

THE VOICE

MAGAZINE

Vol 22 Issue 42 2014-10-24

Exploring the AU Library
Treasures to be Found

The Career Path
Start it Up

Terrorism? Really?
On Ottawa's Event

*Plus:
Student Sizzle
Gregor's Bed
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.

Features

Welcome to the AU Library: *Part III* 4

Articles

Editorial: *The Social and Cultural Significance of Borscht, Part I* 3
The Career Path: *Start it Up* 12
Single Review: *Bastille's "Flaws"* 14

Columns

Primal Numbers: *On Tap* 6
Mindful Bard: *Finding Hillywood* 7
The Writer's Toolbox: *Are You Ready to 'WriMo* 9
Gregor's Bed: *Night Songs*..... 10
The Study Dude: *Fluent Forever* 15
From Where I Sit: *More Valuable* 19
Dear Barb: *On Divorce and Racism*..... 20

News and Events

Click of the Wrist 5
Student Sizzle..... 18
AUSU Update 22

Comics

The Nonpartisan: *Elections*..... 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

**The Social and Cultural Significance of Borscht. Part I
(aka It's Not Terrorism Unless We Let It Terrify)**

Because this issue officially marks my first full year, I was initially planning this week's editorial to be a discussion of The Voice Magazine's history, and why certain things (such as our website) seem so out of date. The short version? Because it is.

However, with the events that happened in Ottawa, and a lot of the reaction I seem to be seeing, I thought I might as well make use of this platform to share my point of view, one that I hope will find itself echoed by most people.

First, we need to get some things straight. Terrorism is used far too loosely. The definitions of whether certain actions constitute terrorism seem to vary mostly based on who is doing the defining. Are the unsuspecting civilians killed by a drone strike terrorist victims, or collateral damage? Is a soldier killed by an enemy combatant a victim of terrorism? What if the combatant isn't in a uniform? What if the

soldier is in what we define to be the theatre of operations? When we level a building to wipe out people we think are enemies who have hidden inside, is that terrorism? What about if they do it to us?

As you can see, there's a lot of wiggle room, especially these days when we don't march up in red coats while they stand in line in their blue coats and everybody plays target-practice.

So we really need to nail down a definition of terrorism. To me, a terrorist activity has to have three basic characteristics. It needs to aim primarily at civilians. It needs to be organized. And it needs to have the goal of causing a people to permanently alter their normal behavior—that's the whole terror aspect. With these criteria, the attack in Ottawa fulfills one. Maybe. The guy wasn't organized, as we know from him having to hi-jack a vehicle after the first shots were fired. He definitely didn't aim primarily at civilians, the only people who got hurt in the whole incident were uniformed soldiers or guards, and, of course, the gunman. And did it have the goal of causing us to permanently alter our behavior? Given that we know we was at a senior's home a couple of days before telling people to prepare for the world's ending, it doesn't seem likely that any change to our behavior was intended—he thought the world was ending anyway, after all.

So the reality is that what we have here isn't a terrorist act, but rather the actions of a sad, desperate, and sick individual. In many ways, less of a real threat to Canadians than the recent shooting in Moncton, and nobody calls that terrorism. Yet as a result of this act, we have our government preparing to fast track increases and reviews to police powers, and that's entirely the wrong way to go.

Because, as I saw it mentioned by one of the various commenters on all of the stories that came out regarding this event: Terrorism sucks, but it's incredibly unlikely it will ever affect you directly. Government, however, will.

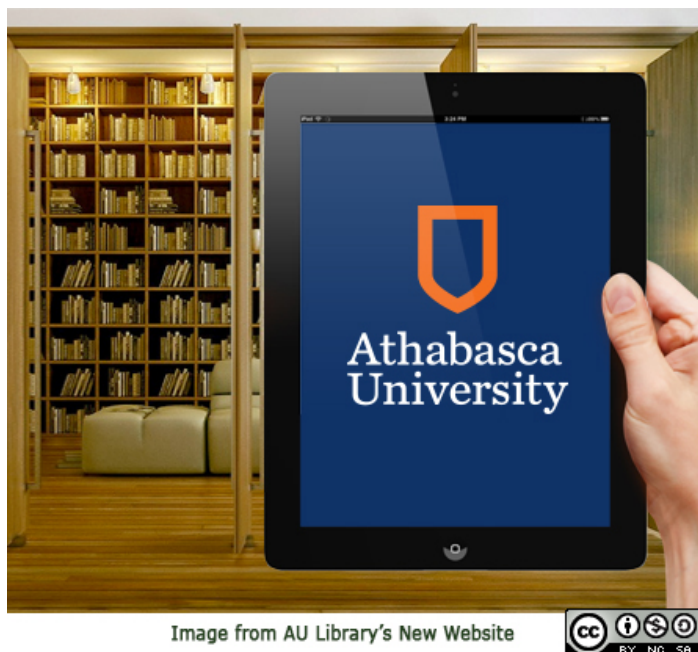
Enjoy the read!

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

Welcome to the AU Library, Part III

Exploring the Library Online

Barbara Lehtiniemi



The final of a three-part series on the AU Library. See parts one and two.

The AU Library's core service is to support "students in AU courses by collecting online, print, and audiovisual resources in subject areas taught at the university, and making these available to the AU community." Additionally, the library's staff provide assistance to students in areas such as developing effective research strategies and assistance with research.

Besides students, the library serves AU staff, faculty, tutors, as well as alumni. Information on services for AU students can be found by selecting *Services* from the horizontal navigation menu. In this article, we take a look at some of the services and resources for students on the AU Library's newly updated website.

Library Catalogue

The library's heart is the catalogue, known as *AUCAT*. You can search directly from the library's homepage, or go to the [Library Catalogue](#) page for extended options. Dive right into a search or take the [tutorial](#) to develop the best search strategies—we looked at the tutorial more closely in last week's [article](#). An interesting link in the left-side menu of the library catalogue page is [New Materials](#). Ninety-two books were added in September, plus 3374 e-books, and they're listed for your browsing—and procrastination—pleasure. If you can't find what you're looking for in the catalogue, contact the library for assistance.

Find Resources

The *Find Resources* section on the AU Library website is a student's prime source for journal articles, primary source materials, dissertations and theses, images, audio, and video. Since many university courses require research, students may spend a lot of time here.

