

THE VOICE

MAGAZINE

Vol 23 Issue 35 2015-08-28

Minds We Meet

Interviewing Students Like You!

Living My Learning

A Response to Course Exam: WGST 422

AUSU Votes

The Results Show

Plus:

*From Where I Sit
From the Inside
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

Minds We Meet: *Interviewing Kristin Jimmy* 4

Living my Learning: *A Response to Course Exam* 7

Articles

Editorial: *Student Election/Double Feature* 3

From the Inside: *A Candidate's Look at the Election* 9

Late Summer Lament 15

AUSU Votes: *The Results Show* 16

My Philosophy 20

Columns

Primal Numbers: *Fairy Dust and Facials* 7

In Conversation: *with Vinyette, Part II* 10

The Study Dude: *Becoming an Academic Writer, Part II* 12

Music Review: *Stephanie Bragazna* 17

The Travelling Student: *Parking's a Beach* 19

The Fit Student: *Practices for Being at Peace* 21

The Mindful Bard: *Anoushka Shankar* 23

From Where I Sit: *Tomorrow is Another Day* 25

Dear Barb: *The Crime of Divorce* 26

News and Events

Student Sizzle 18

AUSU Update 28

Comic

Weird Canada: *Stoning the Bears* 27

***The Voice
Magazine***

www.voicemagazine.org

500 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

800.788.9041 ext. 2905

Email
voice@voicemagazine.org

Publisher
AU Students' Union

Editor-In-Chief

Managing Editor
Karl Low

Regular Contributors
Hazel Anaka
Christina M. Frey
Barb Godin
Barbara Lehtiniemi
S.D. Livingston
Samantha Stevens
Wanda Waterman

Views and articles presented
here are those of the
contributors and do not
represent the views of AUSU
Student Council

The Voice is published
every Friday in HTML and
PDF format.

For weekly email
reminders as each issue is
posted, fill out the
subscription form [here](#).

The Voice does not share
its subscriber list with
anyone.

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**Student Election/Double Feature****Karl Low**

Each week, I like to feature at least one article that helps students get to know more about each other or the people who are educating them. After all, as a distance institution, forming a solid sense of community, and hence community pride, is difficult. To that end, this week we have our interview with student Kristin Jimmy from Nova Scotia, who is in the place so many of us want to get to, just graduating. Congratulations!

However, sometimes we get a story here at *The Voice Magazine* that grabs on to your brain and refuses to let go. When that happens, I'm fortunate enough that I can decide to have two Feature Articles. This is one of those weeks.

Last week, some of you may recall that Bethany Tynes' gave us a course exam of Women's and Gender Studies 422. Prompted by that, one former student felt compelled to write about her own experiences with the course, made especially relevant by how she was living in the situation at the time. I'm very proud to present the first part of her article as our second Feature Article this week. Proud and touched that she was willing to share her story with me, with us, her fellow AU students. Hopefully this will not only serve as

inspiration for each of us as we hit our own battles with our studies, but also as a source of pride when we realize that our school is one of the few ways that women can climb out of these types of situations.

We of course have the results of the recent AUSU by-election this week, with both a view from the inside, as candidate, now Councillor-elect, Philip Kirkbride, shares his story of what was involved becoming a candidate, and S.D. Livingston takes a look at the results based on the numbers.

In it, it's pointed out that the number of people who went to the site but then chose to abstain from voting seems extremely high. So high, in fact, that if it was done in error, up to five of the seats awarded could have been mistakes. I have heard that AUSU is also concerned about the high number of abstentions, and that there may be an appeal requested due to issues surrounding the abstentions. If there is, I'm not sure how the problem could be solved. However, if you're one of the students who chose abstain, I urge you to contact me at voice@voicemagazine.org, as I'd love to hear what made you decide to show AUSU that you did not want to choose any of the candidates on offer.

We also have the return of "From Where I Sit" this issue, as Hazel recovers from her Babas & Borscht festival, plus our usual selection of reviews, advice, and entertainment articles to keep you thinking and busy.

At any rate, enjoy the read!

A handwritten signature in cursive script, reading "Karl".

MINDS WE MEET



Kristin Jimmy is an AU student from Winnipeg, Manitoba. Originally from Nova Scotia, Kristin has just completed the final course for her Bachelor of General Studies degree from AU. Congrats, Kristin!

The Voice Magazine recently interviewed Kristin about school, horseback riding, and northern living.

Whereabouts do you live?

I live in Winnipeg, Manitoba. I'm originally from Nova Scotia, and I've also lived in Iqaluit, Nunavut, and in Kuujuaq, in Northern Quebec, as well as in Manitoba and Alberta.

You're on the verge of graduating. How do you feel?

So excited! It's been 11 years in the making. I'm looking forward to having time for hobbies; I like to do quilting and I also make moccasins.

Describe the path that led you to AU.

I started taking an Administrative Assistant program at college, but I found I wasn't able to afford the tuition and the time to study full-time at that time. Later on, I enrolled at Dalhousie University. When I moved to Iqaluit three years ago, I transferred to AU. I was able to transfer about two-thirds of my credits, which was great. Initially, I enrolled in the Bachelor of Management program at AU, but I transferred to BGS to maximize my transfer credits.

What happens after you finish your education?

I work in the insurance industry. I received my CAIB (Canadian Accredited Insurance Broker) designation this year and will be working toward my next designation, CIP.

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

Probably my brother. He worked full-time while studying at university. He got his masters while he was working and raising a family.

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

Beethoven. I really enjoy his music. I'd like to find out from him how he could produce so many creative works.

Describe your experience with online learning so far.

What I like is that I can go at my own pace. If I want to do school work at 2am I'm more than welcome. And I like that I can study anywhere—even in the Arctic. On the other hand, it is nice to be taught in a classroom

setting and to have interaction with other students and direct contact with your instructors—something you don't get online.

Have you had a time when you wavered about your education?

Many times! Especially toward the end. I was getting a little burned out and it seemed to be dragging on. But I'm glad I stuck with it.

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

My favourite course was *Introduction to Labour Studies*, LBST 200. That course really opened my eyes to a part of Canadian History that I had never encountered.

Describe the proudest moment (or greatest accomplishment) in your life.

It was when I arranged to go to the Arctic for work. I felt proud that I'd made a big decision to go on a big adventure. There were some scary moments, but it was a great experience.

Have you given up anything to go to AU? Was it worth it?

Horseback riding! It's an expensive hobby and I just couldn't afford that while I was doing my schooling. It's my favourite thing to do and I plan to get back into it now, once I calm down from graduating.

If you could wake up tomorrow with a "superpower", which one would it be?

I would want the power to end cruelty to animals.

If you were trapped on a tropical island, what 3 things would you bring?

Husband, dog, and chocolate.

Describe one thing that distinguishes you from most other people.

My desire to explore Canada. Many people want to go overseas and that's fine, but I'd like to conquer my own country first. I want to see everything, examine every hill and rock, and explore every corner of this country.

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

You really only live once, so you need to appreciate every moment. Just enjoy it. There's very little that's worth getting worked up about.

What do you think about e-texts?

Well, I like that I can take them anywhere, but I prefer regular texts. I just wish we had a the option to choose the format that suits us. When I was working in the Arctic, I might have chosen an e-text because everything has to be flown in and flown out. Any other time I would prefer a regular textbook.

How do you find communications with your course tutors?

