

# THE VOICE

## MAGAZINE

Vol 22 Issue 44 2014-11-07

### Taking the Wheel

When Life Spins out of Control

### The Travelling Student

The Pick Up

### From Where I Sit

A Matter of Intention

*Plus:*

*Dear Barb*

*The Career Path*

*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](mailto:voice@voicemagazine.org), and please indicate if we may publish your letter.**

**EDITORIAL****Karl Low****Getting Back to Normal**

The last couple of issues have seen my editorials taken over by unexpected developments, which means that some of the things I've been wanting to talk about have necessarily been set to the side. This week, I'd like to get back to at least one of them, and that's to announce the winners from The Voice Survey. The survey itself had a decent level of response, and, at first glance, a lot of good comments in it. It's going to take me some time to go through the entire thing to try to get any information out of it, but one thing I did pick out right away is that Voice Readers want more information about what's going on at AU and AUSU, as well as seeing some solid course reviews. I've got a few irons in the fire on those issues, and I'm hopeful that one or more of them will play out.

It also appears that most Voice readers would prefer to get their political commentary from somewhere other than The Voice Magazine, and, surprisingly to me, that the majority of you have little interest in any sort of sports or gaming coverage. Sadly, for me, the idea of the Voice Magazine starting up some sort of accompanying podcast goes

over like a lead balloon. Personally, that was one initiative I was hoping would see some support as I have dreams of AUSU one day hosting some sort of internet-based AU radio station not unlike CJSW or CKUA here in Alberta, and was looking at a podcast as a first step. Still, the people have spoken—but don't think I won't ask again next year.

Getting back to the survey, the lucky winner of the Samsung tablet computer was one L. Barnett from Lively, Ontario, who mentioned that it'll be a great thing to keep the kids and partner amused while they're travelling across the country this winter season. As well, a package of vintage Voice Merchandise has been sent to each of the five runners up. And once again, I want to put my thanks out to everybody who filled out the survey. It's a big help to me in determining where my efforts would be best spent in making sure we have a magazine that matches up with what you, the students, want to see from it.

This week, our writers have put together an issue that seems to concentrate on how our personal viewpoint affects our lives. From Primal Numbers looking at the science of how just changing your surroundings can have positive effects on your health, to our feature article from Barb Lehtiniemi, who looks at how events out of our control, such as those that effect our health, can change how we see our surroundings—and what we can do about it.

We also have The Study Dude who explores how our biases can impede critical thinking unless we take deliberate action to counter them, and Hazel Anaka explores how simply being open to be taught can lead to the discovery of teachers and guides to life all around us.

Plus, we have a selection of music and film reviews, Chazz Bravado pontificates on the competitive spirit, and Barb Godin has a couple of people with large secrets looking for advice on whether they need to be kept.

Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the letter 'l'.

## Take the Wheel When Your Life Skids Out of Control

Barbara Lehtiniemi



The only thing constant is change. Greek philosopher Heraclitus uttered those words 2500 years ago. And nothing has changed.

If change is a constant in our lives, why do we resist it? Why do we wring our hands, gnash our teeth, and bemoan our fate? It's not just because we've been yanked out of our comfort zone. It's also because we feel like we've lost control. We generally like to feel that we're in the drivers' seat, steering our lives toward where we want to go. Change can be like that patch of ice that takes you—with breathtaking suddenness—in unintended directions.

Change that we instigate ourselves, like changing jobs, getting married, or having kids, tend to be stressful but manageable. But changes that we had no say in, like getting fired, getting dumped, or dealing with a loved one's illness, paralyze us. The difference is control. We had a say in the former, and none in the latter, and we rail at the unfairness of it all.

How can we cope with unexpected and unwelcome change in our life? Here are a few strategies:

**Embrace the change.** Although this sounds counterintuitive, it's effective. The difficult part about change is your loss of control over your life. The way to regain control is to do what you can to accept and embrace the change. Like steering into a skid to regain control on an icy road, you need to move toward the change, regain control, then gently steer your life in the direction you want to go. The key is acceptance: accept that it happened, recognize where you are now, and make a plan to move forward.

**Find the positives.** Maybe you just got fired, or your spouse walked out. That sucks. But few situations are wholly bad. Most changes bring a mix of positives and negatives, and we determine whether the change is good or bad by whether positives outweigh the negatives or the other way around. Start a list of any positive effects this change could have. Got fired? Well, now you don't have fight rush hour traffic, or deal with that annoying co-worker. Spouse left? So long, mounds of laundry; sayonara, mother-in-law! Keep adding to the list until it makes you smile.

**One thing at a time.** You won't find many positives in some cases such as sudden illness or injury. In these life-changers, the old adage of taking one day at a time is applicable. Don't make a difficult situation worse by catastrophizing, mentally listing all the things that may need to be done on top of those that actually will have to be done. There may be months of decisions ahead, but thinking about all those decisions, and potential decisions, is too overwhelming and may induce inaction. You don't need to make months of decisions in one day. You really only need to think about the next decision: what needs to be done *right now*? Once that decision or action is taken, then focus on the next single act.

**Be a friend or call a friend.** If change is overwhelming, it may be that you need a bit of perspective. Can you step back and look at the situation as though through someone else's eyes? What would you tell a friend in this situation? If you can't get adequate perspective on a problem, call a friend for advice. You may not end up



taking any advice, but just hearing someone list all the possible actions you could take may prompt you to plan your next steps.

**Suck it up.** "Why are your problems so much bigger than everybody else's?" asked Georgia in the TV series *Ally McBeal*. "Because they're *mine*," answered Ally. When change dumps a bundle of problems at your door, naturally those problems are of high concern to you. Understand, though, that your problems aren't as big to other people as their problems are to them. Don't count on anyone else to fix your life—you have to take responsibility and control. Wallow in self-pity for a short period if you must, then suck it up, pick yourself up, and do something.