You'll reach the *Find Resources* section through the horizontal navigation menu. There are several types of resources available here including [journal articles](#); [books and media](#); [image, audio, and video](#); and [open access resources](#). Under [Other Resources](#) you'll find a wealth of resources, including [atlases and maps](#), [data and statistics](#), [government documents](#), and [theses and dissertations](#). You can also click on [Resources by Subject or Title](#) to browse resources by subject, title, or type.

Need help getting started? Use the [Research Topic Form](#), available from the Services menu, to get help from an AU Reference Librarian

Get Help

The new AU Library website features an expanded *Get Help* section. Accessed from the horizontal navigation menu, students will find resources to help them "learn how to learn" as well as how to search for resources. In the [Get Research Help](#) section, you'll find general information as well as specific research guides for such study

areas as legal, psychology, and women's studies, among others. The [Citing & Referencing](#) section includes links to resources for all major citation formats.

RefWorks

This resource allows students to organize and maintain bibliographical references and citations direct from the reference's source. Provided by an external source, ProQuest, [RefWorks](#) requires a bit of an up-front time investment to set up and learn how to use effectively. To register for a RefWorks account, click on the [link](#) at the AU Library home page and follow the instructions—it only takes 2 minutes. Once you're in your RefWorks account, click on Help, then Tutorial. Here you'll find ProQuestRefWork's Youtube [channel](#) with a series of video tutorials. Start with the "Learn to Use RefWorks in 20 Minutes" [tutorial](#) to get the basics. You can access the Youtube tutorials even if you haven't yet set up a RefWorks account.

There are more services and resources on the AU Library site than can be summarized here. Browse around the website to find information on [AUSpace](#), the [Digital Reading Room](#), the new [Discover](#) search tool, and others.

In most areas of the AU Library site, you'll find links to guides and tutorials to help you use the service effectively. As always, if you have any questions about the library, you're welcome to contact them directly by e-mail at library@athabascau.ca or by phone at 1-800-788-9041, ext. 6254.

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

Click of the Wrist

There are still a few days left to sign up for NaNoWriMo www.nanowrimo.org, the 30-day writing marathon that might take everything you have to finish, but will leave you with a great reward: the first full draft of a 50,000-word novel. There's no need to go it alone, though; this week's links include tools and supports that will make this November your best (and most productive!) month yet.

Write it Out

Block It Out

Ah, the Internet—that wellspring of productivity and distraction. If the lure of social media or other online distractions is keeping you from hitting your writing goal, check out some of these writing apps, distraction blockers, and other tips for getting words onto the page. If you're really brave, try [WriteOrDie](#); it starts deleting your work if you go off track!

Talk It Out

NaNoWriMo is a tough journey to make on your own. For craft support, technical support, and just moral support, check out the online forums at Absolute Write. If in-person meetings are more your style, see if there's a NaNoWriMo support [group](#) in your area.

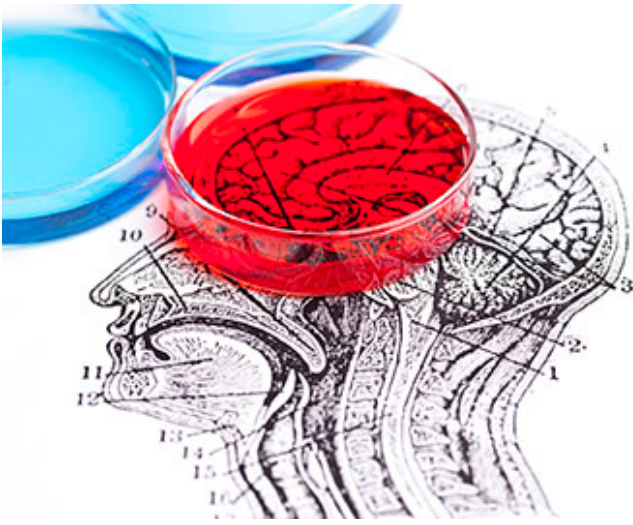
Rock It Out

Whether you prefer writing to the sound of Bach or Bollywood or blues, consider expanding your writing playlist a little this month. This blog post shows some professional writers' favourite tracks.



Primal Numbers On Tap

S.D. Livingston



If you've had a prescription filled lately, you know that every bottle of pills now comes with a tiny encyclopedia. There are instructions on how to take your medication, warnings about interactions, and details about side effects. But what you might not know is that your tap water should probably come with the same warnings. It's a random cocktail of excreted drugs—and it could be affecting your health.

It's no surprise that drugs (prescription and otherwise) still find their way into our water supply. Although many pharmacies will dispose of unused or expired drugs for free, a lot of people

take the lazy way out and simply dump them down the toilet.

A bigger culprit, though, is the unavoidable fact that what goes in must come out. Whether they're painkillers, beta-blockers, or antidepressants, the millions of prescriptions we ingest every day eventually come out the other end. And get flushed straight into our water supply.

How bad is the problem? As the CBC [notes](#), officials from Environment Canada have reported that, as of 2014, "more than 165 individual pharmaceuticals and personal care products have been identified in water samples." That includes things like hormones, chemotherapy drugs, and diabetes treatments.

Though it's hard to know the precise effect on humans, one study found that so many hormones were ending up in the St. Lawrence River near Montreal that fish were being affected. A CBC [article](#) from 2008 reported that "concentrations of estrogen as high as 90 times the normal rate" were causing male fish to develop ovaries.

The good news is that, for humans, the pharmaceuticals in our drinking water are in such low doses that you'd have to drink hundreds of gallons a day to feel noticeable effects. Still, that may be offset by the cumulative impact on the body over years—and the unpredictable combination of drugs in the average drink of tap water. There's simply no way to tell what's in your water bottle or coffee cup without testing it, and that's not being done.

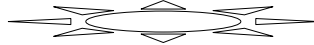
In fact, although the problem was first highlighted more than 10 years ago, very few water treatment plants make any attempt to filter out pharmaceuticals. It's not that they're falling down on the job. In Canada, as the same CBC article notes, there are simply "no national drinking water standards for pharmaceuticals." Even if there were, existing water treatments wouldn't do the trick. Old standbys like chlorine, for example, can remove some compounds but have almost no effect on others.

