based on half-truths or misinformation, it's not worth a whole lot. Even if there's no intentional misrepresentation of the facts, that writer is propagating falsity, distracting the readers, and destroying his/her own credibility.

Part of good writing is making sure there is a strong framework on which to hang words. How to test that framework? First, check your sources. Are they credible? What are the sources' sources? Go back as far as you can in the chain. Researching the material across multiple resources is helpful, too.

Second, check your source's—or your own—interpretation of the facts. Books like Cynthia Crossen's *Tainted Truth* can be real eye-openers on the different ways that studies can be misrepresented and skewed to fit a certain purpose. Then there's your own worldview to consider—the lens through which you see and process everything you read. There's no need to be a total cynic, but approach everything with healthy skepticism until you feel you've done your research as well as possible.

Everyone has his own version of the facts. Everyone has her own perspective. Maybe we can't absolutely verify everything, but we can do our best. We owe our readers that much.

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

In the [Welcome and Introductions Forum](#), overseas student Kiran reaches out to BMgmt or other degree students. Over at the [French Speaking Forum](#), beginning French student "pbandnutella" is searching for other new French students who want to chat and practice *la belle langue*. Other topics include staying focused, the [AU IT Help Desk](#), and course chat on PSYC 289 and WGST 400.

AthaU Facebook Group

Xtina is down to her final nine courses and looking for recommendations on "easy courses with no exams." Suggestions include PSYC 345, EDUC 301, and a slew of CMNS courses. Other postings include online exam procedure, Mac users, and courses CMNS 423, HRMT 323, IDRL 312, and PSYC 289.

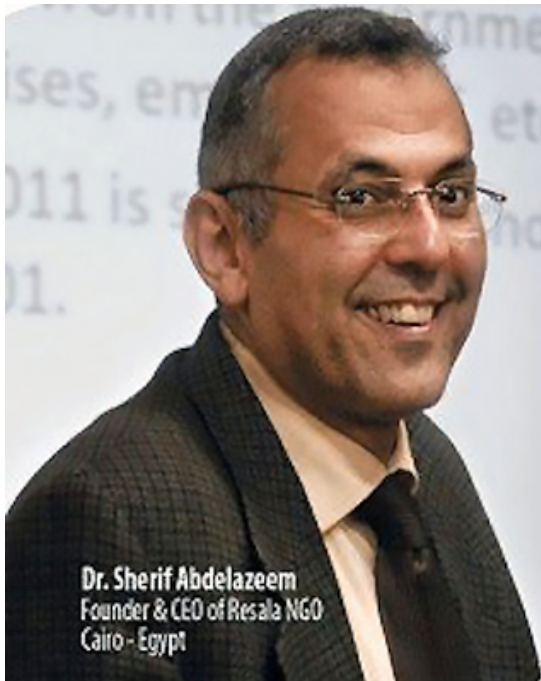
Twitter

[@AUAnnounce](#) tweets about [AU's new learning design showcase series](#), which continues through November 5. [@AthabascaU](#) posts a link to a [Science 2.0 article](#), featuring an AU astronomy prof, on the discovery of OL339, earth's new quasi-moon

In Conversation... with Resala

Wanda Waterman

Smiling Into a Broken World



"Give charity without delay, for it stands in the way of calamity."
- the Prophet Mohamed, quoted by Al-Tirmidhi, Hadith 589

The Resala Charity Organization is an Egyptian charity that recruits volunteers to serve the needy. Some of its actions include caring for the elderly, orphans, the blind, the deaf, financially strapped families, and children with special needs, as well as conducting blood drives and secondhand clothing drives, recycling, medical care, tutoring, and literacy training. Recently Abdulazeem Al-saeed, the manager of the Tanta branch of Resala, took the time to answer some of Wanda Waterman's questions about the organisation's mission and motivation.

A Popular Misconception

So often in the West you hear people say things like "Why aren't the Muslims doing anything about this?" or "Why are all the charity organisations from the West?" But it doesn't take a long immersion in the cultures of the Middle East to see how utterly misinformed this notion really is.

People here give readily, generously, and often, despite the propaganda. Why aren't we made aware of this? The biggest finger needs to be pointed at Western big media for creating a false picture that (surprise, surprise) leaves the USA smelling like a rose.

In Egypt, several changes in government since the beginning of the Arab Spring there have failed to bring any kind of meaningful response to the needs of underprivileged Egyptian citizens. Into this steps the Resala Charity Organization ("Resala" means "message" in Arabic), an idea that first sprouted in the mind of Dr. Sharif Abdel Azim while he was in Canada.

The Canadian Connection

While in Canada, Dr. Sharif had learned of a lady there who'd adopted a group of children, one of them Egyptian. He was so inspired by her kindness that, by the time he returned to Cairo University, where he taught, he had a program of action to present to his students. His students, who, as Muslims, had a strong interest in developing their university as well as their society, took Dr. Sharif's idea and ran with it.