Nobody builds resilience by having a cushy life. It is the hardships, and how you respond to them, that build your strength.

If change has been imposed on you, figure out what you can do about it. Stress is often defined as the perceived inability to cope. The antidote is action. What steps can you take to make it better, or at least less worse? Inaction will get you nowhere. Nothing positive will happen until you take the wheel, take control, and start steering your life in the direction you want to go.

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

### **Click of the Wrist**

**On November 8, 1895, Wilhelm Roentgen discovered the X-ray—revolutionizing medicine and unknowingly giving elementary schools a go-to image for the most underused letter of the alphabet. Celebrate the X-ray this week by taking a closer look at what lies beneath.**

### **X Marks the Spot**

#### **Pics Or It Didn't Happen**

Accidents will happen, and X-rays make it possible to save the victim and minimize the damage. This slideshow of X-rays shows objects lodged in places objects don't belong—the brain, the eyes, the stomach—as well as severed limbs and other horrific accidents. Fascinating, but definitely not for the squeamish.

#### **Under the Skin**

We're all familiar with how a human skeleton looks. But have you ever seen your favourite animals under their skin, fur, or feathers? These X-ray images are overlaid with the shadowy outlines of the real animals, so it's easy to see how well they match inside and out. Some may surprise you!

#### **Beyond the Body**

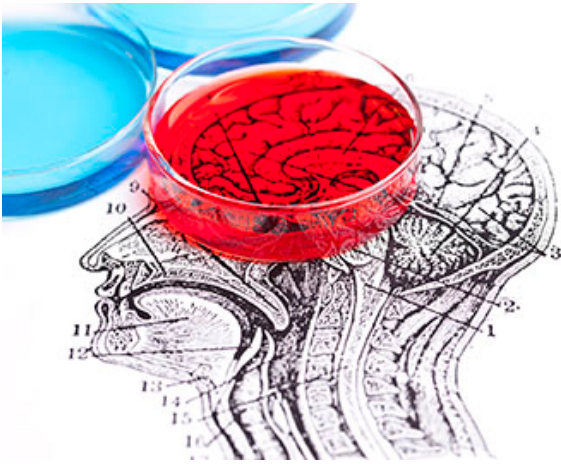
Innovative artists are using X-ray technology to expose the hidden beauty within ordinary objects like shoes, as well as full-sized vehicles like tractors. This TEDtalks video showcases a few gems as the artist explains his process.



## Primal Numbers

### Young at Heart

S.D. Livingston



Science and medicine can do a lot to keep us young. They can replace hips, mend heart valves, and concoct medicine that fixes all kinds of ailments. But what if a potent cure for the general aches and pains of aging was something a lot simpler than that—and virtually free as well? According to some research, the key to turning back the clock might lie in doing exactly that.

The idea comes from a seemingly simple experiment that was done back in 1981. As *The New York Times* [reports](#), a small group of men in their seventies signed up for a five-day getaway. They didn't go to a fancy spa or resort.

Instead, they went back in time, straight to 1959.

They didn't time-travel, of course. But they did immerse themselves in a setting that had been carefully designed to recreate the year 1959 right down to the magazines, radio, and TV shows. The experiment took them back to the days of their youth, an environment that had "no mirrors, no modern-day clothing, no photos except portraits of their much younger selves."

In generally good health, the men were first tested on general functions that decline with age; things like hearing and vision, memory, and dexterity. The results were astounding. At the end of five days, "they were suppler, showed greater manual dexterity, and sat taller." Even more remarkable, their eyesight got better.

The results were no fluke. In 2010 the BBC did a similar experiment and the results were just as good. That time, a participant "who had rolled up in a wheelchair, walked out with a cane."

But can it really be that simple? Do we just have to redecorate our houses and watch *I Love Lucy* reruns to shake off the general decline of aging?

In the short term, yes. The mind truly is a powerful tool. And as this Berkeley Wellness article [notes](#), there's a clear, proven connection between the mind and our physical bodies. Simply changing your position or stance can have a measurable effect on hormones.

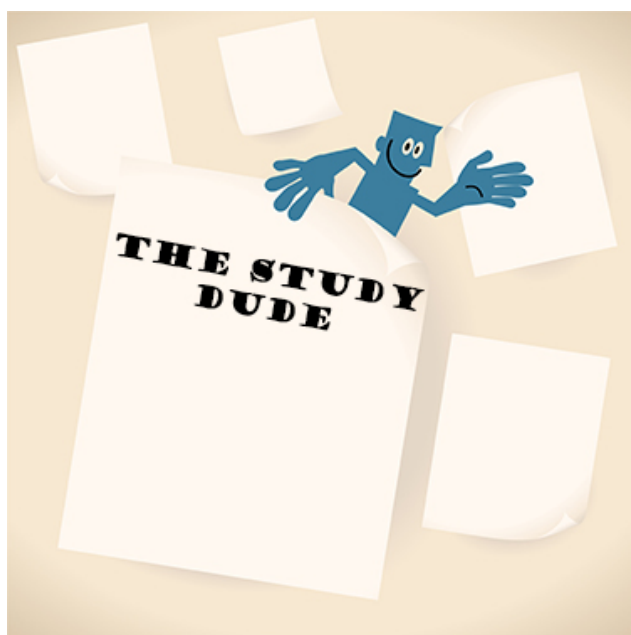
The only problem is that, eventually, people would have to leave that environment. They would have to re-emerge into the modern world to do their bank and shopping or to visit friends. And as that modern environment continues to progress—with new technology, different cars and clothing—the effects on re-entry would be more pronounced each time.