So does this mean you should stop drinking tap water? You could, but bottled water isn't necessarily better. Both tap and bottled water must meet certain standards for cleanliness, but that doesn't mean either one is free of pharmaceuticals. There's also the fact that the plastic used in bottles often ends up polluting your water supply anyway—often in the form of minute particles that break down in oceans and rivers.

Besides, processed juice and many other drinks (including pop) are made with water, so avoiding your kitchen tap won't help as much as you might think.

The answer? Science needs to catch up with itself. Researchers have found ways to relieve or cure a lot of what ails us. Now they need to come up with another solution: what to do when all those remedies make their way into our drinking water. In the meantime, let's hope there's nothing too alarming on tap.

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

Finding Hillywood

Wanda Waterman



Film: *Finding Hillywood*

Director: Leah Warshawski

The Movie Camera as Instrument of Forgiveness and Peace

The Movie Camera as Instrument of Forgiveness and Peace

". . . yet another messenger came and said, 'Your sons and daughters were feasting and drinking wine at the oldest brother's house, when suddenly a mighty wind swept in from the desert and struck the four corners of the house. It collapsed on them and they are dead, and I am the only one who has escaped to tell you!' At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said: 'Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised.'"

- *Book of Job*, 1, 18-21

". . . it's a paradox to not know the real effect of juxtaposing the videos that talk about the genocide and having three, four thousand young people in a stadium just next to a mass grave . . .

The more we understand them, the more we have a chance of moving on."

- Ayuub Kasasa Mago in *Finding Hillywood*

In 1994 in Rwanda, Hutu rebels, in response to a call from members of their own government, massacred between 500,000 and a million Tutsis, fellow citizens with whom they'd previously lived in peace. The survivors on both sides have since struggled to come to terms with the debilitating effects of this event and to recover from the terrible loss of murdered loved ones.

One very effective answer to such trauma is film—not just watching it, but making it. Using thrilling cinematography that makes good use of all the wonderful light and shade of African town and country, with a lot of movement and visually engaging subjects in every frame, Leah Warshawski manages to create euphoria in the viewer even while the viewer knows she's going to hear about something horrendous. She tells the story

of a Rwandan film institute determined to tell Rwanda's stories to both Rwandans and to the rest of the world.

Ayuub Kasasa Mago, his name—appropriately—the Muslim version of the Bible's "Job," struggled with drugs and alcohol in the wake of the violent murder of his mother and her Tutsi neighbors during the genocide. While fighting hard to return to normalcy and to resume his responsibilities as father to four young sons, he got an opportunity to work as a film location manager; the job opened his eyes to the power of film to disseminate information and to create change.

An expert told him that, as major an event as the Rwandan genocide was, the story could only reach the world through the medium of a feature film; press coverage was just not enough. So Ayuub decided to become a filmmaker. After getting some experience under his belt, he created the Kwetu Film Institute in Kigali and began mentoring other filmmakers.

Ayuub and his crew of students and assistants take the film festival on the road, dubbing their tour the "Hillywood Inflatable Cinema" (the name a play on the American film capital and the fact that parts of Rwanda are hilly). They bring villagers from across Rwanda, their own Denzel Washingtons, Jackie Chans, Angelina Jolies, and other Rwandans who tell their story—the Rwandan story—in a way impossible for Hollywood.

But the proof of the pudding is in the eating; if making and watching films together can get people through something as terrible as the Rwandan genocide, then it must be an extremely powerful and effective tool. One can't help wondering if other genocides and horrific civil conflicts could have been averted had the people been equipped with movie cameras.

Finding Hillywood is not so much a film about the Rwandan genocide as it is a story about a response to the pain it caused. It's also about the significance of creative turning points, about that moment when you must decide whether or not to make that one life-changing decision. Many of us, including Ayuub, having launched off into the wild blue yonder in spite of our fears, find that doors start opening everywhere, and almost anything becomes possible.

Finding Hillywood manifests 10 of the Mindful Bard's criteria for films well worth seeing.

- It's authentic, original, and delightful;
- It poses and admirably responds to questions that have a direct bearing on my view of existence;
- It 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 gives me tools of kindness, enabling me to respond with compassion and efficacy to the suffering around me;
- It renews my enthusiasm for positive social action; and
- 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

Are You Ready to 'WriMo'?

Christina M. Frey



If you frequent the literary blogosphere, chances are you've come across calls to join fellow writers over on the dark side: the intense, but ultimately rewarding NaNoWriMo, which begins November 1.

For the uninitiated, NaNoWriMo stands for National Novel Writing Month. Participants commit to creating a first draft of a 50,000-word novel, from start to finish, in just 30 days. Sound daunting? It is—crafting an entire book in a month is no joke—but the increasing number of participants each year (over 300,000 in 2013!) suggests that having a whole manuscript in hand by December 1 makes it all worthwhile. Then there are the success stories; bestsellers like *The Night Circus* and *Water for Elephants* originated as NaNoWriMo novels.

Even if you don't have a novel brewing in the back of your mind, NaNoWriMo offers a secret tool that's useful for everything from fiction to business letters. In fact, NaNoWriMo-ing your own writing just might change the way you approach the writing process itself.

Have you ever sat writing an essay, or a proposal, or a longer project, and wasted hours over a sentence or paragraph or chapter that simply wouldn't come together? That's where NaNoWriMo comes in.

The biggest challenge of NaNoWriMo is also its greatest benefit; in order to hit that 50,000-word goal, you need to turn out over 1,600 words a day. That doesn't sound like a lot, until the day inspiration runs dry or you can't get past a stubborn bit of dialogue or a scene that's not working out. So what do you do?

Well, you're committed; you *have to* get those words onto the screen. So you push through. You write anyway. You write even though it's not working the way you want it to; you write even though, frankly, you suspect it sucks. You write even though you know you're probably going to end up rewriting it later.

And that's the beauty of it. You write your way to the other side.

