

# THE VOICE

## MAGAZINE

Vol 24 Issue 05 2016-02-05

### **Minds We Meet**

Say Hello to Anne Turner!

### **Meeting the Minds**

Dr. Reinekke Lengelle

### **Your Reasons to Run**

Why Run for AUSU

*Plus:*

*The Study Dude*

*Queen of Rationalization*

*and much more!*



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***The Voice  
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[www.voicemagazine.org](http://www.voicemagazine.org)

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

800.788.9041 ext. 2905

Email  
[voice@voicemagazine.org](mailto:voice@voicemagazine.org)

**Publisher**  
AU Students' Union

**Editor-In-Chief**  
**Sarah Cornett**

**Managing Editor**  
Karl Low

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

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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****Last Chance to Win****Karl Low**

That's right, I'm going to use this editorial to pump the survey one more time. It'll be open until late Sunday night, then on Monday morning I'll start putting together a report on the results. After all, one thing the survey has shown me already, we do like to know about ourselves.

So go to <http://www.surveymonkey.com/r/2016Voice/> if you didn't already and answer a bunch of questions about what you like, don't like, and want to see happen with *The Voice Magazine*, and while you're there, enter the contest to win an 8" Samsung 32GB tablet, or maybe get some fabulous Voice swag!

I've been taking some sneak peeks at the survey while it's live and while I don't want to say anything just yet, it's been interesting reading some of the comments people are entering. And for those of you who've indicated you regularly skip this editorial, I'd have something to say about that as well, but you're probably not going to read it, so why bother, right?

Once you're done with the survey, come on back and take a look at what we've got in store for you this week. We start off with our feature interview with student Anne Turner. I know I keep harping about the diversity of AU students, but Anne is a shining example of that. An artist taking her MAIS degree later in her life, she's a good example of what people mean when they talk about life-long education.

However, not content with just that, this week we also have an interview with AU educator, Dr. Reinekke Lengelle, who teaches two of the MAIS courses. Inspired by her recent interview with AU, Scott Jacobsen looks more into exactly what is meant by proprioceptive writing.

Next, since you're taking a break from your studies with *The Voice Magazine* right now, you might want to check out The Study Dude, who goes into a little more detail this week on just what makes for a good break if you want to get the full value out of your study time. Personally, I find it an interesting comment on our society that we go so far as to research how to make our breaks more productive. I'm not yet sure if it's something to celebrate or be concerned about, but it's still an interesting thought.

Also, this issue is the last one before the nominations officially open for AUSU's biennial election. Barb Lehtiniemi gives us a rundown on why you should consider, well, running, for one of the nine positions that will be available on AUSU Council. One of the reasons she doesn't directly mention is that AUSU Councillors often get a very much "behind the scenes" view of things that are going on at Athabasca University. Having been on AUSU myself, I'll say it changes your perspective on many things that happen not only at AU, but with government at all levels.

Plus our usual great selection of interviews, entertainment, advice, and other articles to keep you busy. 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'.

# MINDS WE MEET



*Anne Turner is an AU student from Nanaimo BC. She is in the Master of Arts Integrated Studies program at AU and has just completed her seventh course. Anne received her BA degree from Vancouver Island University in 2012 and is an artist as well as an advocate for persons with disabilities.*

The Voice Magazine recently interviewed Anne by e-mail. Here's what she had to say about school, learning disabilities, and Emily Carr.

**First of all, whereabouts do you live? And have you always lived there?**

I live in Nanaimo B.C. I have lived in several provinces in Canada including Nova Scotia, and Ontario. I returned to my home town almost three years ago and love living here.

**If you work, describe what you do.**

I do not work. I am a sort of retired person who does lots of things and obtaining my education late in life is one of them. I am on the board of the Mid-Island Canadian Mental Health Association. I'm

also affiliated with a group called FRIENDS which is comprised of several of my friends who have experienced Mental Health issues in their lives.

**Describe the path that led you to AU.**

I graduated with my BA, with a major in History and a minor in Sociology, from Vancouver Island University in June 2012. I had become acquainted with the MAIS program from others who had taken it and decided to apply. I started this journey in January 2013.

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

I am an artist and work in many mediums including pastels, both chalk and oil, acrylic paints, charcoal, and collage installations. My favourite artists are Emily Carr, Vincent Van Gogh, Edvard Munch, and members of Group of Seven (especially Tom Thomson.) I am also interested in Royal Families of the world. I have a large book I have compiled with research on them for many years. I also like to read and have a particular interest in Oriental-themed books.

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

My mother. She had to quit school during the Depression and go to work. She was an A student at her school and my grandfather would not let her finish. The school officials begged my grandfather but he said she was

needed to go out and earn her keep. They were a traditional English coal mining family and everyone had to work to help support the family. My mother was no exception. She finally got to do her high school when she was in her 40s and combined working at a legal firm in Ontario at the same time. She even managed to do some university courses through Carleton University in Ottawa.

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

Oh, for me, that would be Emily Carr, my favourite artist. I would love to sit with her and go over techniques and discuss many of her adventures. While I lived in Victoria I went to view her family home many times and admired her art work in the Victoria Art Gallery. When I lived in Ottawa I would spend many Saturday afternoons in the National Art Gallery admiring her work there. Whenever I return to Ottawa, one of my trips is always to the National Art Gallery to just sit and take in the serenity of the place.

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

Online learning has been an interesting experience to get used to but I think I am used to it by now. I like that I can work on my studies at any time of the day or night. I also like that I don't have to get dressed and go out when it is pouring rain, but I can still do my school work. I don't like the concept of e-books and have found the experience not to my liking. I spend too much time reading at the computer screen when I could be physically holding a book in my hands. I also find I cannot highlight sections in e-books like I can with physical books. I don't like some of the features of using Moodle. Change is hard for me to accept and there have been some changes that I have found very hard to manage. I do miss the personal interaction between classmates, but as the courses continue I seem to find some people I have had classes with and it is nice to renew the friendships. It is also nice that you get to meet people from all over the world. Something I have always enjoyed is meeting people and getting to know the different aspects of living in different countries. I have started to access some of the forums available to students like *The Landing* and the Facebook page.

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

I was a little apprehensive with the first two core courses of the MAIS program but as I got used to the material and the interaction with the classmates I managed to feel a lot more relaxed. I also get stressed as the course nears completion when I have all the end of semester projects to finish. But I have learned some very good coping skills over the years that I apply to myself and the work does get done.

**What was your most memorable AU course?**

The course I have enjoyed the most was PSYC 589 *Learning Disabilities Issues and Interventions* which I took in the fall semester of 2013. As I am a mature student who suffered all through elementary and high school with learning disabilities; it was very enlightening for me to study the issues and concepts behind the whole field of learning disabilities. The progress that has been made and the research that is ongoing are gratifying for me to learn about and to be able to convey and use in within my chosen field of advocacy for persons with disabilities. I am looking forward to starting another similar course in the winter semester 2016, MAIS 658 *Doing Disability Differently*.