They've been very pleasant and helpful. Very good at explaining things.

Where has life taken you so far?

I've been in every province of Canada from coast to coast, and one of the territories. Cape Breton, in Nova Scotia, is my favourite place. Outside of Canada, I lived in Germany for six months when I was a student, and I vacationed in Austria, the Netherlands, England, and Cuba.

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

I just finished the *Call the Midwife* series, by Jennifer Worth.

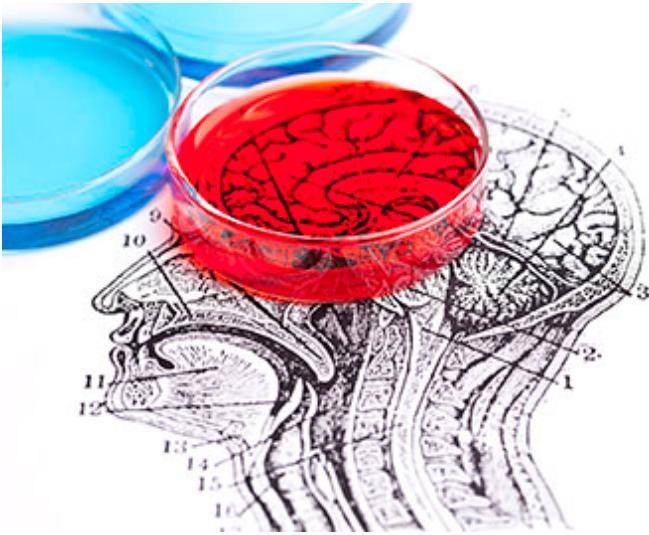
You've got a bit of summer left. Any plans?

I'd like to go to the local powwow, visit some farms, and go camping. We often go camping with our dog.

Primal Numbers

Fairy Dust and Facials

S.D. Livingston



Want to reduce your wrinkles and renew your cells? Get the shiniest, healthiest hair on the block? Countless skin care and cosmetics brands promise to do all that and more. They'll regenerate, prime, micro-sculpt, brighten, and lift, all with the aid of anti-oxidants and other wondrous ingredients. Trouble is, there's not much science to back those claims up—and lawmakers are starting to clamp down.

Humans have been trying to improve their appearance for eons, of course. The ancient Greeks and Egyptians made everything from hand cream to eyeliner, and even the staid Victorians used various pastes to smooth out

their complexions. The products have always promised great results—like this 1920s Maybelline [ad](#) that vowed "instant loveliness" and a "radiant transformation."

Today, consumers are more sophisticated when it comes to marketing, and cosmetics ads have turned to a sheen of science to convince us. Actors wear lab coats and glasses, and many commercials include animations of molecules and hair strands under microscopes.

But are those claims really backed up by science? No. At least not very many of them. As this *Time* [article](#) reports, "only 18% of all claims made in commercials for cosmetics are generally trustworthy," including scientific ones.

One of the biggest issues is that so many products now claim to "trigger some metabolic function," as the CBC [notes](#). If that moisturizer or foundation says that it can affect you at a cellular level, it should be classified, and regulated, as a drug.

The problem of promoting cosmetics with fake scientific claims is so big that regulators are now stepping in. In the first half of 2015 alone, the U.S. Food and Drug Administration sent seven letters "warning cosmetic companies to stop making claims that cosmetics are biologically active."

But why, you might wonder, would cosmetics companies deliberately mislead consumers with dubious science? The answer is no surprise when you look at the profits at stake. The global beauty business is worth some 382 billion dollars, and competition for sales and brand loyalty is fierce. If they can imply science-based results by using a model in a lab coat, you can bet that a lot of them are going to do it. Especially if the same thing is boosting sales for their competitors.

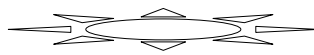
The funny thing, though, is that they don't really have to. Because the real science behind the cosmetics industry is amazing enough on its own. Cosmetic chemistry is a legitimate scientific field, with researchers holding degrees like biology, microbiology, and even physics.

They've made breakthroughs like safe foundations and concealers, developed to replace things like lead, arsenic, and mercury. They've tested and formulated shampoos and conditioners for dandruff or for babies' delicate skin. Then there are the efforts of cosmetic chemists to find alternatives to animal testing, all while creating better and safer products for human use.

But cell growth, rejuvenation, and wrinkle repair? Not unless that face cream is classified and sold as a drug.

So next time you're tempted by that shampoo commercial with the lab coats and microscopes, remember that beauty products really are only skin deep.

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.



Living My Learning

Cara Doane

A Response to Bethany Tynes' Course Exam of WGST 422



It's been nearly a decade since I took WGST (then WMST) 422, but the statistics and stories I learned have affected every day of my life since.

The part of the course that provoked the most immediate emotional response was the readings – which both the tutor and student interviewed in Tynes' article noted could be unsettling. One of the course texts, *Fleeing the House of Horrors: Women Who Have Left Abusive Partners*, by Aysan Se'ver, contains particularly graphic and disturbing descriptions of women's horrifying

experiences (to get an idea of the level of *Horrors*, check out the beginning of Se'ver's introduction on Google Books).

The stories included in this collection are heartbreaking and more than sufficient to reduce any compassionate human being to tears. At the same time, though, these stories made me feel lucky that things in my life weren't worse than they were. When I took WMST 422, you see, I was living in an abusive marriage. But as angry and controlling as Brent was, the physical abuse was not as frequent or severe as many of the women whose stories Se'ver collected. I never suffered any permanent injuries, and the majority of his violence was directed against property.

Brent was particularly hard on phones - I don't know how many phones we went through in the first year of our marriage, but they were often the first thing he'd grab when angry. Cordless handsets and cell phones were

frequently thrown at walls or the ground, and I remember one wall-mounted phone that Brent ripped out and stomped on, not only destroying the phone, but tearing out the drywall sinkers and phone jack.

Brent had agreed to allow me work on completing my university degree because he was unhappy with our financial situation. I had few qualifications, so his job paid much more than mine did, and he felt it was unfair that I should be contributing less to the household than he was. So he gave me permission to return to school, though he never had any interest in what my courses were, or how I was doing, only that they were completed as fast as possible, and that they didn't cost him anything.

Every month, my paycheck covered the rent and groceries, and I applied for bursaries wherever possible to cover the cost of my courses. Even though Brent worked full-time, he insisted that all of his earnings were going to pay down his credit card debts. He stayed out late most nights and blew up whenever I asked any questions about money, especially if they were related to how much he made or why we were always so short. He retained, as did the men in *the House of Horrors*, complete financial control over our household.

And as many of the women in *Fleeing the House of Horrors* noted, I also had little control over the nature or timing of sexual activity, or over methods of birth control. Brent believed that "natural timing" would effectively prevent pregnancy, and was morally opposed to both barrier and hormonal contraceptives. He pitched fits whenever I mentioned the possibility of pills, and threatened to kill me when I asked about his beliefs on tubal ligation. In spite of his belief in the power of "natural timing," he frequently ignored the dates scribbled on the calendar.

When I became pregnant, Brent began staying out even later than before. When he came home each night, sometime between two and five in the morning, he would begin shouting at me – asking why I was asleep, why I didn't wait for him to have my supper, why I was too lazy to do the dishes. The questions were not rhetorical. He expected an answer, and he expected me to immediately get out of bed and fix his problems. He also decided that he wouldn't eat food that had been cooled and re-heated, so he further expected that I would cook him a fresh new supper and stay up to eat it with him.