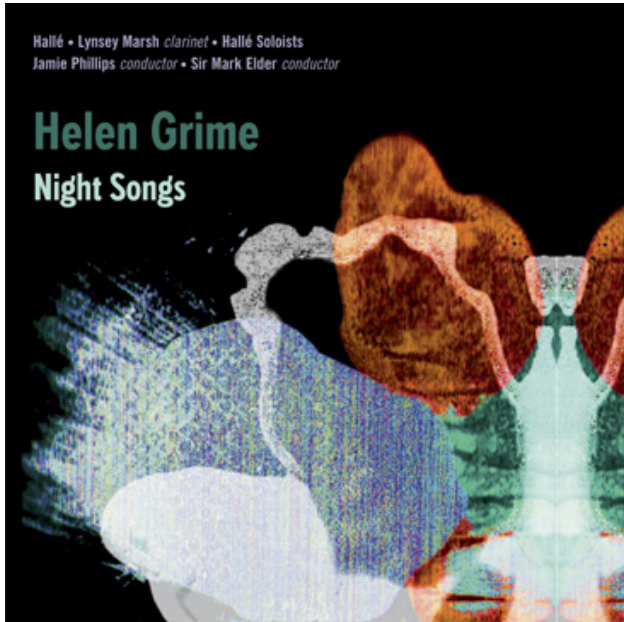
Sometimes the desire to self-censor and edit as you go gets in the way of your ability to get your writing done. If you're struggling, take a page from NaNoWriMo and challenge yourself to write your way right over a problem. Get your word count down, even if the words aren't coming to you easily. Good? Bad? It doesn't matter; the point is that you'll have written. You can always fix it later, but, as Nora Roberts said, "You can't edit a blank page."

Now that's a lesson you can take with you far beyond the month of November.

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](#).

Gregor's Bed

Night Songs



Wanda Waterman

Not Here the Darkness in This Twittering World

Album: *Night Songs*

Composer: Helen Grime

Conductors: Jamie Phillips and Sir Mark Elder

"Time before and time after.
Eructation of unhealthy souls
Into the faded air, the torpid
Driven on the wind ... Not here
Not here the darkness in this twittering world."
- T.S. Eliot, from *Burnt Norton*

I've little patience with this kind of thing –
This trite, post-modern, easy-listening.
I hoped for something far more challenging.
This isn't avant-garde enough.
It really isn't hard enough.
It isn't avant-garde enough for me.
- from "The Radical," by Wendy Cope

In case it isn't quite clear, the quote above is meant to be tongue-in-cheek, mocking the pretensions of the snob who rejects all that is enjoyable in a bid to seem superior. For the longest time, such people have practically dictated the direction of serious music.

But, every dog has its day. Maybe it's just me, but as I listen to new, serious music, I'm surprised to find that the works composed in the dissonant and minimalist tradition of Schoenberg, sounds that once seemed so new and shocking, are now stale and outdated. At last, we watch this style being edged out of the serious music repertoire, having lost its firm setting.

In its wake comes a romantic revival, a return to a way of thinking that values nature, rural life, social justice, love, and the full expression of profound emotion—values espoused by artist types across the spectrum in the West in the 19th century but eventually ousted by the Jazz Age with its urban glamour, existentialism, cynicism, and intellectual rigour.

But the early part of the twentieth century still contained elements of romanticism, and was, in itself, not yet a departure from romanticism—it represented romanticism's engaging decadent period. Today's Romantic Movement includes a return to the arrangements and orchestrations of early 20th century Russian composers, including Stravinsky, Prokofiev, and Rimsky-Korsakov, and the important young Scottish composer Helen Grime is a shining example of how original work can be inspired by these composers.

Now at last we have Grime's recording debut, showcasing her phenomenal ability as a composer. The fact that, outside her own inner circle of students and colleagues, she's still a bit of an enigma is, thus, a bit surprising.

There's a surprising dearth of information about Grime online, which suggests that she's either had her nose to the grindstone for the last 10 years or she's a bit of a Luddite, the kind of artist who asks, "Why do I need my own website, really?"

Apparently she's no slouch in the grindstone department; her instrument of choice is the oboe, an extremely difficult instrument to develop an *embouchure* for, but, oh, what a sound and what a repertoire; it was Beethoven who made the oboe almost an emblem of romantic music when he gave it a principal role in the third movement of his *Ninth Symphony*, using it to evoke a Middle Eastern flavour for Joy's victory march.

To add to the early twentieth century ambience, there are musical tributes to Eliot ("Into the Faded Air"), Sassoon ("Everyone Sang"), and Bishop ("A Cold Spring"), Poets of this era often expressed the inner conflicts experienced by sensitive human beings during times of war and social upheaval, conflicts which might be seen in just as sharp relief today.



In the works that emerged in that time, we clearly see the artist's angst in response to the suffering on this planet. Back then it was the holocaust, the depression, and ideological wars; the suffering today is new and, at the same time, old, and reference to the horrors of the early twentieth century and how art reacted to them is especially apt in our world of environmental destruction, rogue corporations, genocides, religious extremism, and economic inequality.

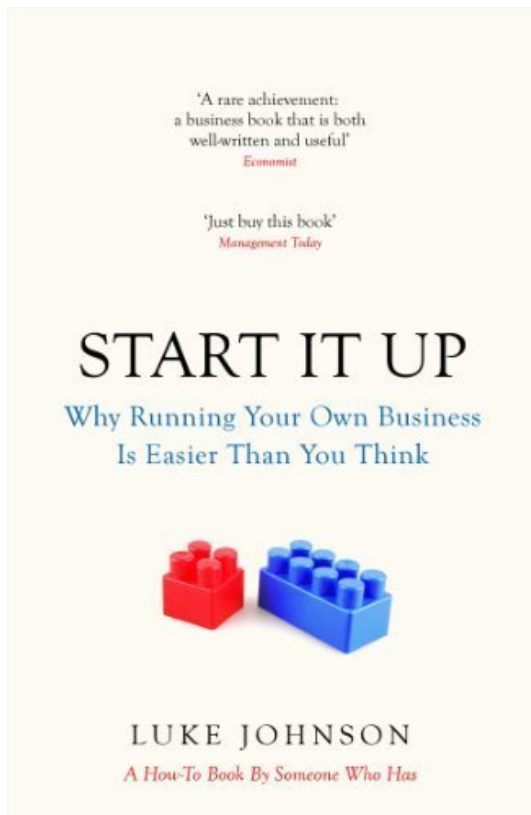
A note of hope can be found in Elizabeth Bishop's "A Cold Spring," a poem that voices the romantic propensity to seek healing in natural beauty—an idea with undeniable merit.