The student volunteers hit the ground running, launching a host of services in the name of following the Islamic directive to care for the needy. The early services were offered from within the university itself, but in the year 2000 someone gave the organisation a plot of land in the Faisal area.

"The first branch of Resala," reports Al-saeed, "was built on this land, after which 69 more branches were eventually established in other parts of the country."

Le Raison d'être

What's the purpose of Resala? Yes, performing charitable acts but also promoting the idea that volunteering doesn't just improve a country's social conditions—it's also good for the soul and provides young people with a marvelous opportunity to connect with each other and show obedience to their creator.

As Al-saeed says, "The charity aims to publish this idea of the value of volunteer work. It also works toward the long-term goal of helping all the needy, anywhere, and at any time."

But has it worked?

"According to the last statistics in 2012," Al-Saeed reports, "our number of volunteers reached 2.5 million and we've helped more than three million needy families."

Resala and the Islamic Directive

A fact which many in the west are in the dark about is how charitable acts form part of the essential core of Islamic life, and that charity is in fact one of the five pillars of Islam.

"Islam motivated people to do well," says Al-saeed, "to help others, to give, to volunteer. So Resala adopted this idea, started to research peoples' needs, and tries to meet them. So Resala is a kind of microcosm of Islam.

"Our volunteers feel happy when they see the results of their actions and the smiles on the faces of the people they're helping. They're so happy to help others achieve their hopes with simple acts.

"They're also motivated by Islamic teachings, by renewing their own intentions to do good, and by the promotions we create. And finally they're motivated by the reward of Allah in this life and in the hereafter."

On the Horizon

Thinking well in advance, Resala is now working on a number of small projects in the Gharbia Governorate, with the commendable goal of helping the region achieve self-sufficiency by 2020. As if that weren't enough, the Cairo branch is now preparing to establish a new hospital for the treatment tumors.

The Qualities of a Resala Volunteer

There are no age limits on who can volunteer for Resala. "You may find a volunteer still in primary school," says Al-Saeed, "and you may also find volunteers over 60. Resala is open to anyone able to work and bear the responsibility of providing good services.

Networking

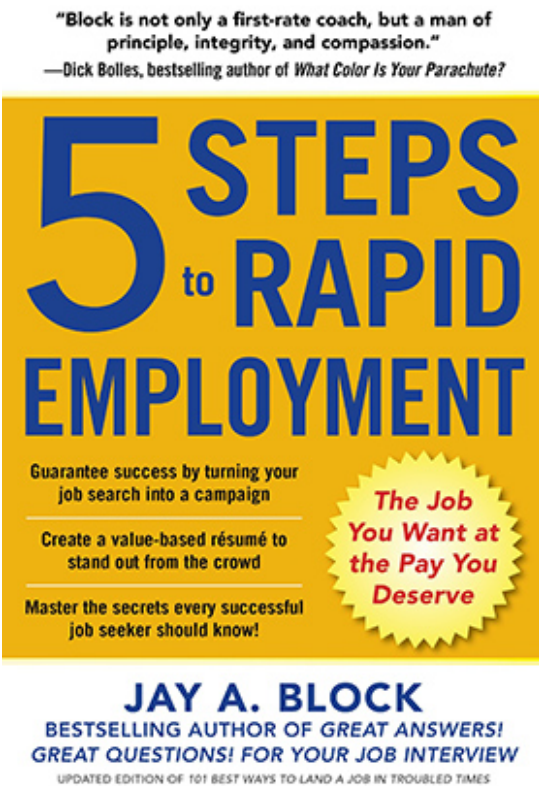
There's something especially touching about Resala volunteers—they just can't seem to stop doing good, and so they're becoming a force to be reckoned with in Egypt today, branching out to carry out acts of service in other Egyptian charitable organisations. A case in point:

"One of the institutions that belongs to the blood bank," says Al-saeed, "decided to honor the best charity organizations in the country, and Resala was the one of them. They soon discovered that Resala volunteers were also active in the other charitable organisations!"

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.

The Career Path

Marie Well



Leaving the security of an online education for a full-time career can be a daunting task, especially in today's changing landscape. It's a vapid approach to attempt to apply solely to online postings without a comprehensive strategy and an overwhelming time commitment.

Jay A. Block, in his book titled *5 Steps to Rapid Employment*, helps to mitigate the conundrum of too many people applying for the same job at the same time.

The New Era Key: Multiple Sources of Income

Accessing multiple streams of income is the new impetus for staying employed when jobs typically change hands every two or so years. Block (2014) suggests the entrepreneurial route as one source of income. Other sources include the taking up of more than one part-time/full-time jobs, working evenings, and weekends. Taking up schooling while working is another wise strategy for ensuring employability over time. Securing multiple streams of income is a strategy especially recommended to foster security of income for a family unit.