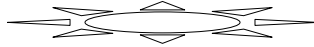
One of those times, when I got him some food and then tried to go back to bed to sleep, he was so furious at my refusal to eat with him (at three o'clock in the morning) that he hurled his dishes down the hall after me from the kitchen towards the bedroom doorway, complete with the supper still on them. The al dente spaghetti held some of the Corel shards onto the hallway walls, while the remainder of the noodles and broken plate chunks, coated in sauce, splattered the parquet floor. After weeks like this, eventually, I miscarried.

Later, after another miscarriage, Brent announced to my doctor that I would not be consenting to any more check-ups or a D&C (a procedure commonly required to clear tissues from the uterus after miscarriage). On our way out of the clinic, I briefly spoke to the receptionist to cancel my previously-booked pregnancy checkups, and Brent excused himself to use the washroom. My doctor immediately pulled me aside and told me that my pregnancy had been healthy, and should have been carried to term, but that he believed my living environment had placed my body under such significant stress that it would be unable to sustain pregnancy.

I felt broken by Brent's anger, and I felt broken by the loss of two pregnancies. But at the same time, I felt relieved that I was not bringing an innocent baby into the chaos of my life. And then I felt broken for feeling relieved.

That night, I tried to bury myself in schoolwork, at which I'd always excelled, to forget all my brokenness for a while. So I sat down at my desk and resumed my WMST 422 readings. And while the women's stories collected in Aysan Se'ver's *Fleeing the House of Horrors* were certainly enough to cause great emotional upheaval, the details of these personal anecdotes did not make a lasting impression on me. Perhaps surprisingly, what has stayed with me ever since were some of the statistics that I came across in my readings and research—statistics that helped change my life.

Check next week's issue of *The Voice* for Living my Learning – Part 2.



From The Inside

A Candidate's Look at the Election

Philip Kirkbride



With the AUSU election finished I'm looking forward to writing for *The Voice Magazine* again. I made the decision not to write during the campaign, lest I get an unfair advantage. With the election over a weight has been lifted and I can finally enjoy the pleasure of writing for *The Voice* again.

Given that the next AUSU general election will be held in seven months I wanted to describe the process in hopes that more of you will run in the next election. The recent election did have an all-time high with a voter turn-out of 1580, an order of magnitude higher than the

previous election, but that is still only 6.3% of eligible students. With six positions on council open we had a total of 12 candidates running, giving everyone a fair chance at being on council.

After ensuring you have the time to commit to council the first step in running for council is getting your name on the ballot. If you're a student in good standing the process is simple. Email the CRO, fill out a few forms, and attend an orientation (online or by phone). Optionally, you can prepare an election poster. It's not required, but the three most popular candidates provided one. Once the campaign starts, you are required to reconfirm, and near the deadline, AUSU will send a reminder if you hadn't already done so. Some candidates took that opportunity to step out of the election.

Many the elected councillors made use of the unofficial Athabasca Facebook page. While the format doesn't allow for an in-depth discussion of issues like the forums, it does have a membership of over 1800 people. That number includes some alumni, staff, graduate students, and possible future students, however.

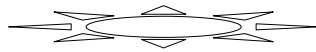
The AUSU forums seem to have been the central place for campaigning and for the most part the councillors elected were active there. Various issues including transparency, executive wages, and even *The Voice Magazine* were discussed. With current and potential councillors publishing the majority of the posts I

wondered at times how many students were reading. Unlike an in person event (or even Facebook with its system of liking posts) you don't see much feedback, which, at times, made me wonder.

In the end, voter turn-out proved otherwise. The forums turned out to be a great place to get information on potential councillors. With the possibility of a completely new website for AUSU it's unclear if the forums will be around for the next election. I have to admit I'd never used the forums up until this election but, without them, asking the candidate's questions would have been difficult. (There is also an [Ask AUSU](#) section where students can continue to ask questions)

With the election results being announced Thursday we have six new students joining council, each with varying views on issues discussed to this point. It's hard to say what the future holds for AUSU. As one of those new councillors I'm looking forward to serving students and advocating the positions I ran on. While I won't be publishing articles on AUSU myself I'm hoping the writers at *The Voice Magazine* will continue to do so. I have no doubt that articles published in this magazine have had an effect on the level of accountability at AUSU and hope they will continue to do so.

Philip Kirkbride is an AU Student with a penchant for travelling the globe while doing his AU courses.



In Conversation With Vinyette, Part II

Wanda Waterman



Vinyette is a rock quartet based in New York City, their music reminiscent of the grunge exuberance of the Red Hot Chili Peppers. Their recent single, "[Charlie](#)," is a hard-driving rock protest song about love—with an American-style gypsy—gone bad, a paean of praise to the charms of the lost love at the same time as it's an expression of grief and bitterness. Last year the band members quit their jobs for a four month tour that took them from California to Europe (they opened for Marky Ramone and Andrew W.K. in the Czech Republic). Recently, lead singer Nathan Frye and drummer Jonathan Crowley

took the time to answer Wanda Waterman's questions about their musical influences.

What influence has New York had on the development of your sound?

JONATHAN CROWLEY: Probably monumental. It makes things a bit more urgent. Every week seems like a month, in a good way. You can pack so much into one day. It goes by fast but you also catch yourself saying, "Wow, that was a week ago? Feels like months ago."

The best thing about New York is that you never know where the day is going to go. It's best to just have an open mind. I've been told the best thing about our music is you never know where it's going. It's full of surprises if you just walk through the right door.

What personal life circumstances lead to the writing of "Just to Get Away?"

NATHAN FRYE: The inspiration there is true to the band's actual experience. We all quit our day jobs to tour the nation and then Europe, both writing and performing our music. The song was inspired by all the struggle and strife that led to the decision to take such a big risk and follow our dreams as a band.

There's a wonderful retro quality to your music and also to the video for "Just to Get Away." When you look to the past for inspiration, what do you search for?

NATHAN FRYE: I think it's extremely important to study the past for historical truth. Humorous as well as critical looks at the development of our society and humanity are important to us. The playful side of our digestion of the past is definitely at work in the video for "Just to Get Away." Light and shadow are interacting.

Your songs project a degree of introspection. Is that deliberate?

NATHAN FRYE: Thank you, it is absolutely deliberate. I think we aim to be introspective in an open fashion, in hopes it will inspire introspection in others. It's a fine line as productive songwriters— introspection versus self-absorption. Self-awareness is a key factor in societies' growth, past or present, whether it be to a negative or positive effect.

If your band's life were a movie, what kinds of scenes would fill it?

NATHAN FRYE: Those "ah ha" moments, as we say. The reveal. Moments of harvest. Moments of either deep confusion or understanding. Somewhere in the place where Yin meets Yang.

What conditions do you require in your life in order to go on being creative?

NATHAN FRYE: I need to be really busy, to the point where I have to hustle to work with the band. I find it harder to focus on writing or musical inspiration when I have only the band to focus on. I need to be active physically and socially. I love to be studying all sorts of subjects from politics to lighting techniques for cameras; even just watching smart comedic or dramatic television and film. I eat up shows like *Weekend Update* with John Oliver, *Arrested Development* and *Twin Peaks*.