The album is magnificent, meticulously crafted yet gloriously free and reckless, spanning the full spectrum of orchestration from minimalist sparseness to rich fullness. The feeling is sometimes dark, sometimes cautious and questioning, sometimes full of guile and contempt, sometimes innocent, sometimes victorious. Just like the well-examined life.

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 Start It Up

Marie Well



With all the hype about students' inability to land a position post-graduation, the question of whether to start an entrepreneurial initiative becomes tantamount to the question of whether to be unemployed or satisfied with an entry-level job. Surprisingly, the alternative of self-entrepreneurship is increasingly being touted as a viable option for mitigating some of the impact of a poorer economy, regardless of the age level of the individual in question. Typically, it is presumed that entrepreneurship can assume one income-generating role of many in what is labelled a portfolio career, or multiple roles, such as part-time work, entrepreneurial activity, contractual work, and the sort.

Luke Johnson, in an uncompromisingly fastidious manner, articulates his reflections on entrepreneurialism in his book *Start It Up: Why Running Your Own Business Is Easier than You Think*.

No Excuses Not to Start Up an Entrepreneurial Venture: Start Today Johnson (2013) describes the potential entrepreneur who has the potential for a successful start-up but never takes the initiative. He urges the reader to take the initiative now without hesitation--today at the very latest. The optimal venture for absolute beginners, he

states, is one that requires no start-up capital, such as a Web programming business, a communications company, or some other structure that has zero to little barriers to entry. Johnson (2013) says "Let's just say today is a better time to start a business than tomorrow, no matter how today looks" (p. 34).

A big innovative start up idea is not necessary, says Johnson (2013). You can just improve on or tweak something already done to leverage your business idea, and providing exceptional customer service is one means of achieving that end.

There are a variety of investors you could approach, too, if your business concept needs some funding. These investors include angel investors, venture investors, and banking personnel.

New Grads Should Bypass Travel in Favour of Starting a Business

As a new graduate, if you are considering travel, Johnson (2013) urges you to forgo any such consideration in favour of starting a business. He reasons that the competence, experience, and skills you will acquire through an entrepreneurial initiative far outweigh the benefits from leisurely travel. The entrepreneurial venture will provide you with meaningful contacts and resources.

He advises again that you choose a project that requires no start-up capital and that taps into some poorly researched niche market--not the obvious markets.

Lastly, he encourages you to find a partner to work with, as the combined know-how is invaluable to start-up success.

Choose What You Know and Love

When planning on what venture you wish to start up, Johnson (2013) exhorts that you should choose "something you already know and love" (p. 24). An approach used by James Webb Young (as cited in Johnson, 2013) is to do the following: (1) research your general idea(s) by gathering facts, (2) reflect on the facts, trying to map out some underlying meaning, (3) put research aside and rest on it, (4) get inspired by some moment of revelation concerning what you pondered, (5) be sure to copy and improve what already exists rather than waiting in exhaustion for some completely innovative idea to overtake you, (5) know that small incremental changes to existing products and services can add leverage to your business's start-up success.

A Warning to Young Entrepreneurs: No Barriers to Entry? What Happens in a Recession?

Johnson (2013) states that young entrepreneurs are running businesses that require next to no start-up capital, which is something he recommends as a strategy for novices. Some of these businesses with no to little barriers to entry include the following: "marketing agencies, web design firms, recruitment companies, finance businesses, software houses, telecom firms" (p. 187).

The issues with the above, in his mind, are that recessionary periods would leave inexperienced entrepreneurs at the whim of the market decline. He says that a recession could result in a bad wake-up call, exacerbated by banking debts gone bad for the entrepreneur. The good news, conversely, is that entrepreneurial initiatives typically have smaller debt loads relative to public companies, so the weathering of the storm may not be as volatile.

Why Your Private Life is Important to Your Entrepreneurial Life

One's private life, according to Johnson (2013), is a critical determiner of how one performs on the job. It is essential for an entrepreneurial initiative, for instance, to be approved of by your significant other as the weight of an unsupportive companion weighs on the fortitude of the business owner.

It is important to be upstanding and value-driven with respect to one's personal life as poor life decisions can, and often do, impact the owner's capability of effectively running a company.

Consider Taking on a Portfolio Career and Moonlighting

Johnson (2013) highlights the bitter truth that jobs for life and the security of pension plans are benefits that no longer prevail. The common trend now is for consecutive careers or simultaneous jobs, such as part-time and entrepreneurial mixes, and even moonlighting. He argues that people should stay in their day jobs while entertaining an entrepreneurial venture at night. Jobs that are ideal for moonlighting include: "e-commerce, direct marketing, franchises, property" (p. 117).

As a result of a changing job market, lifelong learning and skill development are essential for success.

Don't Give Personal Guarantees (Such as Your Home) to the Banks

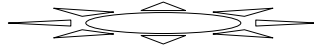
Whatever entrepreneurial initiative you decide on, Johnson (2013) urges you to never offer a personal guarantee—especially your home—for a bank loan. In a case of a market crash, he describes the bank's role in collecting on your personal guarantee as "Satan coming to claim Faust's soul" (p. 177). Instead of getting a bank loan, try relying on an angel investor or venture investor. There are sites that submit your ideas to a database of potential angel investors, but only a tiny percentage of the requests get funded and the service comes at a fee.

Stay Away from Franchises

Johnson (2013) says flat out, avoid franchises. According to him, franchises provide a meagre living for the franchisee while the franchiser accumulates the lion's share. Plus, the franchisee has a lower stake in both the ownership and operations. Johnson (2013) says to buy a company outright or make your own start-up instead of investing time and resources into something with little opportunity for meaningful return.

References

Johnson, Luke. (2013) *Start it Up: Why Running Your Own Business is Easier Than You Think*. Portfolio Penguin. UK



Single Review

Bastille: "Flaws"

Samantha Stevens



Single: "Flaws"

Artist: Bastille

London rock band, Bastille, is back with the single, "Flaws", released earlier this year. For fans of Bastille's popular single "Pompeii", "Flaws" promises the same great vocals and lyrics combined with rhythmic synthesizer, keyboard, and drums. "Flaws" is available through iTunes as a single, or part of the albums *Bad Blood* and *All This Bad Blood*.