Adding a Reference Portfolio to the Resume

The traditional resume lacks the clout to stand out in the vast sea of resume submissions. An emerging trend is to include a reference portfolio that contains direct quotes from people who have ample praise to speak about your employability. Block (2014) recommends that you type up the quotes yourself and have people sign off on them. With four or six testimonials dedicated to a single page, you can attach this document to the end of your resume. Such an approach adds ample credibility to your credentials.

Preparing the Elevator Pitch

In creating a 20 second elevator pitch that you could include on your resume, you want to ask yourself what would a performance review for that position measure, and then put that feature on your resume (Block, 2014). Your elevator pitch should articulate what core strengths you have that not only indicate how you will create results but also outline what differentiates you from the competition (Block, 2014).

Block highlights typical results messaging for your elevator pitch for industries such as teaching and sales. For example for a teacher, part of the elevator pitch is the aim "to significantly enhance the educational experience leading to an enriched and rewarding life for all students" (p. 84). Following such a claim, Block (2014) urges you to identify six to eight core strengths that you would possibly find in a hypothetical book titled "The Eight Core Strengths for A Career in Such-and-Such Field". Once you have the strengths established, you should go on to delineate what sets you apart from the competition. For example a teacher might have a master's degree in library sciences, which differentiates this individual from teachers without this specialization (Block, 2014).

The 20 second elevator pitch should be at the top of your resume, showcased immediately under the name and address fields (Block, 2014).

Committing 50 Plus Hours per Week to Job Search

In an effort to teach his readership how to swiftly land an employment position, Jay Block (2014) stresses how a job search campaign should take a minimum of 60 hours per week. For those job seekers who are currently employed, Block (2014) exhorts that a minimum of ten hours is required. After each week, an assessment of the time allotted, tasks accomplished, and goals met needs to be undertaken (Block, 2014). Block (2014) allocated a weekly schedule of nine or more hours on job campaign per day, with the exception of Sunday (designated with four hours) and Saturday (designated as a day off).

Choosing Multiple Strategies for Job Searching

In order to establish a schedule of 60 hours plus per week on job campaign, Block (2014) underlines how important it is to break the time into various chunks, each one denoting a particular task. He recommends 12 tasks from which the reader can choose approximately four to six that best fits with his or her personality, preferences, and lifestyle.

The 12 tasks include the following: (1) networking, either through social media, job clubs, personal contacts, or via door knocking at actual companies; (2) target marketing through listing 50 to a 100 firms you are interested in, researching the name of the hiring manager, and sending by overnight mail a hard copy of your cover resume, cover letter, and reference portfolio; (3) seeking out head hunters to help facilitate your job search; (4) applying to internet posts; (5) looking at classified ads for either direct response or for inspiration; (6) going to governmental career centers for access to resources; (7) applying for federal jobs; (8) seeking out blogs with job listings; (9) accessing career or alumni services at your university; (10) attending job fairs; (11) volunteering to make contacts; and (12) engaging in creative self- marketing such as buying a billboard ad to post your job request.

Prep for the Interview

When engaged in an interview, try to answer the questions asked as quickly as possible, following each one up with your own completely different and unrelated subject matter that better highlights your skill-set. Come prepared in advance with "stories, examples, and case studies to offer evidence that you are well qualified for the job". Prepare a number of work-related stories, along with the challenges you had to overcome on the route to each of your victories, and rehearse. Videotaping your interview responses is a viable means for rehearsal practice. (Block, 2014)

Creating an Employment Proposal

Block states that "an employment proposal is a proactive, formal, written document submitted to a prospective employer offering your services and outlining a proposed employment arrangement" (p. 197). If the interview seemed successful at all, you likely wouldn't require an employment proposal. However, if there was some question as to whether your candidacy would be considered, if there was a delay, or if there was a job not yet created that you would like to fill, then an employment proposal might be the ideal backup plan (Block, 2014). The employment proposal could, for example, contain a recommended probationary period in which you aim to fulfill several tasks, while working at a potentially reduced salary level (Block, 2014). It could be written like a letter with an introduction followed by the title "Proposal" and an overlay of the terms (Block, 2014).

References

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Music Review

Turkana Boy

Samantha Stevens



Album: *Turkana Boy*

Artist: Thousand Days

Alternative rock band Thousand Days is a fantastic band with pure rock music, and lead singer Pardis Sabeti is unlike any other female rocker out there. Hailing from Boston, Thousand Days formed in 2002 and their music is inspired by the bands Hole, Belly, and Throwing Muses. The band released the single "One Truth" in August, and their album *Turkana Boy* is set to release in November of this year. With a sound reminiscent of the bands Evanescence, The

Cranberries, and Garbage, Thousand Days has taken the female-lead alternative rock music of the 90s and modernized the sound to create songs that combine the older alternative rock with a modern sound.

