

# THE VOICE

## MAGAZINE

Vol 24 Issue 06 2016-02-12

## Meeting the Minds

The Marathon Conclusion

## O is for ...

We spell it out for you!

## Think of a Letter

The Making of a Memento

*Plus:*

*A Shift in Perspective*

*Brain Orgasms*

*and much more!*



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***The Voice  
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# LETTERS TO THE EDITOR



**We love to hear from you! Send your questions and comments to [voice@voicemagazine.org](mailto:voice@voicemagazine.org), and please indicate if we may publish your letter.**

**EDITORIAL****Love is in the Air****Karl Low**

Happy almost Valentines Day! This year, some of the writers and I have been working together more to try to develop ideas for theme based issues. On purpose. What you're seeing is the first of those. I don't know yet when the next one will be (if I don't have one for Talk Like a Pirate day, I'll be very sad indeed) but let me know what you think. Of course, you'll notice some of the articles still don't fit the theme at all. It's a work in progress, bear with us.

Also this week, I was going to do a feature on what the results from the recent Voice Survey were. That didn't pan out, however, mostly because it took me way too long to figure out how to export the graphics that make the whole thing remotely understandable. Next week, I promise! (Besides, it hardly fit in with the theme.) In the meantime, though, I can tell you a few things I gleaned that struck me as interesting. For instance, while most university papers have audiences who are primarily in the 17-25 year old range, here at *The Voice Magazine*, most of our readers are in the 31-40 age range, and we skew toward the higher side. In fact, with only about 5% in the 17-25 year old group, our 60+ group is nearly double that at about 10%.

Also, we're narcissists. It seems we're quite curious about who we are as AU students, because the article that is the most "always read" is none other than our interviews with AU students. But enough about what isn't in this issue, I'm not giving enough space to what is.

This week, you'll definitely want to read the final part of our feature interview with Dr. William Diehl-Jones. His final answer is worth the read just on its own, but the rest of the article is rather fascinating as well.

Also, our Valentines day theme starts with Barb Lethiniemi's "O is for...", and if you can't figure out what that might be referring to in a Valentine's day theme, she even spells it out for you. Incidentally, this is an article that the guys need to read almost as much as the gals. Carla Knipe gets in on the fun (and by that I mean the issue theme, not—nevermind) with a look at the resurging art of letter writing, and how it can leave something a lot more lasting than an electronic poke. We also have a slightly different look at relationships from Deanna Roney, and even a letter for Dear Barb that touches on the holiday.

Also, if you want something to "set the mood" for Valentines this year, you definitely want to take a look at Samantha Stevens' music review. After reading about what artist Shelita Burke is doing, I want to grab the album just for, let's say, curiosity's sake.

Plus, we also have our usual selection of helpful writing and studying advice, reviews, and other bits and pieces to keep you amused, connected, and informed.

Enjoy the read!

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

# MEETING THE MINDS

## INTERVIEWS with AU's EDUCATORS



*Dr. William Diehl-Jones is an associate professor of nursing with AU's Faculty of Health Disciplines, and sits on the research committee for the Children's Hospital Research Institute of Manitoba. Recently, he took time out of his busy schedule to do this two-part interview for The Voice Magazine by Marie Well. You can find the first part [here](#).*

**Marie: What are some of the challenges and highlights to publishing academic literature?**

*William: My context is biomedical research. I'll answer you from that perspective. I haven't yet published on teaching and learning, but my academic literature is pediatric research. My research environment—although I am sure you could say this about many scholarly environments—is very competitive. It is increasingly difficult to publish in high-impact journals. It really requires a team approach, with lots of collaboration. The highlight is—and I just had such an article come out last week—seeing your research in print and realizing it has effected a positive change in practice.*

**Marie: What was your favorite course to teach? Why this particular course?**

*William: I'll tell you it's PathoPhysiology. Nurses often see symptoms x, y, and z and think, for example, "That must be congestive heart failure". But, what I love about Pathophysiology is that we can take students beyond that sort of 'pattern recognition' and try to encourage them to understand the physiological basis for the signs and symptoms that they are seeing. I'm really looking forward to the new combined course because, if you are going to talk about something like heart failure, then, doesn't it make a lot of sense to talk about the pharmacological tools used to treat that disease.*