Formed in 2010, Bastille has become increasingly popular, and have been nominated for several awards and even have won a few, including a Teen Choice Award for their song "Pompeii" in 2014. Bastille is similar to many other popular

rock bands like Imagine Dragons, Foster the People, Of Monsters and Men, and Capital Cities, and can be heard on many different radio stations.

"Flaws" was written by the band's founder and lead vocalist, Dan Smith. Immediately, the listener is captured in the beginning by the soft synthesizer. The drums are light in the background, adding just enough rhythm to carry the song forward, and only crescendos at important points in the song, like the transition between the chorus and the next verse of the song. The predominant keyboard and piano is the bulk of the sound, yet the instruments do not dominate the overall sound, and only act to enhance the singing.

I personally love Bastille's vocals. I find that their British accents add to the overall song, and the way that they pronounce their words while singing adds to their unique image as a band. The singing in "Flaws" is similar to Bastille's other songs: the soft vowels, the light and flowing melody, with emphasis on the important parts of the lyrics. So in that respect, this song is not different from the band's other music. However, I find the lyrics in "Flaws" to be so poetic, that if they are simply read, the music appears to be naturally imbued in the words.

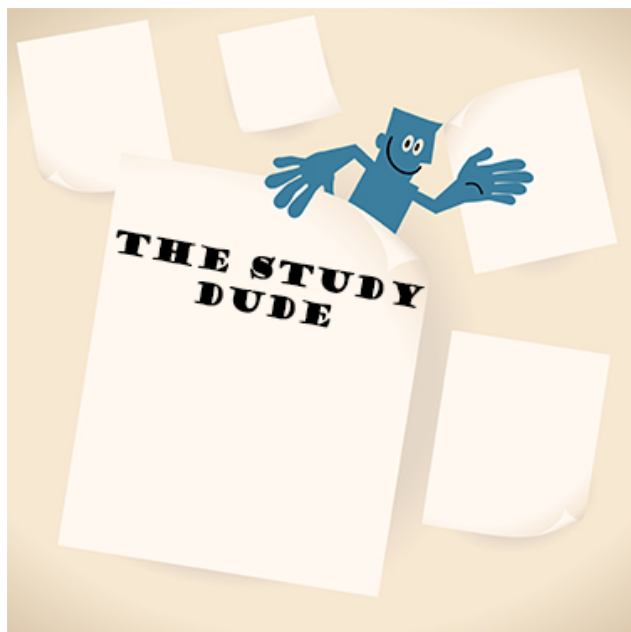
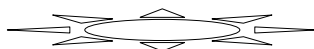
The lyrics easily read like a love song, with the speaker admiring the free-spirited ways of the person that they are singing about. However, it also reads like the speaker is singing about self-acceptance, and the importance of recognizing your weaknesses, or flaws, as well as your strengths. What do you think? How does this song speak to you?

Accompanying this song is a wonderfully creative video, which can be viewed on [Youtube](#). The video is a touch macabre, although with an unusual cheeriness to it, but I liked it. The video is more of a short movie, and with an almost voodoo inspired story, I think it fits well with this time of year. Be sure to check it out.

Overall, "Flaws" is similar to their other music, but it is simple and the lyrics help set it apart from their other more popular singles such as "Pompeii". The song is short and ends somewhat abruptly, but that seems to fit with the overall theme of this song. I think this song is great to listen to while reading, or at any time when you like to listen to music.

If you are a fan of popular rock, and Bastille's other songs, be sure to check out "Flaws".

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



Study Tips from a Semi-Anonymous Friend

There is nothing more that The Study Dude wants for you than to be recruited by the Canadian Security Intelligence Service (CSIS) on the basis of you being multilingual--and attending an immersion program that CSIS recruiters frequent!

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

Today's study tips are based on a reading of *Fluent Forever* by Gabriel Wyner.

Learn Sounds before Words before Sentences

The Study Dude learned German and French—well—kind of. What was amiss was becoming fluent in the languages. While I can tell you that your necklace looks beautiful, or that your mother's name is Mrs. Schaudi—all in German—I can't actually carry on a fluent conversation.

Gabriel Wyner (2014) completely understands the shortcoming of classroom settings for learning languages, instead opting to make his own system for it. One of the most essential components to learning a language, according to Wyner, is the order in which you learn concepts:

- You should learn the sounds first, either using an International Phonetic Alphabet (IPA) for your target language that you can look up on Wikipedia or by going to a site such as forvo.com and having a listen to the words for their respective sounds
- When learning sounds, it is wise to learn similarly sounded words that have different meanings. These similar pairs will help you understand the nuances of the phonetic sounds in the language.
- After learning sounds, it is wise to learn vocabulary. Wyner (2014) has a list of the 625 most frequent words in most any language that you can use to get your vocabulary started. He recommends going to Google Images, using the default version by scrolling to the bottom and clicking on the "Switch to Basic Version" (that supplies the tags in your target language), and applying mnemonics for memorizing gender.
- When you go to Google Images and type in your foreign language vocabulary words, a number of images will come up that will give insight into how that word is perceived in the target language. You should add these images to flashcards you make.
- The mnemonics for gender include imagining explosions to represent the male gender, fire to represent the female gender, and shattering to represent the neuter gender. Gender in German determines how the word "the" is represented before nouns, for instance, so imagining a feminine noun in German as being on fire will help you to remember the gender.
- After you learn vocabulary, you should learn grammar. Here you will turn sentences in your foreign language grammar book into flash cards. When learning grammar, you should pay particular attention to new words that appear, new word orders that arise, and new word forms that emerge (such as *she eats* versus *he ate* for the base form of the verb *to eat*).