**If you won \$20 million in a lottery, what would you do with it?**

I guess one of the first things I would do is to pay off my student loans. I only had to take out student loans since I began work on my Masters program. My undergrad years were financed by bursaries and scholarships. I would use some of the money to go on a trip to Europe to see relatives and friends and also take in the many art galleries and museums I have only had opportunity to read about for many years. I also would like to open a drop-in centre for persons with mental health and transgender issues where they could go and find help and acceptance within their home communities.

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

I don't think I have given up much to go to AU because I am a mature student. My child raising days are long over and I do not have to care for anyone else but myself. The whole experience so far has been very gratifying and well worth it. I still feel I have ample time to indulge in some of my out of school activities like my art work which keeps me sane and feeling good about myself.

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

That would be the super power of being able to help those who find themselves in need of the daily necessities to live a normal life. A life that would be free of the stigma of having a mental illness and the freedom to do what they want to do without the criticism they encounter on a daily basis. I also would like to be able to help the members of the transgender community in finding acceptance in all areas of their lives so they can live their lives authentically.

**What is your most prized possession?**

My most prized possession is my life as it is now and how I have re-created myself to a well-rounded life that I enjoy living.

**Please tell us something that few people know about you.**

How much I persevere to attain what I want out of life.

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

You have to keep working on yourself to make changes and when you realize that the changes are there you just keep working on something else that needs changing.

**What do you think about e-texts?**

I don't like them. I understand that they are the way of the future but I find them very uncomfortable to get used to.

**How do you find communications with your course tutors?**

I have had no real problems in this area and I am very glad to have the interactions that I do have with the ones I have met so far. I have found them to be very efficient in replying to my enquiries and very accommodating due to my disability status.

**Where has life taken you so far?**

Well, since I am a mature student I have travelled mostly back and forth across Canada. I have travelled to a few of the American States. I have travelled via books and films to many other countries in Europe but would someday like to go there personally. The situation has not presented itself due to my limited income status.

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

I am reading *A Dance with Dragons* in the Game of Thrones series by George R.R. Martin. I have been reading the series through most of the past two semesters. I find them to be very entertaining.



# MEETING THE MINDS

## INTERVIEWS with AU's EDUCATORS



*Dr. Reinekke Lengelle, teaches "Writing the Self" and "Narrative Possibilities" for the MAIS program at Athabasca University. She also teaches for The Hague University where she has developed "Career Writing" - writing used to foster the development of a career identity. She is also a poet and playwright. You can find her peer-reviewed publications here: [www.blacktulippress.com](http://www.blacktulippress.com)*

**You use music to assist students in writing. How does this process work to improve writing for students (and yourself)?**

I work mostly with graduate students. I teach writing for personal development – how to use narrative to become more aware and develop one's identity. My students, in part, use music during learning. The idea is for them to start listening in to the music. I am not a music expert, but I can tell you my personal experience with music, and the students and their experiences with improving their writing.

I teach both online and face-to-face. There is a method that I use to help students elaborate on their writing and it's called "proprioceptive writing". It was designed by two people, who were tenure-track English professors; they left the university and started their own institute.

They are [Linda Trichter] Metcalf, and [Tobin] Simon. Their method is a 20-minute writing exercise where you listen to Baroque music or, maybe, Indian ragas, and you write about any topic that comes to mind.

But the idea is to listen for what wants to be said, and to really pay attention to what is written on the page. Those are the first two rules of the writing exercise, and the third thing is to ask what is called the proprioceptive question, which is, "What do I mean by?" So, somebody will write "I was really frustrated at work today." And they then write, "What do I mean by frustrated? Well, I really meant exhausted. And what do I mean by exhausted? Well, I actually meant that I have not been getting enough sleep lately." Somebody else will have a completely different definition of frustrated, or exhausted. So, the idea is to unpack the words that we generally use and get to the heart of what we mean to say.

Now, where music comes into it? Music in the background creates a kind of flow for students so they actually stay in their writing more effectively, and the choice of music is based on the heart rate. So, it's in tune with the body. It, sort of, helps you get into the body, and it helps you stay grounded at the desk or wherever you are writing, so that you can actually access more of your thoughts and uncover and map those because a lot of problems with writing and teaching writing is that students can't connect what they're thinking (or could potentially think) and translate that to the page.



There is interesting research out of the University of Toronto, the writing teacher and researcher, Guy Allen has written that, and found that, students cannot really learn the expository essay very well directly. If you teach them the expository essay first (or the position paper, say) they struggle. But if you teach them the personal essay first and work with them on editing that very well so they really express something that feels true about their lived experience, they can usually transition very well to writing an expository essay. So, that's the interesting part. The idea is to use the music to go more deeply into the writing of personal matters, so that you start to learn how to think, and that's what writing is, is to be able to think and be able to put into words what you're thinking (and feeling). And then as you begin to see that on page, to think again and to decide if that's what you really meant to say. It becomes a recursive process.

**There's an undercurrent with what you're saying, where the words that people typically use for something aren't necessarily what they mean to say.**

That's right. That's right, exactly. So, there's an exploration that goes a bit deeper there.

The music really functions as a way of keeping you focused and anchored, and in a way that is connected to the body. The body can almost tell you if a phrase sounds right or not! Writing is a whole body experience.

**You're teaching online and in-class.**

Yes. If I am online, the students get the CDs as part of a course package that is sent home to them. The Yo-Yo Ma cello suites is generally what they get, and when I am in the class I will either have a smart board or a set of speakers on my laptop that I'll use to put the music on. And they'll start that exercise, the students online, the graduate students, they write about five times a week. They are asked to write five times a week using the proprioceptive method with music.

**Yo-Yo Ma, though, he's a classical cellist. He seems to restrict himself to Mozart and a bit of Bach?**

Yes, he plays the Bach unaccompanied cello suite.

**Is classical the only genre that seems to provide these benefits?**

Not, not really, it's instrumental, mostly. In recommending it, the creators of the proprioceptive method specify music that is in tune with the body's rhythms. So, I'm not sure you can write as successfully with tango music in the background! I have written with various music in the background, and I think if I were writing a very active scene for a play for instance, then I probably would enjoy some tango music, but for the more introspective type of writing that we're doing in class, I think that the music that has that quieter rhythm is better.

**I would wonder what the research would show in terms of assistance to writing if one was doing Classical versus Baroque versus Hip-Hop versus Blues versus Tango versus Waltz music, and the ways in which it helps writing, or even the ways in which it helps particular styles of writing more or less.**

I don't know. I don't know if there is any research in that area.

In an [interview](#) I was asked to do recently, I talked about listening to music while I wrote my dissertation, and how that helped me, and like I say, I am not a real expert or connoisseur of any kind of music. You know what I like, I like what I like, but I am not an expert by any stretch of the imagination.

**Any coda statements on your own experiences with this that might be of use to students, undergraduate and graduate, at Athabasca? Thematic advice?**

You know, some people really do love to write in silence. They say, "No, no, no, I have to write in silence." I say, "Okay, that's what you need." And I trust that. I say, "you could experiment, if you're feeling open."