Pardis Sabeti is a very unique musician, with a truly inspirational story. A world renowned researcher and Harvard Medical School professor, Pardis released the single "One Truth" to coincide with her releasing her latest research on the Ebola virus, which was published in the journal *Science* in August. The single is inspired by the loss of Pardis's colleague Dr. Shiek Humarr Kahn who had contracted Ebola while treating patients with the virus. The song features six female scientists from Nigeria and Senegal who are on the front lines of the Ebola crisis in West Africa. These women sing with Pardis, lending the song a feeling of hope, love, determination, and realness not often felt in music today. It is impossible to not be moved by the emotion that is deeply imbued in this song. "One Truth" can be found on the band's [website](#) along with the [video](#).

In the upcoming album, *Turkana Boy*, the music is raw and gritty. The guitar is intoxicating, the vocals are feisty, and the drums throb with a powerful beat. As a huge fan of 90s alternative music, I loved this album.

"Disco" is a song that will have you up and dancing. The vocals are loud and strong combined with ingenious electric guitar playing. The song is perfect to listen to with the volume turned up nice and high. In fact, I highly recommend listening to the entire album with the volume turned up.

In the song "Shallow" the band shows off their heavier side. The song reminds me of earlier Evanescence music. The lyrics are thoughtful, filled with emotion, and are, once again, accompanied by talented guitar and drum playing.

"Somebody Like You" leads with soulful guitar playing that demonstrates the diversity of the band. Pardis's singing is beautiful and resonates with the softer guitar playing in the background, creating a song that will touch your very core.

But the album isn't all loud guitar playing and heavy rock. The song "Set You Free" is much softer and very different from the other songs on the album. The instrumental is almost mournful, with the singing passionate and heartfelt. Although I loved every song on this album, this song was by far my favourite.

If you are in need of music that will inspire you, encourage you, and reinvigorate your determination, I highly recommend checking out Thousand Days's single "One Truth" and their album *Turkana Boy*.

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



Council Connection

Karl Low

Usually I'm of the mind that more students should attend AUSU Council meetings. They're generally short, and while the policy portion may seem a bit byzantine, especially because the public meeting packages don't contain the draft revisions, it's more than made up for during the report section where students can get an idea of exactly what AUSU is doing with and for their money.

Usually.

This week, however, the meeting ran over three hours, with a large portion of that wasted on discussing whether council should hold various meetings about things not currently included in its strategic plan for the year, as opposed to getting on with what is already in the plan. This has made for quite a long report this month, so you have been warned. You may want to use our table of contents to get to the next article.

The meeting started at 5:30pm with Councillor Christine Villeneuve was absent with regrets (meaning she'd told Council ahead of time that she'd be unavailable). The first policy item on the table was policy 2.04, Council Discipline. This went fairly smoothly, with minor questions and corrections of detail and councillor Alexander Poulton's usual request about if AUSU's lawyer had also examined the policies.

The next policy up for discussion was policy 2.08, which is about the meeting attendance of councillors. As a quick rundown; the policy states that if a councillor misses a certain number of meetings, a motion of removal of that councillor is automatically put on the agenda. Council is then required to vote on this motion, thus reaffirming whether the councillor in question is seen as fulfilling their duties despite the absences. As discussion proceeded on this, councillor Poulton felt that AUSU needed to entertain some psychotherapy about this policy, calling on specific councillors as to whether they'd ever been brought up for a motion of removal under this policy, and, if so, how they felt about it.

As it turns out, the one councillor who had been brought up for removal based on missing too many meetings, Shawna Wasylyshyn, indicated that her feelings were that the automatic nature of this motion was a good thing, as it prevented any feelings that any specific executive or council members were seeking to cause damage. What any of this had to do with the specific wording of the policy, I'm still not sure.

Next within this policy was a discussion of the vacation period that councillors are allowed, as it seemed to be some confusion about what was considered to be vacation. This discussion became extremely convoluted as councillors were having difficulty explaining exactly what about the wording was confusing them, and eventually council decided to table this motion until after the following motion which dealt with councillor duties and honoraria.

When discussion on the duties was then opened up, the first item brought as a point of concern was the requirement that councillors read and reply to e-mails within three calendar days. Councillor Wasylyshyn argued that some councillors, such as herself, had various other obligations outside council, and that these other responsibilities could make responding within the allotted time difficult for her to accomplish. Evidently, something has changed for her since her response to my question in the [elections forum](#). She indicated, however, that she would be amenable to increasing the limit to five business days.

VP external, Kim Newsome, explained that this existed because sometimes councillors have taken seven or eight days, or even longer, to respond to simple requests for information and that this preventing work from progressing. While she was not opposed to adjusting the limit to either three business days or five calendar days to address the issue of weekends, she had concerns about delays that might occur over longer holiday periods, and so was worried that five business days was too long.

The rest of council had no clear opinion as to whether they preferred five calendar days or five business days, and in the middle of this discussion councillor Poulton interjected with concerns over how this might affect Executive duties, and later with concerns about councillors being able to provide their intentions via other councillors during meetings while they were absent. Fortunately, however, these lines of discussion were shut down relatively quickly as irrelevant to the current policy discussion.