**Marie: If you could confer one piece of wisdom on an upcoming student in Health Studies, what would it be?**

*William: One bit of wisdom in Health Studies is you are doing the right thing. We are always going to have a need for people in Health Studies, but also to keep your options open. Follow your head and heart in terms of what branch you want to go into.*

**Marie: What were some of your childhood passions?**

*William: My childhood passion was always biology. When I was five years old, my dad gave me one of those little cheap microscopes. I can remember looking at an image for the first time, thinking, "Wow! That's an entire little universe there that nobody else knows about. This is so cool!"*



So, it was always biology, and that has never changed. I still love looking through a microscope. As I got a little bit older, of course, my interests expanded. I found I loved cycling and running. I still pursue all three today.

**Marie: If you could instantly learn one thing, what would that one thing be?**

William: Have you ever seen the movie Groundhog Day with Bill Murray? So, in this movie, Murray's character decides he wants to have a romantic relationship and impress his colleague. By some cosmic, comic twist, Murray is forced to relive the same day over and over again. When he wakes, it is always Groundhog Day. So, he uses this opportunity to take piano lessons; and, after many iterations of the same day, he learns to become an accomplished pianist.

In that context, I thought about this. I thought, "You know what? I'd like to be in Groundhog Day and learn to play really good blues guitar. I'd like to be the next Muddy Waters.

**Marie: Maybe you will be. You never know. If you had omniscience, what book would you write?**

William: If I had omniscience, if I knew everything I wanted to know, I would write a book about balance—about finding balance with your work and your life. I don't have omniscience, and I haven't yet found balance. I guess writing that book might be a way to find that balance.

**Marie: What is your greatest purpose in life?**

William: To be a good father and a worthy husband. It's simple. When you think about it, all this other stuff doesn't really matter, does it?

**Marie: What is your favourite hobby?**

William: I run marathons. I've run thirty-seven marathons and a couple of ultra distance events, and I think that the fact that I have four kids and run long distances isn't entirely unrelated. I'm likely that I have a partner who tolerates that hobby, and the time it takes. It is my form of therapy.

**Marie: I understand that you attended the Boston Marathon in 2013 when the bombs exploded. That must have been frightening.**

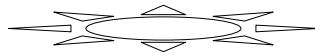
William: I was indeed there. I have run the Boston Marathon 7 times, but that year I was injured and went to Boston to cheer on my buddies. So I was a spectator at Heartbreak Hill for most of that race, handing out beer and cheer to the runners as they crested that 'in'famous landmark at mile 21.5.

I was on the way to the finish line via the subway when the announcement came about the bombs at the finish line on Boylston Street. The subway stopped, everybody was told to get off, and I walked to the finish line, all the while being passed by police, army units, SWAT vehicles, and news choppers converging on the carnage by the Boston Public Library. People were in shock, crying and bewildered, and all I could think about were my friends who had been in the race. Where were they? Were they ok? I spent several anxious hours locating my friends and reporting back to family back in Winnipeg that all had been accounted for. To this day I am haunted by the fact that, that year, I had nearly brought my beloved son to wait for me at the finish line.

All of my friends were ok, but my best friend Kevin was 75 yards from the 2nd bomb. He was one of the people who rushed to pull down the barricades to get to the injured. He felt the blast, saw the blood, heard the screams.

That night my running group stayed at the hotel, hugged each other, and cried. We have never been the same since. The following morning, we left a different Boston; a National Guardsman, M16 pointed, made me slowly unpack my backpack before I boarded a nearly empty subway car going to the airport.