For instance, I wrote with headphones on. I wrote to Chopin. I wrote most of my Ph.D. to Chopin. It kept me focused because it wasn't distracting. I like the piano myself. It kept me on track, and also all ambient noise – my kids running around wherever, it kept that from disturbing me as well. I really felt that the music actually helped create more beauty to the language. It was harder to write a dissonant sentence with beautiful music playing.

**If you write a lot, the written word—there's a rhythm, a tone, a lot of emotional undercurrents that come with finding one's voice, and when one gets better at what one means, those things tend to come out more often in the prose, especially - it's better too - because it's not the same as everyone else's because it is your own voice.**

That's right. That's right. That's the point of proprioception writing too. It is to cultivate your own voice (or voices!) What is it that you're really feeling and thinking? We have to access that. We have to gain or regain access to that – that's moving beyond a lot of censors that we grew up with, you know?

### Women Of Interest



**Samantha Nutt:** Born October 1969, in Toronto Ontario, Canada, Samantha is the founder and Executive Director of War Child Canada and War Child USA. She is a physician whose life was transformed after spending years working in some of the world's worst war zones including Iraq, Afghanistan, Somalia, Uganda and Ethiopia. As a result, Samantha committed her life to achieving worldwide peace and justice for children and their families who were living with the violence and mayhem of war. Following are some of the remarkable achievements of Samantha Nutt.

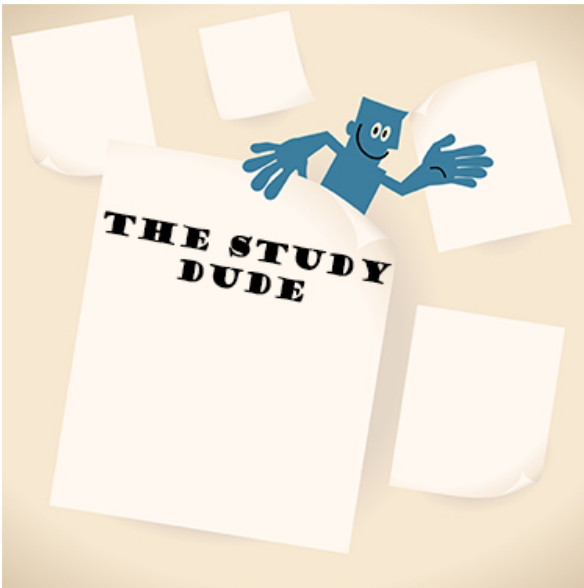
- Founder of War Child Canada and War Child U.S.A.
- Appointed to the Order of Ontario (2010)
- Appointed to the Order of Canada (2011)
- Author of #1 national bestseller *Damned Nations: Greed, Guns, Armies and Aid* (McClelland & Stewart, 2011)
- Awarded the Queen Elizabeth II Diamond Jubilee Medal (2012)
- Named one of 25 Transformational Canadians by *The Globe and Mail*
- Featured as one of Canada's Five Leading Activists by *TIME* magazine
- Recognized as a Young Global Leader by the World Economic Forum
- Member of the David Suzuki Foundation Board of Directors
- Regular foreign affairs Turning Point panelist on CBC's *The National*
- Frequent contributor to CTV's *Power Play* with Don Martin
- Published in *The Globe and Mail*, *National Post*, *Maclean's*, *Reuters*, *Ottawa Citizen*, *The Huffington Post* and more

More information about Samantha Nutt can be found on the following websites:

<http://kickasscanadians.ca/dr-samantha-nutt/> [https://en.wikipedia.org/wiki/Samantha\\_Nutt](https://en.wikipedia.org/wiki/Samantha_Nutt)

[http://www.warchild.ca/about\\_founder.html](http://www.warchild.ca/about_founder.html)

compiled by Barb Godin



## Study Tips from a Semi-Anonymous Friend

### Optimize Study Breaks and Study Environments--and More

*There is nothing more that The Study Dude wants for you than to dive into the latest research on study breaks for optimal academic performance.*

*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.*

This week's Study Dude article takes on part one of the book *How*

*We Learn* by Benedict Carey.

### Change Context

In undergraduate studies, I studied on my couch, day in, day out. I would sit in the same spot and study the same thing for seven hours each day. From five p.m. or earlier up until midnight, I'd tackle the homework of one subject to great length. Was this a good system? In truth, study time bored me stiff. Begrudgingly, I would seat myself on the couch, pull out the books, and learn the same thing over and over again.

I read in another book that the wisest strategy is to relocate to different environments as much as possible. No justification for this advice was provided, so I just accepted it as gospel. That is, until I learned from yet another book that we should have one study environment that we return to on a daily basis. I was now confused. Which study environment is best? With respect to sticking to a single environment, one book said to decorate your work environment, make it an oasis; another book said to have your workspace as plain as possible to prevent distraction.

So, who should I listen to?

Benedict Carey has concrete research that spells out what your ideal study environment should include:

- Environmental cues can attach to memories, giving the memory extra clues for recall. The more environmental cues you have, such as background music, photos on the wall, your pet dog licking your socks as you study, the more opportunities you have for recall, which sounds great, until you remember that those cues probably won't be wherever you take your exam unless you slip into a fantasy while scrawling your timed essay.
- Switching up your study environments can increase your memory recall during exam time. When people studied words on different backgrounds, they remembered the words more than when just one background was used, according to a study done by Smith (As cited in Carey, 2014).
- So, change up anything and everything your study environment as much as possible. Listen to different music each study session, or go to a different location, or study later some days and earlier other days.
- Even the mood you are in while studying can be used for recall if you experience that mood while taking an exam.

## The Value of Testing

When I was in undergraduate studies, other students learned that I was a contender for the graduate program. One such student had exam anxiety. This student insisted that he should have excelled on exams due to his excessive study habits, but his anxiety blocked him from succeeding. When I asked him how he prepared for exams, he said he read the material five to ten times--and that was all: no hard-core memorization, no cue cards, no mind maps... nothing.

His system lacked the memorization that is essential for students to succeed. Unfortunately, many exams test how well we memorize facts rather than what we know long-term. In other words, memorize facts, don't just read them. So, self-testing, if done right, can be key in getting you that A+ on your next exam.

Benedict Carey discusses how we can implement self-testing to optimize our retention of knowledge come exam time:

- When we take a longer break between stints of studying or memorizing facts, we tend to learn the material better. The act of forgetting fuels learning once we return to the forgotten material: "*The easier it is to call a fact to mind, the smaller the increase in learning*" (p. 82). So, try to wait until you are on the verge of forgetting before reinforcing that fact.
- However, give yourself a quiz on the material one to two times during the first week after studying the material. Quizzing yourself within the first week means you'll get a better grade than if you performed the first self-exam more than two weeks later.
- Do active studies: try to recite the material spaced out over intervals; if you can't recall the material, peek at the textbooks to refresh your mind.
- Gates (as cited in Carey, 2014) found that the ideal ratio of reading versus reciting equalled 40:60: read for the first 40% of your total dedicated study time and then recite the facts (self-test) for 60% of your total dedicated study time.
- Try studying material for a ten-minute period. Then, without looking, try to recall as much as you possibly can. This is self-testing, an excellent way of learning material.
- Give yourself exams. Try to recall items from memory. Self-testing is essential for learning.
- Self-tests are 20 to 30% more effective at bolstering your grades than straight reading.