Eventually, Ms. Wasylyshyn proposed a motion that the time-frame be amended to the vague "in a timely manner", which passed with a vote of four to three. Those against the amendment were President Jason Nixon, VP External Kim Newsome, and VP Finance Corrina Green. Those in favour included all of the non-executive councillors present.

Discussion then moved to the details about vacation which had confounded council earlier. Confusion had arisen because there was apparently some form of guidance that indicated notifying council as to your vacation is a courtesy to the rest of the group, and this was becoming intermingled with the idea of taking a formal vacation from AUSU Council duties, during which council could operate without waiting for or considering the person on vacation.

Once this confusion was cleared and adjustments made to the policy to indicate that councillors on official vacation were not expected to fulfill any of the duties required of councillors, and that they would still get paid for any meetings missed while on vacation, councillor Wasylyshyn brought forward the concern that while AUSU provided ten business days of vacation as considered the standard under Alberta law, other regions, such as Saskatchewan, provide 15 business days of vacation as a standard, and that the conflict in these two time frames could make it difficult for some people to participate on Council.

After a short discussion, councillor Wasylyshyn proposed the motion to increase the vacation days councillors could take from ten business days to fifteen. This passed unanimously.

With Council now having no set-time frame to respond to e-mails, and an extra five days of vacation granted to themselves, the policy was voted on and passed unanimously.

This, finally, returned us to the previous policy, but it was noted that with the elimination of defined response timelines and the additional vacation days which could be used to skip meetings, more detail and clarification was now needed as to how it would be assessed that disciplinary measures would be needed. Thus Council decided to table this policy until the November meeting.

The final policy about executive accountability and compensation was then passed without discussion, the concerns about changes to the councillor duties affecting this policy having apparently been made moot by the tabling of the disciplinary policy.

So after two hours, we reach the reports section. President Jason Nixon, who was at the recent Board of Governors retreat, reported that it was one of the most positive experiences he's had with the AU Executive since he started on Council over two years ago, and that the current president does seem open to cooperation with AUSU and interested in the concerns of the student body. Whether this will lead to change is difficult to judge, but the initial impressions were very positive.

He noted that he had several formal meetings upcoming, including one with the AU Faculty of Health Discipline, which he was eager to attend because AUSU has typically had very poor representation from the nursing students at AU due to the limitations on their time that their heavy course and practicum load imposes on them. Councillor Poulton wanted to know what strategy President Nixon (that always makes me grin) had in mind to encourage nursing students to get more involved with AUSU. He was told that there is no current strategy but that the Executive is open to suggestions. Councillor Poulton then asked what strategy was in place to develop such a strategy, and was informed, again, that there isn't one, but suggestions would be welcome. Which then lead to councillor Poulton asking if there might be a meeting or strategy to develop that, and at this point I have to admit I lost track of just how meta this line of discussion was getting and tuned out.

Eventually the executive director pointed out that AUSU council had agreed on a strategic plan that was already very ambitious, and attempting to add things to that plan outside of the regular process and without some sort of emergency was not helpful to fulfilling what the council had already agreed were the most important goals.

With that admonishment in place, the rest of the public meeting went by reasonably quickly, though we were already at the two and a half hour mark. As this report is already excessive, items of note for the rest of the meeting included that AUSU is planning a site to help students find career resources, awards are getting a lot of applicants finally, with all of them having been given out (a first for AUSU), and that the long awaited health care plan will be operational on October 15th. More details about the plan can be found at this [link](#), but the short form is that it will cost \$325/yr, will be available to students who sign up for or are taking their third course with AU, and can be opted out of easily and without requiring proof of any other insurance. There were another few attempts to bring unrelated suggestions for new programs or plans forward, but we were reminded that these suggestions are merely that, and that AUSU Council has not agreed to pursue any of these yet, if it will at all. A reminder I expect was intended for me to make sure I'm not giving you readers false impressions of what may or may not be happening. But, if I'm being honest, at this point we were approaching 9:00pm and my attention for whatever random suggestions that AUSU should develop strategies for possible endeavours council might undertake at some undefined point in the future really wasn't there to begin with.

And with that, the public meeting adjourned. Phew.

Editor's Note: An earlier version listed councillor Wasylyshn's home as being Saskatchewan and that busy holiday weekends were reason why a short time-frame was unacceptable. I have been informed this is incorrect, and have removed these statements.

The Travelling Student

Chaging Directions

Philip Kirkbride



My name is Philip Kirkbride. I'm a college graduate from Ontario studying at 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 part two in the story of how Athabasca has allowed me to create my own study abroad program.

In part one Matt and I left London, Ontario heading toward a remote town in Northern Quebec called Val d'Or (Valley of Gold).

In the last minute Matt decided we would take the Ottawa route. His explanation being he'd already taken the North Bay route in the past and wanted some new scenery. He veered into the passing lane of the 401 and stepped on the gas. After two coffees, a gas station stop, and 4 hours we were approaching Ottawa. I provided directions (via Google Maps) as Matt drove. So far we were well ahead of schedule.