I find a lot of inspiration in music from our present and past as well. Lately I've been listening to Nirvana's *Bleach* on repeat, as well as *Run the Jewels 2*.

Last but not least, traveling, exploring, and absorbing new places and cultures are great inspiration. I like to collect stories to compare and contrast with my own personal experiences.

If you had an artistic mission statement, what would it be?

NATHAN FRYE: To be so open and honest in our humanity that our art will be dancing in the universe like the earth in our solar system.

Tell us about your current and upcoming projects.

NATHAN FRYE: We're pretty focused right now, writing tons of new music and coming up with some fun and unique ways to share it with people.

Wanda also writes the blog [The Mindful Bard](#): The Care and Feeding of the Creative Self.



Study Tips from a Semi-Anonymous Friend Exercises for Self-Editing and Writing Academically

There is nothing more that The Study Dude wants for you than to take make charts and graphs so that you can explain your thesis results with style and ease.

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 article is the second part of a read of Patricia Goodson's highly recommendable book *Becoming an Academic Writer: 50 Exercises for Paced, Productive, and Powerful Writing*. Goodson grooms you for many tasks, such

as self-editing, writing, and thesis drafting.

Create an Unforgettable Purpose Statement for Your Thesis

Previously, I wrote a thesis without a clear focus on the purpose of the draft. I examined Suncor's environmental positioning as a thesis topic, but didn't really zero in on what exactly I hoped to achieve. I learned, in hindsight, that entering a thesis with a clear, measurable, and concise focus can really set you up for success.

Yet, sometimes the thesis topic we consider remains so removed from our knowledge base and awareness that we can't foresee what might arise as a potential purpose statement. In such a case, drafting a purpose statement can prove challenging. Brainstorming a purpose statement, in spite of our lack of knowledge, proves vital for optimizing not only your research data, but your focus.

Patricia Goodson presents some excellent advice for coming up with an effective purpose statement to guide your thesis writing:

- Try to view your purpose statement for your paper as a type of cliff-hanger that makes your readership hunger to read every word.
- Set your timer for ten minutes and write voraciously about what you think the paper is about. Don't hesitate to put down your thoughts.
- Your purpose statement should either respond to a question you assert, compare and contrast research in a way the enables you to assert an improved solution, or assess findings in a novel way.
- Write your purpose statement with action verbs (active and not passive verbs).
- A lot of journals will shrug off your submission unless you introduce your purpose statement overtly: "The purpose of this paper is..." (p. 143).
- As a way to make your purpose statement clear, try drafting it as a question. The question will aid in focus and help keep you on track with data collection.
- For ten minutes, time yourself and write as many different questions as you can possibly think of that capture your paper's purpose. Keep this up for a week, tweaking what you wrote previously and coming up with new ideas. Your purpose statement will come alive before your eyes.

Draft Results with the Aid of Visuals

I worked in market research for a while, creating many charts in PowerPoint. In PowerPoint, I would tweak the colors of each bar in the bar charts, brighten up the labels with manually entered ones, and alter the legends to look beautiful. The SPSS statistical data gave rise to all kinds of fascinating information: I aimed to make that information visually stunning. The more beautiful I could make the data, the harder and more passionately I worked on the presentations. It was a win-win cycle.

Adobe Kuler's online color program helped me find the right color combinations. Yet, I only stumbled on Adobe Kuler after my contract with the market research company came to an end and the company underwent a corporate merger. Since then, Adobe Kuler has become my mainstay for color direction. In Adobe Kuler, you can even upload a photo and extract key colors from the photo. Such photo color matching comes in handy if you care about making your Website or PowerPoint visuals match your logo colors, for instance. Just now, I did a search for Adobe Kuler, and instead Adobe Color CC came up. Adobe Color CC looks just like Adobe Kuler, arguably appearing even more intuitive and straightforward than the Kuler program.

In my university thesis, I made a beautiful diagram in my results section that explained the many different interpretations of the word "sustainable", from economic to social to environmental, and the diagram itself upped the value of my final work. Visuals can put your design over the edge in edginess. Don't underestimate the value of visuals not only for corporate presentations, but also thesis drafting.

Patricia Goodson provides reams of advice for making stellar results sections through the use of visuals:

- Take your data and turn each grouping of data into a visual, whether the visual be "charts, tables, figures, drawing, diagrams, or photographs" (p. 174).
- Select your very best data results or the simplest to comprehend and display them in one of the above visual approaches.
- Ask others for feedback on what you create.
- Implement suggestions from feedback as you see most appropriate and beneficial to your research purpose.
- Then, with visuals in hand, write text to relate to what the visuals convey.
- Have fun!
- In 15 minute increments, write down all of your thoughts and questions concerning each visual you created. Ensure you link each brain dump you make (yes, they call them that in the book) with your research question or hypothesis.
- Use copious subheadings for each piece of chart data you analyze.
- Don't use subjective language, use descriptive language that is void of personal bias or positive or negative connotations.
- Take all of your lesser valued data groups, and bullet point them all. That way, they don't take up a lot of valuable space, yet you get to address each one in the context of your paper to show off how much you know.

Make Your Conclusion End with a Bang!

Doesn't it seem confusing that a results section and a discussion or conclusion section would both appear in the same paper? Doesn't one seem to duplicate the other? If I lay out all of my results, what is left to say about the project in the discussion section? Those questions stymied me in my thesis writing process.

I didn't want to make a recap of the results data in the conclusion section. It bored me to no end to write a recap of the data without adding anything new, but conclusions tend to shut down the transfer of any new information. Or, at least, so I thought.

Even in your essays, how can you possibly make anything exciting happen in the conclusion when you only recap what you already stated? Yawn.

Well, Patricia Goodson has ample advice on how to conclude your essays and theses with a bang:

- Look back at your brain dump for your results section (see above), and examine all of the questions you posed. These questions and the resulting answer make for prime fodder for your conclusion or discussion section. Make a list of these questions, whether or not you have answers for them. Write them all down.
- Try to figure out what other questions the audience might pose. Write these down as well.
- Come up with answers for the questions that are most intimately tied to your research question.
- After you do all this, link your results to other research by making a table. List your findings in the first column. In the next column write down citations of research that addresses the problem. In the next column write down bullets of how the research confirms or disconfirms your own findings.
- Add another column which discusses theory that pertains to your findings in any way. Add yet another column to say how the theory confirms (connects with) or disconfirms (disconnects from) your findings.
- Add three columns to your table and list them "So what... for practice?", "So what... for future research?", and "So what... for theory?" (p. 193) Then dump all of your thoughts onto paper for ten minute sessions.
- Now focus on limitations by doing a brain dump of all the problems you experienced when drafting your paper. Make a separate table (otherwise known as a matrix) with column one dealing with problems and limitations experienced, column two asking for a yes or no as to whether your problems impacted the results, column three answering how you solved the problem (only if the problem impacted the results), and column four probing for related strengths in spite of the problem. Finding the strengths helps you so that you don't end your paper with a dump of negativity. The reader might read nothing more and nothing less than your conclusion, so you want to make it count.

This will give you absolutely everything you need to write your stunning conclusion to your thesis. 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

Goodson, Patricia. (2013). *Becoming an Academic Writer: 50 Exercises for Paced, Productive, and Powerful Writing*. Thousand Oak, CA: SAGE.

Late Summer Lament

Barbara Lehtiniemi



There's a certain point in summer when the days fall away quickly, like the last desperate sands draining out of an hourglass.