The Media for Learning a Language

Before reading Wyner's book, The Study Dude pontificated that it would be best to listen to foreign language radio for learning a new language. Au contraire! Wyner (2014) lists a number of much more effective media sources for learning your language:

- Make flash cards for the words you want to learn, ensuring that you only incorporate your target language and images on the card—and omit any and all English. By omitting English, you avoid merely translating word for word and instead immerse yourself into the uniqueness of the target language.
- Learn the vocabulary—the most frequent words (learn the top one-thousand of them). You can find these words in a frequency dictionary. Part way through, switch from a bilingual to a monolingual dictionary that speaks only in your target language.
- Return to your grammar book and learn the rules by gleaning two or so examples that you find the most compelling and then making your own sentences with them. Take your sentences to the [Lang-8 website](http://Lang-8.com) and request someone in your target language to correct your writing. If you correct others writing on that site, your requests for correction will be made sooner.
- Get a Harry Potter book, or some other book you've read that is popular, and find a translation of it along with its audiobook for you to read along with.
- Watch dubbed television shows, preferably a series, so you don't have to spend time figuring out who is who. Read a summary in your target language on a site such as Wikipedia.com

- Get private tutors at low costs on italki.com or similar sites, go on a holiday to a country that speaks your target language, or go into an immersion program. Recruiters for government spy agencies frequent immersion classes, so although the classes are expensive, you might just become the next James Bond.
- Repeat the above as you see fit.

Use the Spaced Repetition System

The Study Dude loves flashcards, and they are the basis for the Spaced Repetition System (SRS) that Wyner (2014) advances. I use flashcards through the Anki online system for learning vocabulary and a Leitner box, which is an actual physical flashcard box with dividers, for learning computer programming.

Wyner (2014) uses either the online Anki system or the Leitner boxes as the foundation for his Spaced Repetition System. Here's how it works:

- "In a four-month period, practicing for 30 minutes a day, you can expect to learn and retain 3600 flash cards with 90 to 95 percent accuracy" (p. 43)
- The flashcards are meant to teach you "alphabet, vocabulary, grammar, and pronunciation" (p. 43).
- You omit any English on the cards, and opt instead to use sentences with the word in question missing or replaced with an underline. You also use images from Google Images to help you decipher what the word in question is in your target language.
- If you use the online Anki system, located at ankisrs.net, you will have access to a downloadable product that will enable you to add sounds (pronunciation), images and text all to your electronic cue cards. With the anki system, you don't have to rely on the IPA (International Phonetic Alphabet) system for learning pronunciation.
- If instead, you opt for a Leitner box, you will go and purchase a flashcard box holder, at least seven dividers, and tons of blank flashcards. Each of the seven dividers represents a level from one to seven. Every day, you go through the level one cards, every other day, the level two, every third day, level three, and so on, with the frequency becoming less the higher up in level you go. You will make 15 to 30 new flashcards a day and put them in level one. Each time you get a card right, it advances to the next level; each time you get it wrong, it goes all the way down into level one again. After success at remembering level 7 cards, your word, sound, or sentence inevitably becomes ingrained in your psyche. In the Leitner boxes, you draw your images and have to rely on the IPA (International Phonetic Alphabet) for pronunciation.
- There are different word card types, such as a question of how to spell a word that has a sentence with the word missing, the IPA spelling, and an image. Another card might ask you how to pronounce and spell a word while providing you just an image of a cat.
- If you make the cards yourself, then whether you use either a Leitner box or the anki system, you will learn them much more readily than if someone else were to make them for you.

Books to Use for Learning a Language (French as an example)

So, what books do you need to learn a language, such as French, which all Canadians would, ideally, be mandated to learn? Wyner (2014) reveals:

- You should get a grammar book. A French book that is recommended is *Schaum's Outline of French Grammar* by Mary Crocker.
- Also buy a phrase book, such as the Lonely Planet phrase books. *Lonely Planet French Phrasebook* by Michael Janes et al. comes highly recommended.

- A pronunciation trainer by the Gabriel Wyner himself called the *French Pronunciation Trainer* is highly recommended. Wyner, the author we are examining throughout this article, has written pronunciation trainers for a number of languages, such as German and Arabic.
- Another pronunciation book recommended is called *Pronounce it Perfectly in French* by Christopher Kendris et al.
- A frequency dictionary is recommended that will help you decipher the most common words and enable you to add a progressively larger word set to your vocabulary. The recommended frequency dictionary is called *A Frequency Dictionary of French* by Lonsdale, Deryle, and Yvon Le Bras.
- A thematic vocabulary book will come in handy. A recommended vocabulary book is called *Mastering French Vocabulary* by Wolfgang Fischer et. al.

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

Wyner, Gabriel. (2014). *Fluent forever*. New York, NY: Harmony Books.

Student Sizzle

AU's Hot Social Media Topics

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



AUSU Student Forums

Tamra from AUSU announces the AUSU Health and Dental Plan is now up and running. Students will want to check this out before they enrol in their next course. FAQs at <http://www.ausu.org/services/healthfaq.php> and plan details at <https://www.mystudentplan.ca/athabasca/en/home>.

Other topics include courses COMM 329 and EDPY 310.

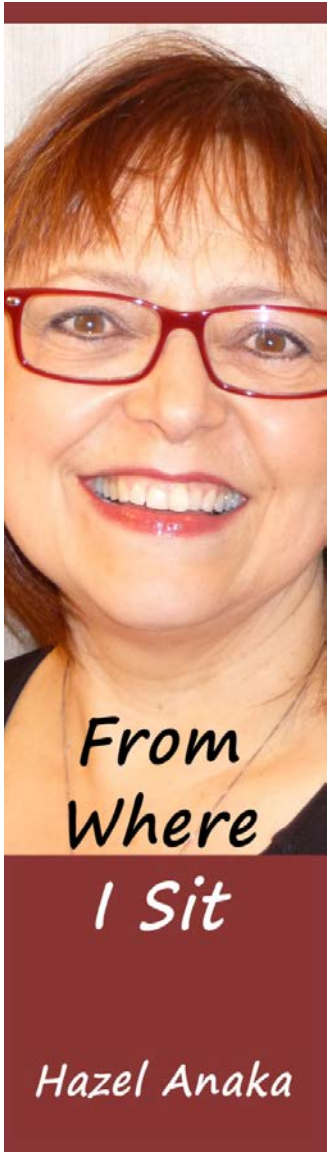
AthaU Facebook Group

Mistelle launches a discussion on service standards for tutors and the call centre. In a separate post, Mistelle seeks information on accessing older completed courses through myAU. Jessica looks for input on doing a Prior Learning Assessment & Recognition (PLAR) for AU. And Zak requests feedback on the procedure for withdrawing from a course.

Other posts include challenge for credit, problems accessing course websites, the AUSU Health and Dental Plan, AU Library's new website and courses CMNS 358, COMM 329, HERM 301, and LGST 551.