I gave Matt directions while we approached a busy interchange on the 401. Matt's phone made a chirping noise. It was on the dashboard and I glanced over to see the name Simon.

Simon was Matt's contact at the brush cutting camp, which was our final destination. The two had met while tree planting in Alberta that summer. "Read out the message" said Matt. I quickly grabbed the phone and started reading "Change of plans... that's all it says." "What is that supposed to mean?" we both said.

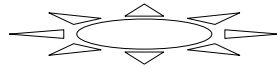
I started to dial Simon's number before noticing the loud sound made from driving 120km/h down the highway with your windows slightly down. Except none of the windows in the car were actually down. Matt explained how the seal on the doors had been broken. It was one of the CR-V's many imperfections. It had the kind of small imperfections any old car would have, the kind that made you nervous about a cross-country trip across Canada. The only reason I was confident we'd make it to Val d'Or was that Matt was a grade-A MacGyver. He was the kind of guy who could jump-start a truck using a Dorito, some duct tape, and a paper clip. But the noise from the broken seals made talking on the cell impossible.

A few minutes later, though, a much longer text message came in. The message explained that Simon and a few others from the camp in Val d'Or had left and relocated to a place called Longue-Rive. Brush Cutters essentially functioned as independent contractors, arriving at a camp with their own equipment and know-how. And the camp in Longue-Rive was paying \$630 a hector while one in Val d'Or only \$410.

I opened Wikipedia and did a search on Longue-Rive. It's a small town of about 1000 people. More importantly, it's located completely on the other side of Quebec. I frantically opened Google Maps and recalculated the directions we would have to take. "Take a right" I said.

Now, instead of five more hours we had nine more hours to go. A bit further, but were grateful that we hadn't taken the Northern Ontario route, or things would have been much worse. After talking about how lucky we

were for what seemed like only a few minutes the Montreal skyline began to appear. Still unsure of where we would end up that night we headed into town hungry and ready for adventure.



Study Tips from a Semi-Anonymous Friend

There is nothing more that The Study Dude wants for you than to relate the word "supercilious" with the visual of a big haughty super silly ass/donkey (in addition to learning many others of Harry Lorayne's (1990) memory devices).

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. 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.

Today's study tips are based a reading of the book *Super Memory Super Student: How to Raise Your Grade in 30 Days* by Harry Lorayne.

Revisiting the Rules for Effective Mnemonics: One More Time

In a prior [article](#) on mnemonics, The Study Dude highlighted a number of basic memory device (mnemonic) tips that are the foundation of a good memory system.

To get to the good stuff right away, here is an encapsulation of the main principles of memory devices covered in previous articles, although some of what follows is new information:

- Remember the new item in a ridiculous way and link it something you already know. If you are trying to remember that the root word "culp" means "to blame," you can associate the word culp with gulping when someone blames you for something.
- Always try to visualize the word or memory device.
- Make the visual larger than life. For instance, if you are trying to remember the word "sycophant," try to remember an overly servile, overly flattering ant that you are "sick of." (Sycophant means overly servile and flattering.)
- Exaggerate the numbers of the item you are trying to remember. Imagine thousands of overly servile, overly flattering ants, all wearing aprons.
- Associate an action with the memory device. Imagine the ant kissing up to you as it bakes you a pie.
- Lastly, use substitution, where you would visualize one thing for another. For instance, if you are trying to remember that your piggy bank is hidden underneath your bed, imagine your bed is made of a giant piggy bank and the pillow is a looney that is emerging from the coin slot.

Expanding the number system from 1 to 100

Also in a prior article, the Study Dude listed the mnemonic system that is commonly used for memorizing numbers. Although it is a somewhat arbitrary system, below are the memory devices for memorizing the number to letter associations. (For instance, 3 is a sideways "m" and 8 looks like a scripted "f"):

- 1 is "t" or "d"
- 2 is "n"
- 3 is "m"
- 4 is "r"
- 5 is "l" (as in "el")
- 6 is "j", "sh", or "ch" (which all are phonetically similar, having similar placement of the tongue, lips, and teeth in the mouth)
- 7 is "k" or "G"
- 8 is "f", "v", or "ph"
- 9 is "p" or "b"
- 0 is "s" or "z"

(Lorayne, 1990, p. 47)

When memorizing dates, the idea is to reduce the date to a number (say, year, month, day) and then string together the above consonant representations (their phonetic sounds, that is) with vowels to make words that you can use for memory purposes.

For instance, 1984 would be represented with a "t" or "d" for the 1, a "p" or "b" for the 9, a "f" or "v" or "ph" for the 8, and an "r" for the 4. Finding vowels to make these numbers into words is, as you can see, not always easy. That is why Loryane (1990) supplies full words for the first 100 numbers (yes, he lists them all, which I won't do here). It is important to note that it is the pronunciation and not the spelling that is important, and that "h", "w", and "y" can be used with the vowels in forming words as none of these three letters have a tie-in to the numbers). He recommends you use two words to represent four numbers.