## The Skinny on Breaks

I read so many different views on when and how to take study breaks. For one, my high school math instructor urged me to study for thirty minutes straight and follow-up with a fifteen-minute break. I ended up with a 100% class mark in Math 30 using this system. For another, I learned from an author to study for an hour and take a five-minute break. (This short break just didn't seem "right" to me. The only thing you can recharge on a five-minute break is the toilet flusher.) For yet another, a different book advised to study for an hour and then switch to a different subject. This view followed the belief that switching subjects provides an adequate substitute for taking time off. I was sceptical. Who's right?

When I was in graduate studies, I could no longer study for thirty minutes straight with a fifteen-minute break. My time crunched and study demands skyrocketed, so I desperately sought some other system for breaks. As a result, I would study for an hour to an hour-and-a-half and then take a ten to fifteen-minute cat nap. (My intense exercise routine and everyday lack of sleep meant I fell immediately asleep for those ten to fifteen minutes, relying on my timer to wake me up from a deep slumber.) Yet, I didn't feel like this break system maximized my productivity. I longed for some real advice on how to take breaks.



And now I've found some: in Benedict Carey's book, the latest research on optimal breaks is revealed:

- According to Sio and Ormerod (as cited in Carey), when studying *math* or similar types of subjects (such as engineering), take breaks that consist of mindless activities, mid-level activities (such as looking at the Web), or, best of all, other homework. Yes, when studying math and spatial problems, you can take breaks that consist of demanding activity such as other schoolwork.
- Alternatively, according to Sio and Ormerod (as cited in Carey), when studying *language*-related courses, such as English or communications, you would most benefit from taking breaks consisting solely of mindless activity, such as games or TV.
- Sio and Ormerod (as cited in Carey), also determined that students who take longer breaks (20 minutes) can outperform those who take shorter ones (5 minutes).
- Sio and Ormerod (as cited in Carey) also argue that breaks should only be taken once you reach what they call an "impasse". In other words, take a break when you get stuck.
- Breaks benefit you. Experiment with the timing of your breaks and the break-time activities you do. Don't feel guilty for indulging in regular breaks. Go have a hot tea, a telephone call with a friend, or splurge a bit and take a hot bath.

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

Carey, Benedict. (2014). *How We Learn: The Surprising Truth about When, Where, and Why it Happens*. New York, NY: Random House

## Student Sizzle AU's Hot Social Media Topics

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

### AthaU Facebook Group

Amanda expresses a wish that students have a choice between e-text and physical textbook, instead of having to pay extra to buy a textbook. Kevin seeks help deciding between ENGL 255 and ADMN 233. Ameerah wonders if exams can be ordered months in advance.

Other posts include waiting for marks, risk-managing exam dates, frying laptop batteries, T2202A forms, and courses ADMN 417, GEOG 200, LBST 330, MATH 215, and SPAN 200.

### Twitter

@AthabascaU tweets: "Upcoming Student Award Deadline: U Award for a Mature Undergraduate Student <http://goo.gl/IrhqE1> #studentaward."

@AthabascaUSU (AUSU) tweets: "AUSU has an emergency bursary to help pay for supplemental exams or course extensions! <http://bit.ly/1GIWJhi>."

### Youtube

The Good Student's Guide to Procrastination by Kate Smethurst. Four minutes you will never get back.



## Your Reasons to Run

Barbara Lehtiniemi



AUSU's General Election kicks off February 10 with the call for nominations. Unlike last summer's By-election, the General Election will see all nine council seats up for grabs.

Will you be filling a council seat for the next two-year term?

There are many reasons to run for AUSU Council. The most obvious reason is to take an active role in representing the 26,000 undergraduate students attending AU in an average month. AUSU's mandate is to "provide advocacy, support, and

student services to our membership, and to foster the support, promotion, and excellence of distance education at AU and globally." You can help do that.

Less altruistic—but still important—reasons to run include money, networking, and travel opportunities. AUSU councillors are paid for their time; the amount ranges from \$50 per meeting for the six non-executive councillors to almost \$40,000 per year for the President of council. (Executive compensation is currently under review; see [Council Connection](#) in *The Voice*'s January 22, 2016 issue for more information.) If you need some extra income to finance your education, this could be your opportunity knocking.

Networking opportunities abound. Not only are councillors networking with other councillors and AUSU staff, but some attend external meetings, at AU itself, for example, or with AUSU service providers. Councillors—especially those on the executive—may also attend events hosted by outside organizations such as CASA. Each contact you develop opens up new possibilities. (Remember that old job-hunting adage: it's not *what* you know, it's *who* you know.)

AUSU councillors attend most meetings virtually—by computer or phone—but there are occasional opportunities for real travel. Last year, for example, some executive members of council travelled to Ottawa and Halifax. And this year's budget includes an amount earmarked for a face-to-face strategy session for all members of council. Any travel on behalf of AUSU or AU is reimbursed.

Perhaps the biggest single reason to run is for the experience. Serving on AUSU council allows you to broaden your skill set, enhance your resume, influence policy, overcome obstacles, learn to run meetings, polish your interpersonal skills, and grow as a person. Even if you don't get voted in, running for election gives you experience in running a campaign, which includes developing campaign materials and promoting your candidacy online.

Anybody considering running for council should strongly consider attending a council meeting to get a feel for the experience. You have one opportunity to watch council first hand before nominations close: AUSU Council

holds their regular monthly meeting on Thursday, February 11 at 4:30 MST. Contact AUSU at [admin@ausu.org](mailto:admin@ausu.org) to register to attend by phone or computer.

If you are considering running for council, check the AUSU [Elections](#) page on February 10 for the nomination package. The package explains everything you need to know about the process of running for a council seat, including eligibility, timelines, and obligations. For some advance information, read AUSU's [Council Governance](#) policies, including Policy 2.14 [Councillor Responsibilities and Honoraria](#) and Policy 3.01 [Election Conduct](#).

The nomination period is open from Wednesday, February 10 to Wednesday February 17. After the list of nominees is finalized, the campaign period runs from February 22 to March 14. Voting takes place March 11 to 14. Successful candidates will take their seats at the April council meeting.

After the election, the nine successful candidates will vote among themselves to fill the executive roles of President, Vice-President External and Student Affairs, and Vice-President Finance and Administration. You can find information on these roles in Policy 2.03 [Officers' Job Descriptions](#) and Policy 2.15 [Executive Accountability and Compensation](#).

AUSU Council's election gets underway soon! It's time to start thinking about your reasons to run.