Twitter

@AthabascaU tweets: AU celebrates the medical achievements of Dr. Glenn Berall (MBA) with the Distinguished Alumni Award <http://ow.ly/2Pp5xD>. (Full details here: <http://news.athabascau.ca/news/almuni/glenn-berall-alumni-award/>)



More Valuable

Several years ago I read about ethical wills. As is always the case, I was intrigued by the idea and believed writing one for each of my kids would be the ultimate gift.

Unlike a living will or a last will and testament, this document has no legal, health, or financial implications. Rather, it seeks to convey to one's children (or others) those values we hold dearest. It may include last wishes. It can be as short as a paragraph or long as a book or anything in between. It can be written, audio, or video.

The concept of ethical wills originated with the Jewish faith and goes back to about the twelfth century. They are also sometimes called legacy letters. Googling the topic takes the reader to several websites that include sample wills, resources, and of course retail products or classes. Amazon shows several titles to guide the process.

I'm sure that somewhere in my papers is the original magazine article that piqued my attention. At that time all I did was rush out and purchase two large format scrapbooks. I guess rather than simply writing something and calling it done, I intended to go the collage way by adding ephemera to the pages. To this day the scrapbooks remain untouched.

But, very soon, I hope to report all that has changed. For the last couple of Fridays I've been attending a class in Edmonton. There are only five of us, plus a facilitator, so the group size is nearly perfect. I expected we would get assignments and spend most of the time writing, but, so far in class we haven't written anything other than notes.

Instead, we ponder pointed questions and take turns answering them. The skeptic in me doubted this would work or meet my needs. But in fact discussing life's big questions with strangers may be easier and more freeing than talking to those people closer to us who have their own take on our life story. To have this work takes a great deal of trust and respect. We have to care as much about listening to someone else's life experience as about sharing our own truth. And, with four more classes to go, it seems to be working.

Naturally, each of us could still blow this opportunity. Talk is easy. We each need to put pen to paper. The trick for me has been doing the assignment soon after the class so the momentum isn't lost.

Ultimately, the challenge for me will be daring to start. To know that capturing those thoughts and beliefs, even if it isn't perfect or complete, is better than waiting for the alignment of the planets before beginning. To know that this is a work in progress and I can keep adding to it as long as I live. To know that there is benefit to me as I do it and for anyone I share it with. Surely this is more valuable than any 'thing' I can leave them, 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

On Divorce and Racism

Dear Barb:

I have been dating my boyfriend for a year and a half. We get along great for the most part. I have a seven-year-old son from a previous marriage, who lives with me half of the time. Since my husband and I separated we have always gotten together on special occasions, Christmas, Easter etc. for the sake of our son. We felt it was good to show him that mommy and daddy are still friends. The problem is my boyfriend is feeling uncomfortable with this. He thinks my son and I should spend these occasions with him. We do plan to marry one day and he says my son should see us as a family. I haven't said anything to my ex about this, as he doesn't have anyone in his life and seems perfectly happy with this arrangement. What do you think? Thanks Christina

Hi Christina:

Excellent question! How fortunate is your son that his parents get along so well. So many divorced parents can't be in the same room together for fear of an outburst. Without question your situation is much healthier. However, I can see your boyfriend's point of view. If you two are going to marry and form a family, then you need to cut the ties with your ex so that he can begin new traditions with his and your son. At some point he will also have someone in his life with whom he will want to share holidays.

So, you and your ex need to come to an arrangement, perhaps agreeing to have your son on alternate Christmases and holidays. It's a good idea to prepare your son ahead of time for this arrangement, telling him that daddy and you are still friends,

but that you are going to take turns spending holidays with him. He may be resistant at first, but kids are very resilient. Once he sees that everyone is still happy and getting along, he will ultimately accept this as the new normal. Thanks for writing, Christina.

Dear Barb:

I have a friend who is extremely racist! We have been friends for about five years and I have noticed her becoming more and more racist especially toward the Muslim people. It has gotten to the point that if we are in a public place and she sees a woman wearing a Burka she makes a face and whispers a rude comment to me. I really don't appreciate this and I don't think it is right to paint all Muslim people with the same brush. Lately I am finding it difficult to be around her. How can I get my friend to stop these racist remarks! Maria

Hey Maria:

Unfortunately there is a lot of racism against the Islamic/Muslim people as a result of the terrorism going on in the world. It is regrettable that some individuals are treating a whole group of people as if they were evil just because of a few radical extremists. We have a responsibility to stop the escalation of this hatred and prejudice. Tell your friend that you do not agree with her view and that you would appreciate her not making comments or gestures in your presence. If she continues perhaps you will have to make a decision whether this is a person you want to spend your time with. Thanks Maria for writing in about a very important issue.

RACISM: the belief that all members of each race possess characteristics or abilities specific to that race, especially so as to distinguish it as inferior or superior to another race or races.

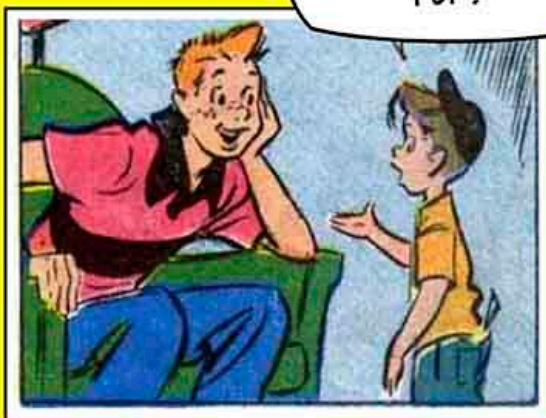
Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place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

Comic

Wanda Waterman

THE NONPARTISAN: ELECTIONS

Hey, Andy, who ya gonna vote for?



Bobby, I pride myself on never taking sides. Call me a maverick, if you will! Politically I'm neither right nor left.



That's great, Andy! You can join our movement to build economic equality and environmental awareness in our community! We're meeting tomorrow afternoon at the firehall!

Sorry, Bobby, but I'm way too much of a rebel for that kind of thing—tomorrow afternoon I'm washing my dune buggy.



WRITTEN BY WANDA WATERMAN



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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](#).

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

IMPORTANT DATES

- 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
- Nov 28: Last business to extend courses ending Dec 31

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 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

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CLASSIFIEDS

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

THE VOICE

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