In early August, the summer—according to the calendar—is barely half over. Yet, just like reaching the halfway point of a one-week holiday, I begin to anticipate the end long before it arrives. Autumn may not begin, officially, until late September, but Labour Day weekend remains for me the psychological transition from summer fun to school toil.

Summer's wane demands to be noticed.

Evenings become cooler and shorter, while mornings become foggier. Tawny browns of early autumn make inroads across the green summer landscape. The afternoon air acquires the faint spice of aging vegetation, and the evening air swells with the symphony of crickets. And, in my rural area, the beginning of the harvest means the steady hum of tractors, as well as the more sinister hum of dislocated insects looking for a winter home.

If I can disregard the relentless approach of winter, I can enjoy this time of year. The weather reaches a perfected state of pleasantness without the insane heat and humidity of July. The early summer plagues of black flies and mosquitoes have disappeared. Most of the outdoor chores have settled into a routine of manageable maintenance.

Yet there's something about waning summer days that makes me want to rewind the clock a bit. I want to go back to those sultry July days when summer still stretched out before me—before that dramatic flip of the calendar page to August. I want the days to feel like they'll last forever, with no sign of September on the horizon. I want more time.

I want more time to savour early sunrises and lingering summer sunsets. More time to explore country roads, to happen upon antique markets and produce stands. More afternoons spent in a shady spot with a stack of books. I want more time for life.

Time accelerates in August, highlighting the things not yet done. I've yet to put air in my bicycle's tires, which means I've yet to take the first bike ride of the season. I've yet to walk barefoot across scorching sand to feel cool water lapping at my feet. I've yet to enjoy an outdoor music performance in a leafy park.

In these last days of August, I feel a sense of urgency. If I want to begin fall studies without glancing backwards in regret, I'll need to cram each remaining hour with summer things. There simply must be time for one more book, one more frosty beer, one more lazy afternoon laughing with friends. Before I immerse myself in disciplined studies, there must be time for one more hike, one more country drive, one more dip in a lake.

Late summer reminds me that time is relentless and finite. Each moment remaining is an opportunity not to be squandered. It's not just summer that's slipping away.

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

AUSU Votes The Results Show

S.D. Livingston



Here's the good news about AUSU's recent by-election: the results are in, and the new councillors were chosen by a record turnout of more than 1,500 voters. The strange news? The ballot choice that resonated with the highest percentage of voters was ... no one.

Before we take a look at the numbers, let's send a huge round of thanks to everyone who ran in the election. Just as important are the 1,580 AU students who took the time to get involved, read about their candidates, and logged in to vote. Those numbers are a big increase over the usual 1 per cent of students who cast votes to choose their council. This by-election saw more than 6 per cent of eligible AUSU members participate—a big improvement.

So who did AU students choose as their six new councillors? You can read the complete, certified election [results](#) online, but here are the successful candidates with the number of votes they each received. Congratulations to Colleen Doucette (722), Tamra Ross (630), Brandon Simmons (553), Philip Kirkbride (489), Laura Zhu (476), and Pierre Plamondon (468).

But what, you might ask, was the ballot option that received the highest percentage of voters—a remarkable 16.1 per cent? It was the choice to abstain. To cast a vote for no one on the ballot at all.

That might not seem like an especially high number of abstentions. After all, it only represents 255 actual voters, but that's approaching one in five—students who took the time to go to the website, log in, and then cast a vote for no one.

Why is that number so high?

It's impossible to know without asking them, but one possibility is that students wanted to express a low level of confidence in their current union and its leadership. The past few months have seen questions arise over executive pay raises, broken bylaws, a request for a forensic audit, and even a vote at the AGM to have the executive members step down (which they refused to do).

Another possibility is that students who voted to abstain were confused by the ballot. Voters could choose up to six candidates but could also choose as few as one or two. They might have thought they had to choose the Abstain button if they hadn't selected the full six names. However, the confirmation page would have alerted them to the fact that they hadn't chosen anyone, so that reduces the likelihood that all 255 abstainers (or even a majority of them) were confused.

Whatever the reason, it might be worth setting up a poll on the AUSU homepage to find out. Especially with a full AUSU election coming up just a few months from now.

Overall, though, the by-election numbers really are good news. High voter turnout means students are engaged. A newly replenished council, with all seats filled, brings fresh ideas, greater oversight, and more voices working on behalf of students. For council and students alike, that can only be a win-win situation.

So thanks to everyone who voted, and a warm welcome to all the new AUSU councillors!

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.



Music Review

Stephanie Braganza

Samantha Stevens



Artist: Stephanie Braganza

Single: "When We Last Kissed" feat. Drega

The thing I love most about songs included in the Electronic Dance Music, Pop, and R&B genres are that they are often incredibly catchy, energizing, and uplifting. Stephanie Braganza's latest single "When We Last Kissed" featuring Drega is all of these, and includes such intoxicating female vocals that you will find yourself carried away with each exhilarating beat.

Stephanie began singing and performing for audiences at a young age. After years of hard work and dedication, she earned a scholarship for the vocal program at Humber College. Since her graduation, Stephanie has been busy sharing her music with the world. Having released her first international single "2 Good 2 Be", Stephanie has also performed with rap artists Belly and

Ginuwine at the Muchmusic Video Awards, received the Toronto Independent Music Award for Best Live Artist, and, in 2014, she performed at a private event at the Art Gallery of Ontario for former US President George W. Bush. In addition to all of these amazing accomplishments, Stephanie has also been the featured performer at many music festivals and venues around Ontario.

"When We Last Kissed" feat. Drega is Stephanie's second single. Perhaps one of the biggest down sides to it is that the song is similar to many other dance and electronic songs that are on the radio at the moment. That being said, if you enjoy dance, electronic, or pop music then you will really enjoy this song.

However, unlike many pop and dance songs that overdo repetitive lyrics and the chorus, "When We Last Kissed" feat. Drega uses a variety of lyrics, from both Stephanie's and Drega's point of view, which helps carry the song along and keeps it interesting. As well, the difference between voices, Drega's harshness to Stephanie's sultriness, is a fantastic dynamic that adds another dimension to the song. It feels like Drega's voice is very earthy and mortal, whereas Stephanie's is ethereal and angelic. Also, since they never try to sing over one another, the song feels more like a conversation or an attempt for two people to reach an understanding in their relationship with one another.

There are a few other interesting elements in the song that I really enjoyed. The main beat of the song follows Stephanie's vocals, and, when the time comes for Drega's solo, the music changes drastically to emphasize his lyrics. The increase in pace during this time makes it feel like the song is leading to its climax. The artist also took care to draw back on the electronic effects when the song moves from one part to another. This helps add diversity to the song, and prevents the beat from becoming more of a drone, thus often boring the listener.

There is also a video for "When We Last Kissed" feat. Drega, which has reached over 150,000 views. The video is a brief trip into madness with awesome costume and set designs, and allusions to "Alice in Wonderland". The fantastical video does not seem to match the song at all, but opens up another avenue for interpreting the song.

If you are interested in checking out Stephanie and her music, "When We Last Kissed" feat. Drega can be found on iTunes along with her other releases. As well, if you find yourself in Toronto next month, Stephanie will be playing September 12 at the Veg Food Fest at Harbourfront Centre.