Potentially, the seniors who had created an idealized environment from long ago would experience negative effects when they had to confront the real world. They might even begin to dread it, with high blood pressure and other physical changes taking place. Changes that might outweigh the benefits of remaining (psychologically, at least) in the 1940s or '50s.

The research is fascinating, and it definitely sheds a light on the still-unknown depths of the connection between body and mind. But in the long run there might be more benefit to leaving that past behind. To engaging with the modern world by volunteering, making new friends, and keeping yourself fit with both mental and physical activity.

So if you're tempted to find some lamps and wallpaper to recapture your youth, you might want to check out the latest modern gadgets at the mall. It could just keep you young at heart.

*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.*



### Study Tips from a Semi-Anonymous Friend

*There is nothing more that The Study Dude wants for you than to be the first to figure out what all this "critical thinking" rant is about.*

*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 *Learn or Die: Using Science to Build a Leading-Edge Learning Organization* by Edward D. Hess.

### Our Biases that Impede Critical Thinking

The Study Dude heard a lot of ranting about being engaged in critical thinking in graduate school, yet no one ever took the time to explain what the conundrum behind critical thinking precisely is. In reading *Learn or Die* by Hess (2014), I began to gain insight into why no-one articulated the meaning to me: it's a science unto itself (and rest assured, the Study Dude is going to delve into more books on the topic of critical thinking to unravel this behemoth for you, the valued readership).

In Hess (2014), critical thinking is activated when we engage a more deliberate, logical thought process as opposed to an automatic emotional process, although, as you will soon see, the emotional aspect, or gut feeling, can be very telling in helping make decisions.

We have biases that impede our ability to engage in deliberate, critical thinking—biases that inhibit our ability to evaluate alternatives and block our investigation of underlying assumptions (gasp!):

- Confirmation bias: This is the tendency to seek information or data that confirms our existing or desired belief system. We tend to rely on the past when we meet new experiences or stick to what



we initially think is right without exploring in depth the alternatives: "[W]e tend to quit thinking too soon" (p. 15).

- Availability bias: This is when we use the quickest information or data immediately available without delving further—especially if strong emotions were involved in working with that data.
- Self-interest bias: This is when we go with the data that advances our personal interests.
- Anchoring bias: This occurs when we get a sort of mental anchor on a certain data point or view and it proverbially shackles us to that idea, and we don't examine further options.

(Hess, 2014)

### **What Constitutes a Good Learning Environment**

The Study Dude entered learning environments where, on the first day, I knew I was in a safe, learner-centric environment. It didn't matter what the subject was, years later, the teachers that I remembered the most, whose words I cling to this day, are the ones who treated me with compassion, friendship, and love.

Here is what counts as a good learning environment for me, and I hope you too always find it:

- You are intrinsically motivated (for your own betterment) rather than extrinsically motivated (for just the grade or degree).
- You have a high degree of autonomy.
- You have good, caring role models or teachers (or supervisors, for that matter).
- You are encouraged to express creativity.
- You are engaged in a learner-centric model.
- You feel unique and authentic, yet socially connected.
- You have growth versus performance (i.e., showing off) goals.
- You are safe, free of fears of failure, free of stress.
- You are respected.

(Hess, 2014)

The aim is to create these types of environments as much as possible in educational and work-related environments to get the highest engagement and learning possible.

### **Critical Thinking Tool: Klein's Insight Process (Finding Anomalies)**

As the Study Dude, I favour myself as a kind of anomaly. I hope you see yourself in a unique light, too, and recognize everything that makes you a one-of-a-kind, irreplaceable, precious, uncompromisingly necessary addition to this world.

Dr. Gary Klein (as cited in Hess, 2014) provides a framework for the type of critical thinking that recognizes the unusual, the anomalous:

- Notice contradictions, anomalies, and inconsistencies.
- Deliberately connects ideas in new ways.
- Examine ideas that go against what you believe.
- Look for anything out of the ordinary or unusual and find meaning in it.
- Redefine your question or the idea such that it potentially opens up new insights or a new way of looking at the problem.
- Seek out disconfirming data.
- After examining concepts, listen to your gut feeling to help let you know if you are on the right track.

(Hess, 2014)

**Critical Thinking Tool: The Learning Launch: Unpacking Assumptions (The Scientific Method)**

The Study Dude is enamoured by the thought of the scientific method, although the only scientific courses I ever undertook have been mathematics and computer science, neither of which delves meaningfully into the underpinnings of the scientific method as a construct. Yet the Learning Launch, developed in Darden in 2007, is a tool that aims to unpack assumptions—a tool that takes up a kind of scientific method that is used for testing and experimenting with business assumptions. However, the Study Dude thinks that you, too, can use such a tool to examine your own underlying assumptions in your every day and academic thinking.

It is important to note that Klein (as cited in Hess, 2014) later says that unpacking our mental models, or automatic thinking, is typically done only when there is a crisis in our lives that cause us to question our underlying beliefs.

Yet, with that said, the Learning Launch tool is presented for a systematic approach to critically unpacking our assumptions, crisis or no crisis:

- State your idea as a hypothesis.
- Examine the underlying assumptions behind that hypothesis. Look for gaps in thinking or even irrationality. Look for confirming or disconfirming data. Ask yourself what must be true for the assumption to also be based on truth.
- Examine the most important assumptions first.
- Design some sort of experiment that would test that assumption, such as hosting a focus group, interviewing subjects, or other methods.
- Conduct the experiment and evaluate the findings.
- Decide what to do next based on the findings (i.e., examine further (layers of) assumptions, alter the hypothesis, etc., etc.)