A year later, in 2014, Kevin and I returned to run Boston again. We had to. Nobody was going to take that beautiful race away from us. Record numbers of runners arrived in Boston; every one of them was offered a hand-knit blue and gold scarf by the Parish Church parishioners, and each of us came to run with a purpose. Many wore t-shirts emblazoned with the picture of Martin Richards, the eight-year-old boy murdered by the bombers. And before the race, Kevin and I went to the sites of the blasts, choked with emotion. It had been a long, tormented year for him, and the moments of silence on Boylston seemed to be cathartic. The next day, Patriots Day 2014, we completed the Boston Marathon together, high-fiving every little kid we could see. The people of Boston, over a million strong, cheered us, hugged us, and thanked us for 'giving us our city back'. As I sprinted the last 100 yards to the finish line, I felt I had wings.



### Study Tips from a Semi-Anonymous Friend

#### How We Learn

*There is nothing more that The Study Dude wants for you than to do something called prewriting so that you acquire an expert's voice come essay-writing time.*

*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 delves into part two of the book *How We Learn* by Benedict Carey. This article examines the benefits of prewriting, of mixing and interrupting study sessions, and of boosting your memory power through strategic sleep habits. You can have your sleep and A+ too.

#### Are You the Expert? With Prewriting and Journaling, Yes

I previously read the book *They Say; I Say* by Cathy Birkenstein and Gerald Graff. Excellent book. The book revealed a lot about making templates for common people to enter into academic dialogue. I emailed Cathy and Gerald to let them in on Benedict Carey's tidbit on the roles of prewriting and journaling in gaining an expert voice. I thought they might do a study on the value of prewriting in inserting your own voice into the academic debate. Prewriting, journaling, and following templates can give you the authority in your writing that so many undergraduates miss out on. Don't you want to be an expert?

Personally, the more I journal and engage in prewriting, the better a person I become. I don't just mean academically: journaling makes me better able at coping and sorting out my thoughts. With benefits such as these, journaling and prewriting help you to see the trees through the forest and the A's through the sweat and tears.

So, if you want to do more that regurgitate other people's ideas in your papers, do prewriting and journaling. Benedict Carey reveals more on the topic:

- Your own insights and wisdom matter just as much, if not more, than those from academic researchers. Write your papers so that you include your own thoughts and views.
- One researcher (Dively, as cited in Carey, 2014) found great success in giving her students prewriting assignments. These assignments consisted of the following steps: (1) assessing an interview, (2) explaining a keyword and how it relates to the academic discourse, (3) responding to some controversy on the topic, and (4) doing additional assignments to drill the key ideas home.
- Dively also had students journal their feelings and reactions toward the researched topics. Students wrote whether they agreed with the various researcher's points-of-view, whether they thought the researchers had any inconsistencies or issues, and whether they felt the readings "made sense" (p. 145). All of these activities helped the students gain that coveted expert voice.
- So, it is important for you, as a student, to frequently journal your views on topics you research. Express your views of what you just read. Did the reading suck? Why or why not? Define terms as you see them.

### **Mix Up Study Sessions and Interrupt Them**

I stared endlessly at the same math problems for hours on end each day: without fail. Boring. My back would ache. My enthusiasm waned. My environment always stayed the same. Plain white walls. A corkboard. Hoards of scrap paper at the foot of my chair. No music. Silence. The kind of things a math geek needs to get an A+ on a calculus exam.

I hardly took a break lasting more than fifteen minutes—just one break a week for an hour or two. The thoughts of ungluing my butt from the chair cushion disturbed me. Determined to get an A, I tortured myself to stay focused like a Navy Seal blasting out of a plane over frigid waters with nothing but a parachute—except without the adrenaline.

In the previous Study Dude article, I showed that Benedict Carey argues that I could have done much better academically if I did the following things frequently: changed up the subjects I studied, switched study places, and rotated the music I played. He also argues that doing different things and switching from one task to another aids with learning. Don't just do math problems. Also, read your math textbook and look at some math YouTube videos. Variety is the spice of GPAs. Change things up, and your learning will skyrocket.