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

Student Sizzle AU's Hot Social Media Topics

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



AUSU Student Forums

In the General Course Discussions forum, Colleen is looking to connect with other Nova Scotia students. In the Business and Administration forum, "jstudent" seeks a study buddy for ORGB 364. And in the State and Legal Studies forum, Anthony appeals for help in deciding whether to pursue or ditch CRJS 360 this September.

AthaU Facebook Group

Riffat is considering a degree program at AU and seeks input from current students. Shari's excited to receive a box of AU course materials after a two-year hiatus from school. Shoba seeks some input on ANTH 354. Other posts include canceling an exam, calculating a final grade, and courses ACCT 355, EDUC 310, MATH 215, and SOCI 301.

Twitter

@AthabascaU tweets: "Scholarships! Deadlines! Scholarship deadlines are fast approaching for these AU scholarships and bursaries <http://ow.ly/RjtLV>." @AthabascaUSU (AUSU) tweets: "Have you ordered Smart Draw yet? AUSU provides this software FREE to members! <http://ow.ly/R3wnD> #AthaU."

The Travelling Student

Parking's a Beach

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 the story of how Athabasca University has allowed me to create my own study abroad program. In the last issue we stopped in Coffs Harbour, visited the city's "Big Banana," and headed to a nearby beach to re-charge on our tour up the east coast of Australia.

The swim was a great escape from our time on the Pacific Highway. It was also an escape from the short deadline we had to make our way north to Cairns with the rented RV. Despite the complications of the trip it was just another sunny day at the beach once the sand was beneath our feet. My AU deadlines and

the hundreds of pages of readings seemed to melt out of my consciousness under the summer sun. As usual Dylan snapped some shots of the beach before joining me in the water.

A bit further down the beach surfers gathered to take their turns hitting the waves. Like many of our stops, this beach was a popular surf spot. After about a half hour of swimming we showered down and made a few peanut butter sandwiches for the road. It would be a short day on the road. Dylan had his heart set on stopping in Byron Bay. Our total time on the road that day would be about four and a half hours meaning we'd have to drive eleven hours the next day.

Initially I insisted we stick to the schedule, but Dylan was convincing. Byron Bay is apparently a must see stop. After the uneventful three hour drive we arrived in Byron Bay to find that we weren't the only ones who thought it was a must see stop. The small town of 5000 was crawling with young Australians and tourists from across the country and world. It was the beginning of summer (December in Oz) and the positive mood was contagious.

The only downside of being in Byron Bay during the start of summer was the parking situation. We'd managed to avoid any paid parks or hotels so far, but doing so in Byron Bay would be difficult. Not only was parking sparse along the beach and bar area but there was also an increased police presence—who'd likely tell us to move along if we parked in a public spot.

We stopped on a bridge with a beautiful view of Byron Bay's beach. While we'd already stopped at a few nice spots over the course of our trip, nothing compared to Byron Bay. It's as if the bay was specifically crafted as a picturesque spot for postcard photos. As I looked down on the bay a kite-surfer criss-crossed along the water below. Essentially surfing with a large parachute-like kite that propels the surfer—at times lifting them meters above the water.

While I watched the surf, Dylan made a phone call to his Dad asking about setting up camp on a family friend's beach-side property for the night. We sat along the bridge watching the waves and hoping we'd hear back soon.

My Philosophy

Deanna Roney



Sometimes it is a simple conversation that reminds us why we started this journey. A conversation about nothing regarding to studying, yet it can serve as a much needed reminder.

The other day I was chatting with my cousin about weekend plans and she casually mentioned not being able to find a book covering specific subject matter. I told her my philosophy is to write what you want to read (maybe she should write a book on it). Sometimes there is no book, or article, that says what you need to hear; this philosophy is what got me writing for *The Voice Magazine* in the beginning. I was struggling with certain

aspects of distance education but finding articles sharing the experience were limited, and none touched on the struggles I was having. But, sometimes a person can get stuck in a rut, even when doing something we love, we lose sight of why we started. We may not even be conscious of this happening, until one day you have a simple conversation.

While this undoubtedly happens to me with writing, it also translates to schoolwork: we get tunnel vision. We are too busy focusing on the task at hand that we lose sight of the big picture. I don't want to just pump out courses, or articles, I want to say something important, something worth writing; and I want to get as much information as possible from a course. If I have an opportunity to write an essay on a topic I am interested in I want to take that opportunity and really enjoy the process, not just get through it.

While not all essays will be on topics we are really interested in, most courses have enough leeway that you can make the essay into something you will enjoy. If it is a topic that is unknown then it is an opportunity to learn a topic that may become a new interest; or perhaps prove to yourself that it is not a topic that will ever interest you.

Write what you want to read, and study what you want to study. I must remind myself why I am doing this. It is too easy to get tunnel vision and forget the larger picture, the dream we are all working towards. I am often asked why I am pursuing this degree, when there is no guarantee of work, and my only answer is because it is something I am passionate about—something I love—and when I am done I will find a way to utilise it. I would rather struggle doing something I love than struggle through a topic I hate, only to get a job I hate.

Deanna Roney is an AU student who loves adventure in life and literature

The Fit Student

Marie Well

Practices for Coming to Peace with Yourself, Part I



Most everyone wants to feel calm, purpose-driven, and peaceful under any circumstance. While not always achievable, you can change your brain to accept more frequent bouts of calmness. You can retrain your mind to calm down during life's pressures. You can retrain your mind to show patience at any sign of tension. You can even retrain your mind to say yes and accept any reward or hardship under the sun with peace of mind. What kind of stimulus do you need to feed your brain in order to get such treasured results?

In his book *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*, Rick Hanson outlines oodles of strategies for getting your brain into a calm and detached state under any circumstance.

Be Open to all the Goodness in Life

Goodness abounds in every corner of the world. Within your own being, goodness resides like a flower, unassuming, enjoyable, beautiful. So much of the beauty of life we take for granted. Every minute of the day

surrounds us with goodness. Enjoy it.

In my daily travels, I experience such kindness from service people, from my partner, from people in passing. Sometimes smiling at another invites a smile in return, causing my heart to flutter with the joyful feeling of humanity. All major religions talk about the value of loving others and demonstrating goodness. Goodness abounds everywhere and in every moment.

Rick Hanson outlines how you can open yourself wide to life's endless supply of goodness: pay attention to when someone compliments you, to when someone speaks in a kindly voice to you, to when you accomplish a task. These things need to be cherished and dwelled upon. Dwell upon the feeling you get from a positive interaction or event. Feel the positive feeling sear throughout your physical being.

Treat Yourself with Compassion

I am sometimes hard on myself when it comes to goal achievement. I have this continual need to be productive, and the minute the productivity goes to the wayside, I succumb to less positive self-talk. Positive self-talk promises so much, however. The Navy Seals use a four-point model that consists of setting goals, mental rehearsal, arousal control, and positive self-talk. Such positive communications to yourself remains an essential component for anyone wanting to fulfill their goals, live their dreams, and overcome adversity.

How do you treat yourself compassionately? Listen to the advice of Rick Hanson: Grow aware of your problems in life. Then, imagine someone who loves you, whether it be a person, pet, or God: anyone. Imagine in great detail that person's compassion toward you, including hand gestures, expressions, words. Next, bear in mind

someone you feel compassionate toward and send loving energy that person's way. After that, send that same loving energy to yourself. Feel the warmth of love you would offer others envelop yourself.