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



## **The Fit Student**

**Marie Well**

### **Meditate, Embrace Spirituality, and Discover Your Calling**

Meditation. Spirituality. Purpose. These concepts, when practiced or realized, make you feel calmer. They serve as stress-relievers, putting to rest even the most terrifying of anxiety attacks. Edmund J. Bourne, in his book *The Anxiety and Phobia Workbook*, helps you counteract the negative impact of anxiety and stress by showing you how to meditate, how to embrace spirituality, and how to discover your ultimate life's purpose.

#### **Meditating**

For a while, I meditated for an hour a day every day. Anxiety tortured me so much that I thought meditating for hours daily would lessen the severity of attacks. Whenever I felt anxiety stir, I would meditate. Yet, the meditation didn't stop the attacks. My eyes fluttered madly as I meditated and my thoughts raced. I couldn't escape the grip of panic.

Meditation helps me the most when I practice it during a good headspace. That way, when anxiety first creeps in, I can use my deep breathing skills to help prevent a full-blown episode. While meditating during an anxiety

attack doesn't work for me, meditating when I'm not panicked helps keep me grounded during the day, more resilient against the *onset* of anxiety.

I do single nostril breathing, which I recommend. You plug one nostril, breath in, then plug both and hold, then plug the other nostril, and, finally, breathe out. Then you repeat in reverse. It's as simple as that.

Bourne gives advice on how to meditate to relieve anxiety. First, meditate without judging your thoughts. If you allow your thoughts to rise and then fall, returning your focus on your breath, then guilt, worry, shame, or anger won't overwhelm you. Second, practice meditation regularly so that it can tweak your brain and make you a nicer, more relaxed, easy-going person. Third, sit cross legged, preferably on a meditation pillow, and breathe deeply for twenty to thirty minutes, seven days a week. If a thought or a feeling arises, say to yourself, "This is only a thought" or "This is only a feeling." Let it pass. As my OCD book says: "You are not your thoughts."

### **Embracing Spirituality**

When I lacked faith in a higher power, I didn't have a solid source of moral guidance. Without a clear sense of right and wrong, I would behave in ways I wouldn't behave to this day. When my life hit a low point, a very special person entered my life, teaching me the value of spirituality. Since then, I've read much Buddhism, Christianity, Sikhism, and Hinduism, and learned a lot about rights and wrongs, good deeds and bad deeds—the values that transcend every culture, every religion.

Putting these values into practice meant refraining from gossip. It meant helping the needy. It meant seeking forgiveness for both your own actions and those of others. It meant loving one another, no matter how unlovely a person may seem.

Edmund J. Bourne talks about the values of living a spiritual life. Choose a higher power, whether it be God or sunrises or anything under the sun that takes your breath away. By developing your spirituality, you will discover greater self-confidence, more opportunities to give and receive unconditional love, and better guidance for decisions you make.

This world, Earth, is like a school. You learn lessons from mistakes, from opportunities, and you grow from them. The worst events of your life are learning opportunities. Embrace them.

### **Discovering Your Purpose**

I recently had a panic attack every three days. The attacks would pounce out of nowhere, leaving me scribbling in my journal at a frenetic pace in an attempt to calm down. When even a slightly stressful thought occurred to me, the anxiety would attack. When panic struck, I could no longer concentrate. My thoughts were shrouded with fear.

When I started writing for several magazines, I came alive. I felt purpose driven. I always loved the media. I worked at a news station for a while and could hardly wait for each opportunity to hoist my video camera over my shoulder. I found a sense of purpose working in the media.

Also, day after day, I work toward my dream of one day getting a PhD. I read the dictionary nightly, write daily, study often. Again, I feel purpose-driven.



My increased sense of purpose has served as a buffer against anxiety. I went about three months without an anxiety attack at the time of editing this piece. All of the purposefulness I now feel has stopped the anxiety in its tracks.

Bourne tells it all on how to reduce anxiety through a purpose-filled life. Many people discover their purpose, however, in creative pursuits or in career changes. So, figure out whether your job leaves you refreshed, whether you want more education, whether your hobbies excite you or bore you. Also, make sure your goals align with your values. That's a big one. Reward yourself after completing even small goals.

Bourne challenges you to take a final thought experiment: get out a sheet of paper and write down your ideal life. Write it up so that your chest swells and you feel giddy just thinking about it. This thought experiment will lead you closer to your calling. Go on. Take five minutes now and do this.



## The Writer's Toolbox

### No "S" in "Team"



**Christina M. Frey**

Got plans this weekend? Whether they involve watching grown men fight over a ball, enjoying cute puppy tricks, or laughing at commercials and downing snacks, chances are you won't be giving a whole lot of thought to spelling, grammar, and usage.

And to be fair, explaining the proper use of hyphens with sports event names may not be the most successful Super Bowl party trick. But if you've ever been curious about how to handle some tricky sports-related spelling, grammar, and punctuation issues, read on for a glimpse at what happens when the sports and editing worlds collide.

### It's So Super

How to spell the name of the game? Official game and league websites are the primary sources of this information, regardless of what any other punctuation, spelling, or usage rules might dictate.

For example, you'll see it written several different ways, but officially "Super Bowl" is an open compound, not closed or hyphenated. And although normally Super Bowl organizers use Roman numerals to indicate specific events, they've chosen to go with numerical form this year—so it's "Super Bowl 50," not "Super Bowl L."

### What's In A Name?

Similarly, when writing about the teams playing—or any team in your favorite sport—use the spelling preferred by the sports franchise. It's the Toronto Maple Leafs, not the Maple Leaves.

### No "S" in Team

Once you've got the teams and events spelled right, you may hit a stumbling point: are teams considered singular or plural? Here's where things can get a little tricky.

The majority of sports team names end in –s. They tend to be treated as plural nouns (or as collective group nouns involving individuals)—so they take plural verbs, as you'd expect.

*Example A: The Denver Broncos are playing in the Super Bowl this year.*

But what about a team like the NBA's Miami Heat, whose name sounds as though it should take the singular form of the verb?

The answer depends on what style you're following.

According to Canadian Press style, "names of bands or teams take singular verbs unless they end in 's.'" This means that sports teams whose names do *not* end in –s should take the singular verb.

*Example B (CP style): The Miami Heat is playing today. The Chicago Bulls are playing tomorrow.*

Not everyone agrees with this approach, however. While *The Chicago Manual of Style* doesn't outright address the issue, *Chicago's* editors make the preference clear in one of their monthly Q&A features; they suggest treating all teams as plural in form, particularly when they're referred to in the same piece, and note that this approach is consistent with how we treat collective nouns that "refer to the members of the group considered as individuals."

*Example C (alternative approach favoured by Chicago's editors): The Miami Heat are playing today. The Chicago Bulls are playing tomorrow.*

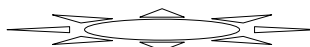
Of course, a third alternative is possible, and the *Chicago* editors consider it preferable: simply avoid the issue by using the city names instead.

*Example D: Miami is playing today. Chicago is playing tomorrow.*

There's no right answer here, unless your editor or professor tells you to follow a particular style. Either way, remember: no matter which approach you choose, consistency is key.