(Hess, 2014)

**Critical Thinking Tool: High Risk Scenarios (Klein's RPD -- Pattern Matching and Simulation)**

To top off the discussion of critical thinking, the Study Dude wanted to discuss Klein's (as cited in Hess, 2014) Recognition-Primed Decision Model (RPD) which looks at decision making in high risk scenarios, such as firefighting or military service where you have only a short time frame to react:

- Quickly process the situation.
- Compare the situation with patterns that you recognize from prior experiences.
- Then slow down thinking by simulating the solution and visualizing the process/outcomes (i.e., the crux of deliberate thinking in high risk scenarios).
- Pay attention to what doesn't feel right in your gut.
- If your gut is sending out warning signals, consider re-evaluating what it is that doesn't feel right by engaging in additional deliberate thought.

(Hess, 2014)

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**

Hess, Edward H. (2014). *Learn or die: Using science to build a leading edge learning organization*. New York, NY: Columbia Business School.

## The Travelling Student The Pick Up

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 time to do so. This is part five in the story of how Athabasca University has allowed me to create my own study abroad program.*

*In the first three parts my friend Matt and I left London, Ontario on an adventure to the remote reaches of Quebec. Our contact in Quebec (who Matt met the previous summer tree planting in BC) assured us he could get us jobs brush cutting when we arrive. A surprise text message in Ottawa had us changing directions abruptly.*

*In part four we found ourselves in Montreal where Matt ended up climbing the iconic Biosphere (don't try this at home!). After a short night's rest we were back on the road only minutes before Matt decided to pick up a hitchhiker!*

The girl walked up to the car as my window on the passenger side rolled down. She had long, curly hair, and looked a bit rough around the edges. She was wearing a vest over an old t-shirt and a toque on her head. The vest had some old buttons on it mostly with band names and political causes. If I had to use one word to describe her style it would be punk.

She told us her name was Annie and she was heading to Halifax. Matt told her we could take her as far as Quebec City. I reached back, moving my backpack and textbooks off one of the back seats so she had enough room. Luckily she wasn't a serial killer and she even bought us coffees along the way. The two-hour drive to Quebec City flew by as she told us about how she too was traveling from Ontario. She was much less prepared than Matt and I and the fact that she had made it this far was comforting.

We drove across the Pierre Laporte Bridge, which runs alongside another long bridge, the Quebec Bridge, as we entered the city. From some signs, I gathered that the city was very proud of the almost 100-year-old bridge, though my main thought was that it was extremely ugly.

If you're an engineer, an engineering student, or know one, you may have heard of the 'iron ring'. The iron ring is awarded to all engineers in Canada upon graduation. As legend has it, the first set of iron rings were made from the iron of the Quebec Bridge after its catastrophic collapse in 1907. The iron ring serves as a reminder that engineers have a special responsibility to ensure the safety of Canadian citizens. Of course, history majors will tell you that this is nothing more than a legend. Though I like to believe there's some truth to it.

After crossing the bridge we made a few random turns well looking for a good parking spot. By chance we ended up in the historical Old Quebec City. You'd think this was great since Old Quebec is one of the most historically significant locations in Canada. It's one of the oldest settlements in North America and is the only one where the original fortifications remain. The whole of Old Quebec has been designated a UNESCO World Heritage Site.

The down side of this is that the roads, originally built for horses, are extremely narrow. We drove at horse speed through the old city and finally found some parking at a church.

Annie unpacked her stuff from the back and we bid her farewell on her travels. Before we hit the road again Matt decided to do a quick oil change. If you're thinking it sounds like it'd be awkward to do an oil change in a church which is also a popular tourist destination you're right—it was awkward. I decided I'd venture off for a few minutes in search of a washroom.

Little did I know I would stumble upon some of the most beautiful scenery in all of Quebec.



## Writer's Toolbox

### To Infinitive...and Beyond!

Christina M. Frey



I Grammar may feel like it's all about rules—but the rules are always changing, and what was considered horrendous usage a century ago may be perfectly acceptable (or even preferable) today. One example is the former taboo on ending sentences with prepositions; another is the much-maligned but now perfectly respectable split infinitive.

### To Infinity

The infinitive is the basic form of a verb, usually expressed as *to* plus the verb itself, as in *to go* or *to have* or *to finish*. What makes it the infinitive form is that the verb hasn't been changed to match who or whatever is performing the action.

*To* isn't always part of the infinitive form, depending on the verb and the way it's being used, but it's the *to* form of an infinitive that gives rise to the issue of split infinitives. Simply put, a split infinitive means that a word or phrase is placed between *to* and the verb.

*Example A: Sarah decided to bravely approach the professor.* This is an example of a split infinitive; the adverb *bravely* separates the infinitive form *to approach*.

### Doing the Splits

English is unusual in that its infinitive form can be two words, unlike, say, French, where the verb *to go* is simply *aller* and *to read* is *lire*. It's believed that the inability to split infinitives in languages like Latin influenced, in a roundabout, cranky-grammarian way, the archaic rule barring split infinitives in English.

Prior to the 1920s, Example A would have been considered incorrect, and you're sure to still find holdouts insisting that one may never, never split an infinitive. But that hasn't been a rule for almost a century. Today, you most certainly may split an infinitive; in fact, sometimes you may need to.

### And Beyond

One of the biggest issues with trying to avoid split infinitives is lack of clarity—or even the possibility of changing a sentence's meaning.

*Example B: Sarah bravely decided to approach the professor.* Does this mean the same as Example A? Not quite; in Example A, Sarah's decision was to bravely approach the professor, but that doesn't mean her decision-making was done bravely. Example A only describes the planned approach to the professor; it does not describe the decision. She could have been faking it. She could have been forced into it. Little things matter, and trying to avoid split infinitives can mask subtleties in language.

*Example C: Sarah decided to approach the professor bravely.* This avoids the above problem—it retains the meaning of Example A—but pushing intervening adverbs to the end of the sentence can cause other problems when sentences become more complex:

*Example D: Sarah decided to approach the professor who flunked her bravely.* Now it's unclear whether *bravely* describes Sarah's approach or the professor's flunking her. In fact, this error is known as a misplaced modifier, and it's a much bigger issue than a split infinitive.