Embrace Your Positive Qualities

I bought a positive emotion thesaurus, which helped me to discover my most fundamental positive characteristics: namely, I am affectionate, loyal, and generous. When I read the characteristics of an affectionate person, I could hardly believe how every point mentioned resonated. For instance, I often rub my partner's back. I say lots of "I love you's" and like to give many hugs. Also, I took up many of my partner's hobbies so that we could spend additional time together. I even buy him frequent treats as tokens of my love. Everything about an affectionate person listed in the thesaurus, I demonstrate.

In that positive personality thesaurus, I saw other beautiful qualities that described people whom I love. The characteristic of "empathy" scored high for one person I adore, and the quality of "enthusiasm" scored high for another. Seeing certain people explained to a tee in the matter of four pages tickled me, and I devoured the book.

Expressing the value of reflecting on your positive qualities, Rick Hanson provides timeless advice to help you maintain self-esteem and a positive life's outlook. Listen to the compliments others give you and pay attention to your acknowledgement of your own positive traits. Don't worry if sometimes you don't meet the standard of a specific positive quality. We human beings tend to error. Instead, turn other people's compliments about you into your own self-identity. Recall and acknowledge any and all examples of your positive qualities as they arise. You deserve to be recognized for all of your amazing qualities.

Show Yourself Forgiveness

In my Bible, I read that everyone has unwanted secrets they suppress about themselves. According to it, in a fallen world, humankind stands prone to sin. No-one can escape it, but everyone can find within the future better behaviours, better outcomes, and spiritual guidance. When we delve into spiritual wisdom, our hearts grow wiser and our decisions, smarter.

If we forgave ourselves for all our past transgressions, the world would ripen for our new start. We can't change the past, but we can always make the future a spiritual, becoming place. I read in a statistical survey that as we age, we grow happier. Aging, therefore, comes with greater joy for most, and fundamental to that happiness we experience is forgiveness.

Helping you forgive yourself for past transgressions, Rick Hanson provides the following sentiments: Imagine those people, pets, or religions that showed you protection in the past, and make them your protectors today. Imagine these protectors listing out all of your positive traits. Pay attention to the negative qualities or events of your life as well. Separate these negatives into three groups: 1) morality issues, 2) unskilled events, 3) anything else. Separate those events you are responsible for from those you are not responsible for. Make amends with yourself by focusing on how you repaired past tragedies or hardship and how you learned from them. "Ask the inner protector to forgive you, or others out in the world, such as the person you wronged" (p. 41). You do no one, including yourself, good by being hard on yourself. Forgive yourself. Move on. Tomorrow is a new day for you to shine with your true inner beauty.

The Mindful Bard

Anoushka Shankar

Wanda Waterman



Vehicles by Which the Essence Can Be Perceived

Artist: Anoushka Shankar

Album: [Home](#)

"To us, music can be a spiritual discipline on the path to self-realisation, for we follow the traditional teaching that sound is God—Nada Brahma: By this process individual consciousness can be elevated to a realm of awareness where the revelation of the true meaning of the universe—its eternal and unchanging essence—can be joyfully experienced. Our ragas are the vehicles by which this essence can be perceived."

- Ravi Shankar

"I think sometimes when you speak about something like 'Indian classical music' and 'ragas' . . . it can be

quite intimidating, in the same way that I have sometimes found opera and Wagner intimidating . . . So I'm quite keen to just say, 'You know, just listen.' If one's curious and wants to know more, one can, but in the beginning you can also just listen."

- Anoushka Shankar

Indian ragas always bring to mind the time when my best friend and roommate took me to a Hindu temple in Halifax on Krishna's birthday. The congregation sat on the floor for more than an hour and sang hymns, lead by a *pandit*. The singing and clapping slowly rose in intensity until girls began handing out handfuls of flower petals for us to throw at the statue of Krishna.

The long, slow rise in intensity of feeling, culminating in an explosion of flowers is exactly how I think of Indian classical music even today. A far cry from western trio sonata form, it's a delightfully novel experience for the Western ear.

Home consists of two ragas composed and performed live by sitar player Anoushka Shankar. The first raga is called "Guru" and the second, "Celebration" "Guru" is an improvisation on "Raga Jogeshwari," a work by Anoushka's father, the iconic Ravi Shankar who collaborated with Beatle George Harrison, among many other notables, and brought classical Indian music to the world's attention.

This album is aptly named *Home*; in it, the globe-trotting, Grammy-winning Anoushka—whose colossal achievements as a composer and performer have included dabbling in jazz, flamenco, electronica, and other world music—returns to the classical Indian tradition taught her by her father.

In case you haven't yet been introduced to this genre, and at the risk of minimising the mystery and wonder of classical Indian ragas (which you can really only appreciate through listening), let me just say a few things: First, Raga

students learn not by notation, but by being shown by a master, second, the music is improvised on a melody, third, ragas have their own scale, including microtones and a special way of ascending and descending, and fourth although the music is somewhat modal, it's not comprised of a repetition of modes (short tunes) as found in Middle Eastern music, but rather consists of series of notes that undergo minor changes as the music progresses.

"Guru" begins with the *Alaap* movement, in which tender tones swirl slowly from the silence in an elegant vortex punctuated with short series of notes so expressive they almost speak, evoking sweetness, purity, and goodness as well as an occasional sense of the ominous. This goes on for eleven minutes, which is actually a much more uplifting experience than it sounds.

In the second and third parts, (*Jod* and *Jhala*) the rhythm picks up and the music rises in intensity. In the fourth (*Gat*) movement the tabla joins and creates a release of tension even as the rhythm speeds up and the music becomes more lively and intense. It's here that you find the "explosion of flowers."

The compassionate nature of this music takes on a special meaning when we learn of Anoushka's involvement in the One Billion Rising campaign (to highlight violence against women). In her video message, dedicated to Jyoti Singh, the Indian student who was gang-raped by six men on a Delhi bus, Anoushka revealed that as a child she'd been sexually abused by a friend of the family. When you know this and listen to her playing, you don't need any more proof that music can be not only a heartfelt response to suffering, it can also be a source of healing.

But healing requires patience.

Anoushka Shankar said it best in an [interview with NPR](#): "This music is a slow burn, you know? If someone's used to the average two-and-a-half-minute song on the radio, it can be hard to understand what's going on, because at two and a half minutes we're still just playing the first notes and establishing things. Give it the time to open up and play, and then it sort of seeps under your skin, and it has a very profound impact as a result."

I'm happy to hear that there's now a "Slow Listening" movement following in the footsteps of the equally meritorious "Slow Food" movement. This album should be on the movement's desert island list. Besides that, it's just the thing to help mindful bards feel calmed, centred, connected, conscious, and creative.

Home manifests seven of The Mindful Bard's [criteria](#) for music well worth a listen.

- It's authentic, original, and delightful.
- It harmoniously unites art with social action, saving me from both seclusion in an ivory tower and slavery to someone else's political agenda.
- It provides respite from a 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 renews my enthusiasm for positive social action.
- It makes me appreciate that life is a complex and rare phenomena, making living a unique opportunity.

Many thanks to the research assistance of Bill Waterman.

Wanda also writes the blog [The Mindful Bard](#): *The Care and Feeding of the Creative Self*.