*Got any timely editing-related questions? Email Christina at [editor@pagetwoediting.com](mailto:editor@pagetwoediting.com), and you might find the answer in an upcoming issue of The Voice Magazine!*

*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](https://twitter.com/turntopage2)) or visit her [blog](#).*





## Queen of Rationalization

Nearly a year ago we committed again to an extended family vacation in the Palm Springs area of southern California. The timing was to be late January or early February in 2016. The plan was to rent a house big enough for eight people in the more central Rancho Mirage community. Quick geography lesson: clustered along Highway 111 are Palm Springs, Cathedral City, Rancho Mirage, Palm Desert, Indian Wells, La Quinta, Indio, and Coachella. The transition is so seamless noticing sign markers is the only way to know when you've entered a new community.

When the rental was found, a deposit was required. Final payment was due a few weeks before our arrival. Giving our word and our money meant that despite the downward slide of the dollar we were committed to going. I bought some American money when our dollar was hovering around seventy-five cents and felt like a genius when it dipped below seventy cents. Even nicer was finding an envelope of 'leftover' money in our safety deposit box.

However, I have to say the thrill is gone. US shopping has lost all joy. When a person does the math, most purchases don't make a bit of sense. Add in the eight percent state tax and it makes even less sense. No retailer we spoke to is offering the *poor Canadian dollar discount*. They do commiserate, though for what that's worth. As always, the shrewd shopper will know her prices before venturing into the retail jungle, at home or away.

Who knew those math skills we struggled to learn would have real life value? As much as we moan and complain, there is a truth at play here. And perhaps more than one life lesson, too. The quintessential shopping question should always be: do I absolutely love (and need) this, this thing? Can I live without it? Can I get it cheaper elsewhere? Do I already own something similar?

So far, at the day four mark of this holiday, I'm proud (and frankly surprised) at my ability to just say no. So far we spent only a couple of hours one evening at the Cabazon outlet malls but I came away with nada. The crowds were small and very few had shopping bags. It's as though I've been vaccinated against clearance sale signs, coupon shopping, and combining offers. It's as though I already have more purses (or watches or books) than one woman could ever need.

I do have to say my resolve almost crumbled at the Barnes & Noble in Westfield Mall. I saw titles in the Writing Reference section I didn't know existed. Then the calculations began and I walked out empty-handed. I've also learned the hard way that shopping without my book list can be dangerous. I've bought duplicates of the same title more than once, tick me off.

However, the holiday is still young and I *am* the Queen of Rationalization, so going home with an empty suitcase is not a sure thing. Exchange rates be damned, from where I sit.

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

## Music Review

Jason Collett

Samantha Stevens



**Artist:** Jason Collett

**Album:** *Song and Dance Man*

A newly released album doesn't get any fresher than this. A brand new album from Canadian indie rock legend Jason Collett is out today (February 5th). *Song and Dance man* is fun, funky, and will have you loving Canadian music all over again.

Originally from Bramalea, Ontario, Jason has released nine albums since 2003, and has lived all over southern Ontario. For a time, Jason was also part of Broken Social Scene, a Canadian music

collective. Since his beginnings as a songwriter, Jason has worked extremely hard on finding his own sound, and the music on *Song and Dance Man* is proof of his work. His sound is very Canadian, with hints of folk, funk, country, and disco, making Jason's version of indie rock very unique. However, his lyrics remind me of Bob Dylan with a Canadian spin.

The thirteen track album features sounds for every musical taste or mood. The title track "Song and Dance Man" is a prime example of Canadian music. The right amount of reminiscent lyrics, folk inspired vocals, subtle guitar riffing, and a catchy chorus come together to make a song that will have you moving while lifting any winter blues.

"Forever Young is Getting Old" is a short track that is a fun look at older attitudes about rock and roll. What sets this song apart is that during the instrumental interludes the whistling adds a level of whimsy that always makes me smile.

"Little Sparrow" is my favourite song on *Song and Dance Man*. The tempo and guitar is soft, like a lullaby, and Jason's vocals add a raw element that is somehow soothing. The lyrics are heartfelt and emotional, and the overall feeling is one of hope and pride.

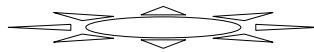
"Long Day's Shadow" is my second favourite track because of the mesmerizing guitar that mixes the best chords from jazz, blues, and rock. The lyrics remind the listener to slow down and enjoy the little moments in life. With the guitar and Jason's singing, just listening to this short track accomplishes that because you are forced to stop and enjoy the song from the first note to the last.

"Staring at the Sun" is a very slow track, but I really enjoyed how Jason's singing transitions from his usual octave to a deeper octave. The effect is a song that, although a similar sound to the remainder of the album, has more of a blues influence. It is this song where Jason demonstrates his versatility and why he is such a successful musician.



These are only a few of the songs on *Song and Dance Man*, an album that is an exemplary example of Canadian music. Perfect for listening to while studying or relaxing, be sure to check out Jason Collett's latest album.

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



## The Positive of Social Media

Deanna Roney



I remember several years ago, someone had posted on the AU Facebook page that they were only a few courses away from completing their degree. I recall thinking, "wow it is going to be amazing when I can post that one day." I "liked" the post; I did not know the person who had posted and while I was appreciating that they were almost finished, what prompted me to "like" it was, I believe, more selfish. I liked that I could see someone nearing the end and that one day—one day that would be me.

A couple weeks ago I ordered my last two courses, and (of course) I posted it. It is a

proud accomplishment, the extent of how amazing it feels can really only be understood by fellow students. I was shocked by the responses I received. It made me think back to why I had "liked" that post; my post received over 60 "likes" within an hour (surpassing anything I have ever posted, personal or otherwise), and before it bumped too far down the page, I was over 80. It was nothing personal, a few that I have spoken with personally over the years were possibly liking it because they have come to know my journey, but that would account for a handful, not 80. No, I think they, for the same reason as I those many years ago, were liking the fact that someone was close to finishing, and that one day—it would be them.

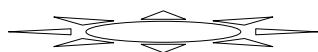
The Facebook page has become an incredible source of support. This is evident throughout the posts. I posted my final course-purchase and through the vast amount of likes I was able to draw some motivation and continue my final push forward. Shortly after this, I saw someone post looking for some encouragement, some motivation to keep tackling these courses, this vast amount of work. Within minutes the feed was flooded with personal stories. Stories about struggles others have endured to pursue their education; stories about what drove them and what motivated them; stories about why we sometimes begin our studies later in life. The amount of people that responded left every few minutes, this post only garnered a few "likes" but the comments section swelled to almost seventy. Threads broke off within the main thread, people commented and posted back and forth about certain struggles.

I believe the original poster received the motivation they were looking for, but this thread went beyond even that. It grew to such an enormous length that everyone could go and find someone who was facing the same,

or nearly the same, struggle they were, or are. Through the simplicity of "likes" and the selfless sharing of our stories we are able to motivate and encourage others. Athabasca University may be an online group. We may be spread across the globe. But each of us understands the struggle of distance learning and, when someone is feeling isolated, if they open up about it on this group they will soon find themselves being held up by near, or complete, strangers.