The solution? Splitting infinitives isn't a bad thing; nor is keeping both parts of an infinitive together. Make decisions based on the needs of the sentence and the meaning you're trying to convey, rather than on an obsolete rule.

And when in doubt, ask which method would express your thoughts most effectively. It's been trotted out as an example so many times it's almost lost its effect, but one more can't hurt: would the iconic line "To boldly go where no man has gone before" really have been as memorable if the infinitive had stayed together?

*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 General Student Chat, Dea questions how to deal with one bad course mark that's dragging her GPA down. In the same forum, "peaceandgeek" wonders if anyone has had success with AUSU's Study Buddy listing.

Other topics include an online study group using Skype, and course HADM 369.

### AthaU Facebook Group

Casey posts about supplemental exams, wondering how much they differ from the original exam. Kristin inquires how long she should expect to wait for a mark from an online exam—and shortly after posts that her mark is in already!

Other postings include ASA style, requesting lab kits, and courses CHEM 217, HSRV 421, MATH 265, and ORGB 327,

### Twitter

@AthabascaU tweets about the new app for testing accounting skills, The Accounted. In another tweet, @AthabascaU reminds students that AU has over 850 courses and monthly start dates. Students have until November 10 to register for a December 1 course start date.



## In Conversation

### With Leah Warshawski, Part II

Wanda Waterman



Leah Warshawski is one of the producers and directors of *Finding Hillywood*, a documentary about the use of film for healing in post-genocide Rwanda (read the *Voice* review [here](#)). Recently she took the time to answer Wanda Waterman's questions about what inspires her and what we might expect from her in the near future. (You can read the first part of this interview [here](#).)

**You've worked on *Baywatch*, *Lost*, and *Survivor*. Did any of these shows prepare you for *Finding Hillywood*?**

Every job is a learning experience for me, and each job prepares me for the next one. One of our executive producers for *Finding Hillywood* is Harold Perrineau, who I met on *Lost*.

**Are new models of film financing emerging which can enable ordinary Rwandans and citizens of other less privileged countries to produce their own films?**

Well, even citizens of "privileged" countries have a rough time producing films because financing is getting harder and harder. Grants are really competitive in every country around the world. It forces people to get creative about funding and think outside the box.

We actually co-founded the website [rwandafilm.org](http://rwandafilm.org) to try and help filmmakers in Rwanda connect and find work and funding for their projects.

**Are there any books, films, shows, or albums that have deeply influenced your development as a filmmaker?**

Movies/Shows: *War/Dance*, *On Freddy Roach*, and *Last Train Home*.

Books: *Shaking the Money Tree*

**If you had an artist's mission statement, what would it be?**

Work hard, play hard, give back.

**Were you surprised that your debut feature got so much positive press?**

We worked really hard to get positive press—it didn't just show up on our doorstep. Because we didn't have a theatrical release we're still trying to get reviews and press from major national outlets (*LA Times*, *Variety*, *Hollywood Reporter*, *NYT*, etc.). We did as much as we could without a marketing budget. If we had more money we could afford more publicity. We're happy with the positive reviews and press, but we worked really hard to make a great film.

**Tell us about your current projects.**

Currently, we are working on [rwandafilm.org](http://rwandafilm.org) and trying to find a local Rwandan organization to take over the site.

We're also producing another feature documentary about a tiny woman with huge impact—BIG SONIA. ([www.bigsonia.com](http://www.bigsonia.com))

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

## Music Review

### Sunshine Riot: *Black Coffee Sigh*

Samantha Stevens



**Album:** *Black Coffee Sigh*

**Artist:** Sunshine Riot

Formed in Boston in 2011, rock band Sunshine Riot has been passionately promoting their music as they tour across the United States. Their music has been described as rock infused with a southern blues sound, although they seem to have tried to develop their own style of music that defies any genre.

Their first album, *A Fresh Bottle and a Brand New Day*, is available on iTunes and on their [website](#), where you can download their song "Natural Causes" for free.

Described as Johnny Cash meets Kurt Cobain, Sunshine Riot is back with their second album *Black Coffee Sigh*. With an expected release date of January 13, 2015, *Black Coffee Sigh* is produced by 16-time Grammy nominated George Dussault, founder of Galilee productions.

Upon first listening to their music, I can definitely understand why they have been compared to these musicians, but I also find that they remind me of Dropkick Murphys and Sum 41. In songs like "Liz Stone" and "Get High", Sunshine Riot's music has a punk flare, which I think just adds to the entire genre defying image.

Although I have come to really like this band, the first song on this album was not what I had expected. "Black Coffee Sigh Side A" is a mismatch of sounds combined with harsh throbbing drums. In fact, it sounds like the type of music that you don't want to listen to until after you've had your morning coffee. I found it grating and irritating.

But the next song captured my attention. "This Is A Raid" has an upbeat tune, compelling and entertaining lyrics, and an injection of humour that pervades several songs on the album.

"Liz Stone" is fantastic. The song is well composed with soulful rhythm and fantastic vocals. I really enjoyed it, as I felt that the band plays this style of music the best. Sunshine Riot may be trying to create their own sound, but it seems like they are most comfortable in the rock genre, with the occasional country and punk sound tossed in.

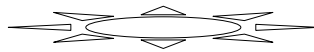
"Drunken Love" reminds me of songs from the band Sum 41. The heavy rock sound and loud, overly-masculine vocals make me think that this song would be perfect to listen to while partying with friends, whether at a pub or in the backyard at a barbecue. In fact, this song makes me miss the summer and times spent with friends, whether on the road, or sitting around sharing stories, laughs, and good times.