Lorayne's (1990) words for 19 and 84 are "tub" (19) and "fur" (84). Imagine a big tub of your dog's fur that you jump into to have a bath. Imagine George (as in Orwell, the author of the book 1984) in the tub with you. The word "My Summer" would have an "M" (the number 3), "S" (the number 0), "M" (the number 3), and "R" (the number 4), making it representative of the digits 3034 or, if you memorized Lorayne's number system, you could string together the words "mouse" and "mower", imagining a mouse that gets ran over by a lawn mower (yuck!).

Yes, these visualizations are ridiculous, but that's how you'll remember. Also, once you start getting familiar with the number system above (using Lorayne's word substitutions for the numbers 1 to 100 on page 47 of his book), you will get very good at memorizing long strings of dates and numbers.

It isn't easy and it takes practice, but you can do it. The Study Dude hasn't done it yet, but with daily practice, anything is possible.

Substitute Word System

Lorayne (1990) articulates the uses and applications of the substitute word system. When trying to memorize large words, names, foreign words, or complex words with no easy English substitute, the substitute word

system comes in super handy. When trying to memorize a complex word, just imagine words that sound like it, and substitute them in. The sycophant example above demonstrates this system in action. The substitute word system also comes in handy for learning foreign languages. For instance, the word "peùgas" (the Portuguese term for sock) sounds like "pee-oo-gesh." You can associate this word with a visualization of a "gigantic sock having an awful odor; you say to it, 'Peeyoo, you smell like gas' " (Lorayne, 1990, p. 57) Peeyoo and gas get linked to the sound "pee-oo-gesh".

Letters of the Alphabet

To memorize letters of the alphabet, you would benefit from the following system articulated by Lorayne (1990). It comes in super handy for tasks such as memorizing the periodic table in chemistry.

The following words are associated with each respective letter of the alphabet: "A" is "ape"; "B" is "bean"; "C" is "sea"; "D" is "dean" or "deal"; "E" is "eel"; "F" is "half", "effort", or "effervescent"; "G" is "jeans" or "jeep"; "H" is "age", "itch", or "ache"; "I" is "eye"; "J" is "jail" or "jaybird"; "K" is "cake" or "cane"; "L" is "el (elevated train)"; "M" is "hem" or "emperor"; "N" is "hen"; "O" is "old", "eau", "owe", or "open"; "P" is "pea"; "Q" is "cue"; "R" is "art" or "hour"; "S" is "ess curve"; "T" is "tea" or "tee"; "U" is "ewe" or "youth"; "V" is "veal" or "V as in victory"; "W" is "Waterloo"; "X" is "eggs", "exit", or "X-ray"; "Y" is "wine", "whine", or "wife"; "Z" is "zebra" (p. 89).

When remembering the periodic table, Lorayne (1990) demonstrates that you can take rows and label them alphabetically, and then take the columns and label them numerically. He says that to remember that cell A1 (the first row and first column) is H, substitute the above mnemonic for the H (you can choose from "age", "itch" or "ache"). As for the A1 cell, start a word that begins with the "A" for the row number and use the letter associated with the number one (as outlined in the number system listed above). So, we know that "1" is associated with the letters "t" or "d", so string the A (for the row letter) with a "t" (for the column number) to get the word "ate". Then find a memory device to link the words "itch" for "H" with "ate" for "A1". Maybe you ate a mosquito itching itself. You don't have to stick with the alphabet system above, however. For instance, if you want to remember that B7 is B/C you could remember that B7 is associated with "B," of course, and "g" for 7 (according to the above number system). So the word "bug" for B7 could be associated with Before Christ (B.C).

The Study Dude admits that Loryane's system can be a little tedious, but the idea is to practice the systems laid out in the book on a regular basis. Once you memorize the number system, for example, you have the number mnemonics ready at your disposal. The Study Dude admittedly hasn't memorized that alphabet equivalents yet, but each new method you memorize is yours for the taking.

Spelling Tip

A nifty little memory device for spelling correctly involves finding a word within a word and associating the two. For instance, to remember the spelling of the word "tragedy", note that the word "age" is in it, and say to yourself, "to age is no tragedy" (Lorayne, 1990. p. 106). As another example, to remember the spelling of February, note that "br" is in it, and say to yourself "Br, it's cold" (Lorayne, 1990, p. 106).

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Say Thank You

This weekend the fortunate will tuck into a Thanksgiving feast. You know the kind: the one where people need to loosen their waistbands to make room for a piece of pumpkin pie. The kind that has some reaching for an antacid and others jockeying for the prime spots for a post-meal snooze.

If the hostess is particularly creative there will be decorative gourds, coloured leaves, scarecrows, pumpkins, and a turkey to delight the kids and create some ambience. These last items may be ceramic, paper, wooden, metal, or some other composition.