AU may not have the same "campus" feel, but, in my experience, I believe AU students are more supportive than other schools. At the bricks and mortar university I went to I would receive support from a handful of close friends; but at AU we receive support from a much larger population. We may not know each personally, but when we reach out for help, we see a part of ourselves in the other student and the unknown becomes insignificant—and so we reach back.

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



## **The Mindful Bard** **Letters to a Young Poet**

**Wanda Waterman**

**At Last Mad, At Last Redeemed**

**Film:** *Wings of Desire*

**Director:** Wim Wenders

**Writers:** Wim Wenders, Peter Handke, and Richard Reitinger

"At last mad, no longer alone! At last mad, at last redeemed!  
At last at peace!"

- *Wings of Desire*

"Loneliness means: I am whole at last!"

- *Wings of Desire*

*Wings of Desire* is one of those films that amazes by its very existence, so far is it from all the conventions of the movie world. At the same time one can't deny its epic look, the cinematography reminiscent of *Citizen Kane*, *Metropolis*, and several other great early films.

The film begins in black and white, following two angels, Cassiel and Daniel, who look like elegantly dressed literature professors, as they wander across West Berlin, reading people's thoughts and occasionally meeting to exchange notes on what they've seen.

Daniel, after having observed Berlin's changes from prehistoric times, now wants to be affected, worn down,

and wounded by circumstance. He longs for the precious burden of the mundane, the wondrous plainness of the moment. He confesses to Cassiel: "I wish I could grow a weight which would bind me to earth. I wish I could say, at each step, at each gust of wind, 'now.' Say 'now' and 'now' and no longer 'forever' and 'for eternity.'"

Marion, the trapeze artist, wishes to escape the now. She assures himself, "Time heals all," but goes on to ask herself, "But what if time were the disease?" Her question shows a desire to escape an endless procession of events that never seem to work out in her favour. Her refusal to use a net during her trapeze act suggests a death wish inspired by the grandiose suffering of humanity and the disappointment of her own life.

It's not as if Damiel and Marion are simply looking for greener pastures. And it's not as if either of them are needy; each one is profoundly complete and profoundly solitary, she as human, he as angel— which is why they fall in love; they both need a broader context in which to live out true selfhood.

A beautiful subplot features Peter Falk as himself, acting in a film set in the concentration camps of Nazi Germany. Peter Falk, who through his role as Columbo practically created the archetype of the ingenious despised, was formerly an angel himself in the film. He explains to Damiel, even though he can't see him, why living in the now is so marvelous. "I wish I could see ya. Just to look into your eyes and tell ya how good it feels to be here," he says.

The human beings in *Wings of Desire* are missing a significant aspect of reality. But then so are the angels. The resolution is for one to join the other. Marion courts the transcendence that Damiel wants to escape. She wants to know. He wants to feel. The longing to feel and grow and die is the only feeling he has, born of millennia of observation. Her longing to know the sacred is the quality that drew him to her.

"At last it's becoming serious," says Marion on first meeting Damiel in his human form. Contact with the sacred, after living the existential absurdity of earthly life, brings her the substance of a reality that she's sought all her life.

It's been said that the divine is not so much like a man or a woman as like a couple making love. Perhaps this is why, when Damiel becomes human, the film changes from black and white to colour.

"There is no greater story than ours—that of man and woman," says Marion.

*Wings of Desire* manifests eight of the Mindful Bard's criteria for films well worth seeing.

- It's authentic, original, and delightful.
- It poses and admirably responds to questions that have a direct bearing on my view of existence.
- It stimulates my mind.
- 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 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 writes the blog *The Mindful Bard: [The Care and Feeding of the Creative Self](#)*.

## In Conversation with El Tryptophan, Part II

Wanda Waterman



*Gryphon Rue is the singer and songwriter behind El Tryptophan, a highly musically and verbally literate alternative music act from New York. Growing up in a community rich with accomplished musicians of varying genres granted Rue a kind of "old soul" perspective on music that somehow enabled him to create remarkably new and different material. He also works as an art curator, adding a sense of visual perspective to his sophisticated musical and literary vocabulary.*

*On November 20th he released his first album, Guilt Vacation, also available on vinyl from Wharf Cat Records. Recently Rue took the time to answer Wanda Waterman's questions about his work and his creative journey.*

### **Has anything funny or bizarre ever happened to you while in the recording studio or on the stage?**

Deep into a 10-day silent meditation retreat in a room of 200 people, I remember in the act of sitting down a song just appearing in my consciousness. I broke the rules of the retreat because I had to jot the words down. The song, which is unreleased, is called "Lady of the Past," and I could hear Lou Reed singing it almost the same moment it arrived.

So much of that retreat was either indulging in or resisting sexual fantasies, because there was virtually no stimulation, and my psyche was rejiggering. This reminds me of how nice it

can be to hear things wrong, like voices through a wall, or two radios at the same time, as Tom Waits suggests. Your mind starts filling in the gaps.

### **Is New York a creativity-enhancing city for you?**

Living in New York feels so public that it's hard to find the psychic privacy to write without a critical voice or a presence over my shoulder. I'm blind to the amount of work I do here; it's really a shame. There are so many distractions—and noises—it can be difficult to record, or even to relax! On the other hand, the number of shows is overwhelming. Sometimes it's more fun to hide in the art museum!

### **What do you love best about *Guilt Vacation*? And why did you call it that?**

I love the honesty of the children's voices on "Google Portrait," and the odd lyrics they sing, about queens, catacombs, the eye of Fatima, and depression. The album is called *Guilt Vacation* because it fits the songs and the mood over the three years it took to record it. Is the title paradoxical? I'm not sure. It's accurate.

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

I think my music making has to be a blind reaction—I need to be filled by unmusical stuff: disgust, a small injustice, or some ironic displeasure. I spend a great deal of time alone. Townes Van Zandt said you can't write a great song with someone else in the room, but he contradicted himself by writing *For the Sake of the Song* while his lover slept by his side.



### What do you feed your muse?

I was sick over Christmas, so I stayed in bed, picking through *Bobos in Paradise: the New Upperclass and How They Got There* by David Brooks, *Language Poetries: An Anthology*, *Franz Kafka: Short Stories*, and *Waves* by Virginia Woolf.

I've been into the all-over-the-map psychedelia of Elvis Costello's *Imperial Bedroom*, especially the songs "Beyond Belief" and "Man Out of Time," which have mind-blowing lyrics. He's comparing visions of media networks and political scandals to his personal life. I'm listening to some electronica, too: Holden's *The Inheritors*, Oneohtrix Point Never's *Garden of Delete*, Craig Leon.

### Tell us about your current and upcoming projects.

I have several rather psychedelic videos coming soon, and I'm recording another version of "Google Portrait," co-produced with Joakim, the French electronic musician and DJ.