"Black Coffee Sigh Side B" is a vast improvement over "Black Coffee Sigh Side A", but the song is just the band members singing and clapping their hands. The southern inspired sound is great, however, the song lacks the robust sound that I had come to expect from the band.

Overall, I wasn't a huge fan of this album. The songs that I mention are the tracks that I liked the most, but I found that the other songs on the album weren't the best examples of the bands' obvious talents. I really enjoyed Sunshine Riot's previous album *A Fresh Bottle and a Brand New Day*, which has more of a rock and punk sound, so I really hope that the band's next album will feature more songs like "Liz Stone" and "Drunken Love".

*Editor's Note: Last week, this column mis-spelled the name of Bela Ferreira from Menage as "Bella". Our apologies.*

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

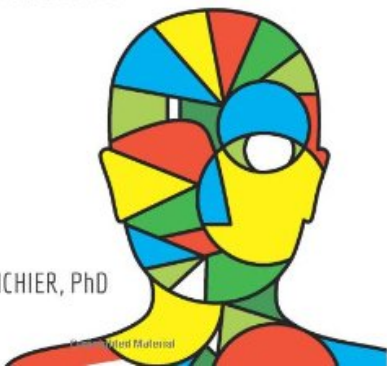


## The Career Path Questers Dare to Change

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# QUESTERS DARE TO CHANGE YOUR JOB AND LIFE

CAROLE KANCHIER, PhD



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**Marie Well**

Carole Kanchier, PhD, in her book *Questers Dare to Change Your Job and Life*, challenges the myth that a nine-to-five job is typically unstimulating, boring, and repressive. As a psychologist and career expert, Kanchier's (2014) brand is characterized by the desire to help people find meaningful, engaging, and passion-infused careers that go in sync with the ever-changing needs of the life-cycle.

### From Mastery to Disengagement

According to Kanchier (2014), a healthy occupational identity involves three stages: (1) entry, (2) mastery, and (3) disengagement. The mastery stage involves developing an expertise with your job duties, while feeling engaged, challenged, energized, and stimulated. When the career loses either its challenging or fulfilling nature, feelings of discontent arise. Once the mastery level has been bypassed, Kanchier (2014) suggests it may be time to move on and let the need for more challenging tasks and more growth opportunities be experienced in either new roles, new tasks, or new fields of occupations.

### Are You Dissatisfied with Job?

Would you continue to work at your job if you could afford not to?

Is money your sole motivation for staying with your present job? Does your work commitment enable you to grow as a person? In five years' time, do you see yourself still working at the same company, happy and fulfilled? Kanchier (2014) delves into these and related questions that help gauge your level of dissatisfaction with your present job. If you are experiencing ongoing illnesses, headaches, sleeplessness—or just counting down the minutes until Friday surfaces—then perhaps it is time to consider whether you are in the disengagement stage of your work cycle.

### **Redesign Your Current Job For Your Own Benefit**

Even if you are disengaged in your current job, Kanchier (2014) shows the many routes you can take to redesign your job duties so that you are inspired, energized, and engaged. For one, you can determine what tasks you most enjoy and, thereafter, take the necessary measures to enlighten your boss on how you could utilize these aspects to further the bottom line. Additionally, you might want to find ways to reduce the tasks that drain you of vital energy. You can also volunteer for projects at work that provide you with feelings of satisfaction and enjoyment. Yet another route is to attempt to develop an expertise in your role and your company by delving into industry journals, attending seminars, and being attentive in professional meetings. It is also important to develop hobbies, volunteer work, and leisure activities outside of work that provide you with the added challenge and intrigue that your job might otherwise not entail.

### **How to Prevent Burnout**

Kanchier (2014) provides an insightful list of means to mitigate or prevent job burnout: (1) find an invigorating work or leisure activity to do each and every day, (2) reward yourself for your accomplishments and engage in meaningful, positive self-talk, (3) choose to be optimistic and be sure to laugh playfully at yourself, (4) view mistakes as learning tools, (5) maintain balance in life by engaging in other hobbies and activities, (5) meditate, (6) sleep, eat, and exercise well, and (7) restructure your job roles so that they stimulate your sensibilities.

### **What to Research in Job Change**

When making a career change, Kanchier urges you to research both yourself and the economy's role in your desired career. Research sources could include the Internet, professional associations, libraries, university contacts, career coaches, and counsellors (Kanchier, 2014). It is wisest to do your research before the actual career change. Kanchier advises you look at the want ads for your desired role, check out the educational and licensing requirements, and determine the employment outlook. You will also need to develop a plan for how you will get by financially during the training period (Kanchier, 2014).

### **Managing Fear**

When fear overwhelms you, there are specific means of recourse. Kanchier (2014) advises on a number of holistic levels: (1) make a physical list of all of your fears, (2) stay in the present moment, (3) try not to get too attached to the circumstances, (4) say the word "cancel" to yourself whenever you engage in negative self-talk, (5) minimize fear by pursuing your passions, your life-callings, (6) be motivated to do what you want for yourself and not what others want for you, (7) engage in spiritual activities, meditate, and/or journal, (8) associate with positive, optimistic, supportive people, (9) view yourself as powerful, (10) take small risks regularly, such as trying a new hairstyle, (11) see an abundance of opportunity around you, (12) be a lifelong student, and (12) have lots of activities in your life so you don't have your identity wrapped in just one.

### **Broadening Career Horizons**

In the age of portfolio careers, where more than one alternative may be sought at the same time, it makes sense to have a broad range of career opportunities as prospects. Kanchier (2014) suggests opening the horizons of career alternatives to include self-employment, a new job in the same or in another company, a new job field altogether, or the restructuring of the present job. It is sensible to keep prospects open, especially when considering the entry, mastery, and disengagement cycles of any job opportunity—a fulfilling career typically has a life cycle and once it runs the gamut, it is commonly time, as Kanchier (2014) says, to move on.