Tomorrow is Another Day

As I write this on Monday, August 24th, I'm still vertical. "So what's the big deal," you may be wondering. The deal is that I've survived the coordination of another successful Babas & Borshch Ukrainian Festival. And while I always try to learn from the failures and successes of others, the lesson I'm still learning is that it is humanly impossible to anticipate or prevent something from going wrong.

The best we can hope for is that the 'something' is small. A scraped knee versus a broken neck. Mid-twenty on the thermometer versus a torrential downpour. A volunteer not showing up for duty versus *everybody* starting to screen my calls.

But like most things in life, there is no clear black and white demarcation between success and failure, only shades of grey scattered on a continuum. This year, having all the food concession operators show up was a win. *However*, we still didn't have enough capacity, with three vendors, to keep the lines of hungry visitors served quickly and efficiently. This year, none of our signs were stolen. *However*, that may be because a volunteer took them down Saturday night and rehung them Sunday morning. This year, we had new people step up as volunteers. *However*, I could have done a better job of scheduling them. After three years, we are seeing patterns that should guide that process next year.

So, despite the *however*s, there are many successes to celebrate. It always boils down to the people—those who shock and awe us with their capacity to step up and work tirelessly precisely when that help is most needed, those who understand that none of us are indispensable, that this is no place for ego, and that the success and growth of the festival is what matters.

It's truly inspirational to see people sing, dance, paint, take photographs, and do other creative pursuits strictly out of passion and commitment to a cause. I loved the *kolomyika* (a sort of dance in the round) the Ukrainian Shumka Dancers did in street clothes and bare feet a few hours after their contracted performance. They

welcomed and involved two young kids in the crowd who clearly aspire to dance professionally someday. Talk about making dreams come true.

It was wonderful to see people of all ages, from *babas* and *didos* to toddlers and teens finding something to enthrall them. It was great to learn some people have attended each and every year. It was gratifying that others appreciated the 'over and above' efforts I make to answer emails and calls promptly or answer the same questions a million times or help walk seniors through the quagmire of email transfers and PayPal purchases.

But, because of the way I'm wired, I need to force myself to see the wins rather than just ways to keep improving the festival experience. Now, if you don't mind, I'd like to lie down. Because tomorrow is another day, 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 Crime of Divorce

Dear Barb:

I have a very dysfunctional family and it has been that way as far back as I can remember. My parents divorced when the kids were all quite young. It was a difficult divorce. My parents do not speak to each other and the extended families have chosen sides, therefore I really don't know any of my dad's family. The dissention has filtered into the relationships amongst the siblings as well. I really want my family to stop the fighting and get along. I don't know if I should try to make things better or just let things be and accept that this is how my family is ? Confused Carrie.

Hey Carrie:

It's never a bad thing to try to heal a family, but you will have to accept that there is only so much you can do; the rest is beyond your control. Perhaps arranging a family gathering at a nearby park would be a good start. Invite everyone. Ignore the comments from family member who say they are not coming if so and so is coming. Invite everyone. Suggest each person bring their favorite dish and then just see what happens. You may be surprised at the outcome, sometimes all is required is one person to take the initiative. Best of Luck Carrie.

Dear Barb:

My older brother was recently sent to prison. I know he deserved it, but at times I feel guilty. At times when I'm out living my life and having fun, I feel very sad that he is stuck in prison. I try to see him as much as I can, but it is a long way to travel. My parents are sad all the time and feel that it was something they did that caused him to get in trouble. I wish I could help them to feel better, but I don't know if there is anything I can do. Even his girlfriend calls me up crying and I don't know what to say to her. Do you have any advice for someone in my position? Thanks Travis.

Hi Travis:

Thanks for writing. We all make mistakes in life and we ultimately have to pay the consequences for those mistakes. I don't know what your brother did, but it was serious enough to land him in prison. When someone in the family goes to prison it impacts the entire family, as evident in your family. Parents often question what they may have done to cause the situation and siblings often feel guilty as you do. I could say you and your parents have no reason to feel guilty but those are just words. My suggestion would be to make an appointment with your family doctor and he/she can recommend a support group for families who have loved ones in prison. As well there is an online support group: <http://www.dailystrength.org/c/Families-of-Prisoners/support-group>. I believe with some support you and your family should be able to get through this difficult time. Take care.

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.

WEIRD CANADA: THE STONING OF THE BEARS

IN 2010 IN BRITISH COLUMBIA POLICE DISCOVERED A LARGE MARIJUANA GROWING OPERATION PRESIDED OVER BY MORE THAN 24 TAME BEARS. GROWER ALLEN PICHE HAD BEEN FEEDING WILD BEARS FOR SO LONG THAT THE BEARS SIMPLY SAUNTERED ONTO THE PROPERTY WHEN THEY WANTED A MEAL. THE BEARS' MELLOW DEMEANOR RAISED CURIOSITY CONCERNING WHAT THE GROWER HAD BEEN MIXING IN THEIR FOOD.

SINCE WE'VE BEEN HANGING OUT AT PICHE'S FARM, I JUST CAN'T GET ENOUGH OF THIS CHOCOLATE!



BY WANDA WATERMAN



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

IMPORTANT DATES

- Sept 9: AUSU Council Meeting
- Sept 10: Last day to register for courses starting Oct 1
- Oct 10: Last day to register in courses starting Nov 1

AUSU By-Election Results

The 2015 AUSU By-election was a smashing success! Thank you to everyone who voted!

The ballots went out to over 25,000 members, and we received **1,580 votes**. This works out to over 6% of our membership voting, which is much higher than in our past elections. Great turnout, AUSU - thanks for voicing your choices for council!

The successful candidates are listed below:

- Colleen Doucette
- Philip Kirkbride
- Pierre Plamondon
- Tamra Ross
- Brandon Simmons
- Laura Zhu

All in all it was a close race, and we wish to thank all of the candidates for running the AUSU election.

We encourage all members to stay involved with AUSU, and will be communicating more opportunities for involvement in the coming months!

The two vacant executive positions (**VP Finance and Administration** and **VP External**) will be voted on by council at the September 9 Council Meeting (5:30pm MDT – RVP to admin@ausu.org).

For more information or to view the total vote tallies, visit our website [here](#).

Advocacy

Don't forget that AUSU's primary goal is to provide **advocacy for AU students**, at the University level, provincial level, and national level. AUSU represents our members to a variety of stakeholders, including each AU Faculty, AU hiring committees, stakeholder consultations and the AU Board of Governors, and external organization such as the Canadian Alliance of Students' Associations which advocates at a national level for Canadian students. We also meet with key personnel within the Board of Governors and Alberta Ministry of Education, among others.

Your concerns are important to AUSU, and we appreciate when our members bring forward issues that that they feel are important.

If you have a concern, please contact us at admin@ausu.org.

FREE AUSU Planner

Order your free planner today on our [website](#)!



CLASSIFIEDS

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

THE VOICE

500 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003 - Fax: 780.497.7003 attn: Voice Editor

Publisher Athabasca University Students' Union
Editor-In-Chief
Managing Editor Karl Low

Regular Columnists Hazel Anaka, Barbara Lehtiniemi, S.D. Livingston,
Wanda Waterman, Barb Godin, Christina Frey,
Samantha Stevens

www.voicemagazine.org

The Voice is published every Friday in HTML and PDF format.

Contact *The Voice* at voice@voicemagazine.org.

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2014 by *The Voice Magazine*