Aside from more shows in New York, I'm planning a European tour for the spring. High Water, of Nicolas Jaar's Other People label, has an unreleased album, hopefully coming soon, for which I co-wrote many of the lyrics. Next September there's an opening of an art exhibition I'm curating at Ballroom Marfa in Marfa, TX.

I recorded songs this week by my friend Dave Deporis, who is a "freak folk" singer everyone should hear. I'm sure I'm forgetting something.

### Do you have anything else to add?

This was fun— thanks for your questions!

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

### Click of the Wrist

Last week you took steps to safeguard your privacy online and on your electronic devices. But caring for your electronic presence involves ongoing housekeeping, too. After all, it's easier to lose important information or compromise your operations if you've got a lot of junk files slowing down your PC or your tablet. Prepare for Clean Out Your Computer Day this coming Monday by purging the clutter, and note: much of the sorting and deleting can be done while watching television, including certain sporting events that may be occurring this coming Sunday.

#### Wash

There is a wide range of computer cleanup software out there, but sometimes you need to start with the basics— defragmenting, ending automatic processes, and streamlining email, for example. Here, Gizmodo describes seven basic tasks to get your cleanup work started.

#### Rinse

If you've removed junk files and unnecessary processes, but you still feel like you're overwhelmed by digital data, it may be time to overhaul your electronic filing system. This primer guides you through both basic and more advanced data organization and will help you organize your files into a system that works for you.

#### Repeat

You've probably run basic utility tools to defragment your hard drive and check for errors, but did you know you can set up a script to run these automatically? More advanced users will want to check out this LifeHacker article that explains how you can keep your computer in better running order throughout the year.

### Cleanup Crew





Dear  
Barb

Barbara Godin

## What's Left Behind

**Dear Barb:**

*I have a dilemma and I'm not sure what to do. A very good friend of mine separated from her husband about four years ago and she has been seeing someone for the last three years. Another friend of ours recently broke up with her boyfriend and she has been on a few dating sites. While online, she saw our friend's present boyfriend's profile. Needless to say she was devastated and didn't know what to do. When she told me about it I thought maybe it was an old profile that he may have forgotten to take off, but I'm sure he would have gotten some hits, so it's hard to say he forgot about it. We really don't know if we should mention it, or just let it be. Help Dana!*

Hi Dana:

It's hard to know the whole situation. Maybe he changed his email address; so doesn't realize his profile is still online and active. If that were the case the administrators would not be able to contact him either. It's a tough position for you and your friend, but I think you have to look for signs from your friend. Does she seem happy in her relationship? Unless she says something to you, about perhaps suspecting he is on a dating site, I would not say anything to her about this. If your friend was able to see his profile anyone would be able to see it, including his partner. He doesn't seem to be trying to hide it, therefore just continue your relationship with them both until when, or if, something changes. Thanks for writing in Dana.

**Dear Barb:**

*Within the last few years I have had a few friends and family members pass away and two of them did not have a funeral or even a memorial service. Is this the new trend? It's like they were*

*here one day and gone the next and I never even had a chance to say goodbye. I hope this is not the way of the future. I can see where someone wouldn't want the traditional funeral with the mass and everything, but a little memorial service is a nice way to give people closure and honor the person who passed. What is your feeling on this issue? Thanks Barbara.*

Hi Barbara:

Great question. Traditional funerals are changing with the baby boomers. We were the generation that changed everything, why not change the way we say goodbye. In a lot of cases funerals are being replaced by personalized memorial services. People want to say goodbye to their loved ones in a special way and they are leaving their personal instructions. Many people prefer a celebration of their life when they pass rather than the sad goodbyes of yesterday. With medical advances people are living longer and for the most part have enjoyed a long and happy life, providing time for them to make peace with their death. So Barbara, you are going to have to respect the wishes of the dead and find your own personal way to achieve the closure that you need. Perhaps writing a goodbye letter to the person, or getting together with a couple of mutual friends or family members and sharing special stories would be helpful.

Email your questions to [voice@voicemagazine.org](mailto: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.



# ACE INHIBITOR

## IN: IT'S YOUR CLOTHES

Egged again,  
suh?

Yes, dagblast it!  
Farthingham, why  
don't the people  
respect me?



Think about it,  
suh. For starters,  
you name yourself  
after hypertension  
medication. While  
the world is falling  
apart, you fritter  
away your trust  
fund . . .



Thundering  
flatulence! You're  
right! The colour of  
my tights is utterly  
at odds with my  
codpiece!

Were  
you  
listening,  
suh?



. . . spending the  
best of your waking  
hours engaged in  
bizarre acrobatics  
in an effort to  
fight criminals of  
whom you know  
nothing.



And it might  
also have  
something to  
do with your  
attire, suh.



WRITTEN BY  
WANDA  
WATERMAN

Bring me some cherry red spandex, Farthingham!  
It's back to the sewing room for ACE INHIBITOR!



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

## Edmonton AUSU Meet & Greet

**Want to meet up with fellow AU students in person?**

AUSU President Shawna Wasylyshyn is hosting a **meet & greet** on February 10 at Good Earth Coffee in Edmonton.

With the election right around the corner, this is a **perfect time to come chat with current executives about the election and the roles of council!**

**Date:** February 10

**Time:** 4:00pm MST

**Place:** Good Earth Coffee, 9942 108 Street, Edmonton



## Call for Nominations – Feb 10

The call for Nominations for the **2016 AUSU General Election** opens on **February 10!**

**The nomination package is now online [here](#)** (but please note, no early submissions prior to February 10 will be accepted). If you are interested in running for AUSU council, start thinking up a campaign statement (75-100 words).

For more information on the upcoming election, visit our website [here](#).

## IMPORTANT DATES

- **Feb 10:** Deadline to register in a course starting Mar 1
- **Feb 10:** Call for Nominations for 2016 General Election
- **Feb 11:** AUSU Council Meeting
- **Feb 22:** AUSU Election Campaign Period begins
- **Feb 29:** Deadline for exams for Jan 31 course end dates
- **Mar 10:** Deadline to register in a courses starting Apr 1
- **Mar 11:** AUSU General Election Polls open

## Twitter Contest – Tweet to Win!

Since the AUSU General Election is just around the bend, we want to know **what issues you want to see the new council focus on!**

**Tweet** about what you would like to see the new council focus on using the hashtag **#AUSUElection** between **February 6 – 13** and be entered to win a prize pack including a **\$25 gift card** to a store of your choosing! The winner will be chosen at random after February 13.

**#AUSUElection**



## FREE lynda.com Membership

Did you know AUSU provides all members with a **FREE** membership to **lynda.com**?

lynda.com is the world's premier video training website, with more than 1,400 on-line courses taught by industry experts, and more added every week. lynda.com is designed for all levels of learners and is available whenever you're ready to learn.

For more information or to access Lynda.com, visit our website [here](#).





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# CLASSIFIEDS

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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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## THE VOICE

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

<b>Publisher</b>	Athabasca University Students' Union
<b>Editor-In-Chief</b>	Sarah Cornett
<b>Managing Editor</b>	Karl Low

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

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