Carole Kanchier can be reached for professional services at [carole@questersdaretchange.com](mailto:carole@questersdaretchange.com).

### *References*

Kanchier, Carole. (2014). *Questers Dare to Change Your Job and Life*. Calgary, AB: Entrepreneur Publishing.



## The Mindful Bard

### 8 Animazing Short Stories

Wanda Waterman



Film: 8 Animazing Short Stories

#### Saturday Morning Cartoons with Eros and Thanatos

"Love and death are the two great hinges on which all human sympathies turn."

- B.R. Hayden

These international animated shorts, winners of the first ever AniMazing Spotlight competition, have some common elements. There's no dialogue in any of them, for one thing, which makes them watchable in any country, and the themes are universal.

The films were judged for uniqueness, quality of narrative, character, animation, ingenuity, sound, and, yes, the message. The judges are from all over the world and come from very different backgrounds, and yet a commonality emerges. There's a preoccupation with death and love in these films. Animation makes the reality of death pill easier to swallow and takes the edge off the pain of love.

It's the "fun" factor in cartoons that enables them to deliver difficult truths without inciting anger and backlash. Humour being one of the healthier defense mechanisms, we should indulge ourselves freely in this sort of entertainment; think of it as cultural therapy.

Here, in my opinion, are the highlights:

In *À la Française* some rather obscenely drawn chickens (just look at one still photo and you'll see what I mean) dance with great pomp and ceremony in an 18th century French court that looks a lot like Versailles. A court reporter takes notes on the goings-on, some of which are scandalous.

In the grand park a cluster of poised teadrinkers can't contain themselves when a worm emerges from the grass. Utterly reactive creatures, they break their silence and cluck and jump to gobble it down, afterwards quickly returning to their feigned civility.

The film is amazingly true to both chicken behaviour and the customs and foibles of the French court. In either case Freudian repression eventually explodes all over the place.

An archetypal American girl's room, one that could have existed any time from the 1950's on, is the setting for *A Single Life* by Job, Joris, and Marieke. The guitar, the bunk bed, the delivered pizza, the portable record player and 45's, and the sunny visage on the little redhead all contribute to the cheery ambience.

A book on a stool bears the delusory title *Life is Never Ending*. The girl seems enviably content until



someone delivers a magic 45 that somehow enables her to move back and forth quickly in time, with tragic results. The grim reaper is sometimes nearer than we think.

In *Beast*, by Bossmann, Grabette, Hafa, Menigot, and Ottevaere, we see an imagined episode in the Mayan myth cycle. The "beast," who I'm guessing is Cizin, the Mayan god of death, licks the sacrificial victim, its saliva forming a golden nugget.

An observing conquistadore, a shining example of imperialism and greed, notes the nugget and plots to use his servant boy as bait to kill the beast, no doubt to profit by its magical power. As punishment for his heartless avarice, the gold seeker becomes transformed into the shiny but dead metal he worshipped.

*Cargo Cult* by Bastien Dubois is a profound little morality tale that I happened to have already reviewed, [here](#). 'Nuff said.

*Forever Mime*, directed by Michael Visser, has both love and death in its theme. Two mimes launch a hilarious competition, complete with "invisible" flowers, for the attention of a pretty girl. The girl reveals that she prefers ghosts (and real flowers).

In the delightful *Cosmic Love* a giant superstore lands on a desolate planet and some pink blobs of light come in to shop and to work a little mischief. One of them flirts with the cashier, who's immediately intrigued. She decides to go outside and slow jump around the planet's surface for a bit (by the size of her jumps it could be the moon).

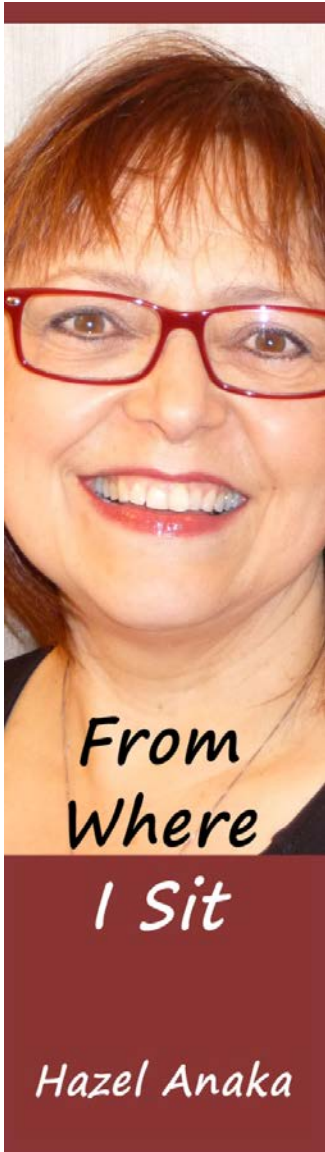
We see hilarious snippets of a guy in a suit who just sits in an office waiting for the money to reach him, disco dancing when it does.

The pink blob lover proves an ardent companion. It even expresses its love for the cashier by filling an empty space suit in an effort to resemble the kind of inamorata the girl needs. Aw.

*Eight Animazing Short Stories* manifests five of the Mindful Bard's [criteria](#) for films well worth seeing.

- It's authentic, original, and delightful.
- It provides respite from a sick and cruel world, a respite enabling me to renew myself for a return to mindful artistic endeavor.
- It inspires an awareness of the sanctity of creation.
- It displays an engagement with and compassionate response to suffering.
- 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.



## A Matter of Intention

If we are open to it, there are teachers and guides all around us as we journey through life. Their lives may be running parallel to ours with the occasional intersection. They may be in disguise as parents, children, sales clerks, colleagues, authors, spouses, even enemies. Perhaps especially enemies.