Houses will be full of delectable smells, mouth-watering dishes, and the clamour of families who are gathering for this special day. Hopefully the spats that sometimes mar gatherings of extended family can be avoided.

Of all days, this is one to cherish. It hasn't been commercialized to death. The purpose hasn't been blurred. It provides the perfect opportunity to say thank you. Those of us engaged in raising food (grain, animals, market vegetables) know and appreciate the bounty of the earth and our obligation as stewards of the land.

But, of course, it can—and should—be bigger than a celebration of the harvest. We can use this day as a reminder to acknowledge all of our blessings in all aspects of our lives. Most of us don't do that nearly often enough. Daily prayers and a gratitude journal are tools available to all of us all the time, but maybe don't get the sustained discipline they require to be truly effective.

It's trite (but true) to say that without our health we have nothing. So let's begin by thanking God for the gift of good health. Granted, many of us have challenges, and all of us battle the ravages of aging. But as they say, any day above ground is a good one. Luckily for me, whatever problems I've had were 'structural', not systemic.

Shoulder surgery, yes, but heart disease, no. Misplaced and twisted stomach, yes, but cancer, no. Cataracts, breast reduction surgery, plantar fasciitis, all yes, but diabetes, no. All fixable, all good, all above ground!

Next in the blessings' hit parade is family. I lucked out with both husband and children. There have never been any big problems (other than Greg's ten year battle with alopecia areata), just the usual marriage and childrearing blips. No addictions, convictions, failures, betrayals. In the big picture there have been more wins than losses, more happy days than mad or bad ones. But only if you take the time to notice and say thanks.

Having the good fortune to pick one's projects for work and play bring back control over one's life. Lest you think I haven't had to work hard on some shitty jobs, think again. But I know I have the power to change circumstances, when necessary, to achieve satisfaction and a feeling of fulfillment. That's the beauty of choice and another blessing. Finding reasons to say thank you is easy when you start looking, 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

Shifting Loyalties

Dear Barb:

My teenage daughter is a popular girl and has lots of friends. She recently started high school and subsequently has met a whole new group of friends. The problem is some of her previous friends, who have gone to a different high school, are angry at her for spending more time with her new school friends. My daughter is having a hard time with this as she likes all of her friends. However, Melanie has more in common with her new friends, as they go to school dances and football games together. She really doesn't know what to do and doesn't want to hurt anyone's feelings. I told her that she needs to treat all of her friends with kindness and respect, but it is her choice who she wants to hang out with. What would you suggest? Michelle

Hi Michelle,

I agree, your daughter has to treat all her friends with kindness and respect. The teenage years are a time of finding yourself and meeting and hanging out with a variety of individuals. Your daughter may be maturing at a different pace than some of her other friends. As a result she is finding more harmonious companionships with her new friends. For a while she may go back and forth between different groups of friends and feelings may get hurt until she finds her comfort zone. Thanks for your question!

Dear Barb:

I dated my previous boyfriend for three years. We had a difficult breakup as he was cheating on me. Recently I discovered that my younger sister is dating him. I can't believe she did this, she knew how devastated I was when he cheated on me, given that I was confiding in her. I feel betrayed a second time. I can't even talk to her. When I see her with my ex it makes me sick. I don't know if I can ever have a relationship with my sister again. My mom says I should just let it go, as we will always be sisters. How can I get over this ultimate betrayal?

Kim

Hey Kim:

I think your responses are completely normal. You are right, this is a double whammy and it will take time to heal. At the end of the day you have to decide if you want to have a relationship with your sister, because, as your mom says, she will always be your sister. Do you really want to live your life without your sister? Besides, this may only be a fling, and then he will be out of the picture. If your sister marries him, he will become a fixture at family gatherings and eventually the father of your nieces and nephews. Your relationship with your sister will never be the same, but hopefully with some effort on both parts it will be salvageable and the pain will become a distant memory. Hang in there Kim!

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

The Nonpartisan in: A Woman's Place

Do you think women should give up their careers when they marry?



of course!

So you think a woman should spend her life changing diapers and dusting the Hepplewhites even if she has two degrees?

Heck, no! She should be like Samantha on "Bewitched," or Jeannie in "I Dream of Jeannie" and do all her housework with magic!



WRITTEN BY WANDA WATERMAN



AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

This space is provided free to AUSU: The Voice does not create this content. Contact ausu@ausu.org with questions or comments about this page.

AUSU Featured Groups & Clubs

Group Name: **AU - Bachelor of Commerce**

Where: **Facebook**

Members: 171

About: Members are typically B.Comm students or students taking business courses. The members of the group typically discuss their views and tips on courses.

Activity: Active several times a week but not daily.

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



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 can help you put out superior work. Take the time to get to know your tools. Use Lynda.com.

- Office 2013 New Features

IMPORTANT DATES

- 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
- Nov 11 - Remembrance Day - AU closed
- Nov 12 - AUSU council meeting

- 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.

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](#).

CLASSIFIEDS

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

THE VOICE

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