If we are aware (don't you hate that it always comes back to awareness?) they can measurably improve our experience, lessen our suffering, or add insight to our lives.

A few days ago I got one of those blanket email invitations to something. Unlike many of those *creatures* this email was something I was interested in: a production entitled "Strings...Through Struggles and Success." It was to feature a mandolin ensemble playing traditional Ukrainian music, plus choir performances, and a narrated slideshow.

Because I thought my mom and aunt would like to attend, I invited them. Because it was Sunday afternoon, starting the day by attending a Divine Liturgy seemed the right thing to do. Planning took on a life of its own but eventually we decided to attend All Saints Ukrainian Orthodox Church in St. Paul, partake in the meal and fellowship offered, and then enjoy the production all in the same complex. The priest, Reverend Peter Haugen, was wonderful. His sermon was delivered from his head and heart, without notes or patching together cribbed content from various sources. The choir augmented the experience. We were then treated to a delicious hot Ukrainian buffet accompanied by an eight-foot long table of desserts. And we hadn't even gotten to the main event yet!

I discovered I knew a few of the people who would be performing so had a chance to connect during the meal. The forty or fifty some performers came from Edmonton on a charter bus. With the driving taken care of, they had been free to visit or take

in the scenery.

That's when I learned that at least some of these city slickers had noticed what this farm kid quite often takes for granted: the beauty of our natural environment. Many would think that this is hardly the most attractive time of the year what with the colourful fall leaves gone. Through Natalia's observation I was nudged to remember what I love about the season. The stark artistry of bare branches against the blue-grey of our endless Alberta sky; the burnt sienna, gold, and ochre of the dried grasses; the purple, pink, orange, and red of an early sunset. Barreling down a highway they likely didn't see a coyote, moose, or deer in any field. Or have to brake, like I did, when a waddling porcupine struggled to escape my oncoming car one recent, dark night.

This unintentional reminder wasn't lost on me. When I decry the lack of services or amenities, this is the tradeoff. And a choice we continue to make year after year. It's good to remember that what we have (or lack) is largely a matter of intention, 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*

## **The Secrets that We Keep**

**Dear Barb:**

*I am in my early thirties and recently single. My wife and I were married 7 years before things just fell apart and we decided to go our own ways. We both had Herpes 2 therefore it wasn't a problem. Now that I am dating the situation has changed. I haven't been intimate with anyone yet, but I have been seeing someone for a month and we are getting close. I prefer not to tell her that I have herpes as I know how to protect myself. This is not the kind of information I want to share with a lot of people. Do I have an obligation to disclose this information if I am using protection? Thanks.*

*K in Halifax*

Dear K:

Yes, I think you do have an obligation to tell your partner about your STD's. You cannot be 100% positive that you will not transmit your Herpes to whomever you are intimately involved. If you are not comfortable disclosing this information to many people, perhaps you will have to limit your sexual partners to a select few with whom you feel comfortable and are prepared to share this information. It is your partner's decision whether or not they want to take a chance on contracting this disease. If the tables were turned wouldn't you want to know this information from a potential sexual partner? Thanks for writing in with this very personal topic.

**Dear Barb:**

*For the last few years my life has been chaotic as I became involved with an abusive boyfriend and eventually became pregnant. After much thought and some counseling I decided to give my son up for adoption. I did not share my pregnancy with my ex-boyfriend as we had already broken up when I found out I was pregnant. I have finally got my life on track and have registered in my first course at AU and am hoping to begin dating soon. I would prefer not to tell my potential partners about my son. My mother says I am being deceitful and that I have to share this information if I am going to have a healthy, honest relationship with someone. Do you agree? I really don't think partners have to share everything with each other!*

*Thanks, Carrie.*

Hi Carrie:

Partners don't need to share everything, but giving a child up for adoption is a pretty significant secret to keep. In addition, you are asking your mother plus other family members to also keep your secret, that's kind of risky, don't you think? You don't need to tell every person you date about your son, but when you are in a relationship that is serious and you are possibly planning a life together, this should be discussed. I agree with your mother: deceit and secrets are not conducive to a healthy, honest relationship between two people. Hope this helps.

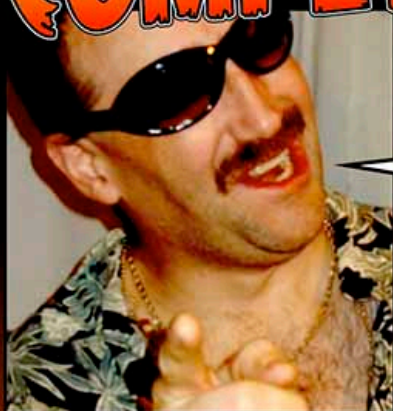
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## Comic

Wanda Waterman

# CHAZZ BRAVADO: COMPETITIVE SPIRIT



I've noticed that you feminists make a big noise about female solidarity, but you're the most cutthroat, competitive critturs on this planet, especially with each other! Sometimes you're downright mean and nasty!

But The Chazz Man is ever so cool with that! It means that somewhere there's always some poor little chicky-poo to cry on my shoulder. And my shoulder is ever at the ready.



I just wish that all this competitive spirit could be redirected. I find it bizarre, for example, that no feminists are competing for my attention!

But when you do decide to fight over me, might I remark that there's something about mud wrestling that just SCREAMS "liberated woman!"



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

- 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
- Dec 10: registration deadline for a Jan 1 start date
- Dec 10: AUSU council meeting

course, or just for fun. Also, Mapping Your Future helps you choose an occupation.

For links, see:

[http://counselling.athabascau.ca/assess\\_yourself.php](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
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- 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 are free for AU students! Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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