Here's what Carey says about that:

- Carey practiced things he wanted to master. Other people who practiced less seemed to "just get it" more than he ever did. So, what was his problem?
- First, don't just practice things over and over again to nauseating lengths. Mix it up. Live a little.
- Kerr and Bernard (as cited in Carey, 2014) showed that children who tossed beanbags at just one target did worse than children who did the same amount of practice, but tossed beanbags at two different targets. The children who tossed beanbags at just one target seemed to have an advantage in that the target for the final test for both groups was the one only the single target children practiced on. Yet, the children who tossed at two targets, neither of which was on the final test, did much better. This means, vary your practice. Don't just focus on one topic or activity. You'll perform better if you change things up. Take two or more different approaches to your study of math, for instance, not just one. Do problem. Read your text. Watch math videos. Recite formulas. Get that A...



- Goode and Magill (as cited in Carey, 2014) showed that participants who practiced one single tennis serve over a length of time did poorer than participants who practiced multiple serves over the same period of time. Mix things up and make the grade.
- Carey (2014) says that Schmidt and Bjork showed that "whenever researchers scrambled practice sessions, in one form or another, people improved more over time than if their practice was focused and uninterrupted" (p. 156).
- Bjork and Landauer (as cited in Carey, 2014) showed that students performed better on memory recall of names when the study sessions were interrupted.
- So, scramble your study tasks and switch your study locations regularly.
- Reduce your time on one task to ten to fifteen minutes if you can. Switch to a slightly different task or even an unrelated task. Return to that initial task refreshed.

### **Stay Up Late or Get Up Early? The Best Strategies for Memory Consolidation**

Why must we sleep at all? We could accomplish much more if we slept less, thereby gaining more waking hours for studies, work, and play. But I did one all-nighter in graduate studies, and I looked like a gargoyle for about two days after. The essay I wrote during that fright night lacked clarity. After handing in the paper, I wanted to do nothing more than lay down on the grass and sleep. I even considered lying on a convenient nearby cement sidewalk. Had I gotten my sleep, I might have learned something.

Research says that sleep provides memory consolidation essential to learning. More specifically, the different stages of sleep each perform a unique job at storing into memory what we learn. So when we sleep, we learn. And, a good night's sleep feels like bliss.

Carey dives into some great research on the various states of sleep and how each stage consolidates different memories:

- REM sleep helps you consolidate pattern recognition and creative problem solving. REM also helps you find relationships in events or ideas that you weren't originally aware of. REM also helps you to process heightened emotions during the day. In other words, if you threw a temper tantrum at your professor that day, REM sleep will help you get over it. REM sleep is in abundance just before you wake up. So, sleep in to solve your problems creatively.
- Stage 2 sleep helps consolidate motor learning that takes place through things such as sports or music lessons. Stage 2 sleep is in abundance prior to an hour before you wake up. So, sleep in if you are learning how to bust a move.
- Stage 3 and 4 sleep consolidates "newly learned facts, studied vocabulary, names, dates, and formulas" (p. 208). This stage of sleep happens most abundantly during the first three hours of falling asleep. So, get up early if you have to, but make sure you get that initial rest to achieve top performance on exams in history, English, or other fact-based disciplines. In other words, don't do the all-nighter when you have to regurgitate facts the next day.
- Carey calls the above the "Giuditta-Smith-Stickgold Model of Learning Consolidation" (p. 206), which he shortened to the "Night Shift Theory."

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.

## O is for ...

Barbara Lehtiniemi



*"Next Valentine's Day, forget the chocolates, forget the flowers, show up with a We-Vibe, and you will be the best guy."* – Dr. Lauren Streicher, author of *Love Sex Again*.

**O**rgasms—perhaps especially female ones—have long been a taboo topic. In [Let's Talk About Female Orgasms](#), a frank but funny video from *The Atlantic* magazine, Dr. Lauren Streicher, a gynecologist with expertise in sexual function, attempts to address what may be an uncomfortable topic for some: female sexual pleasure. "All women

can and should enjoy sex," says Dr. Streicher in her book, *Love Sex Again* (HarperCollins, 2014.) Yet, even though almost half of women don't enjoy sex fully, hardly anyone is talking about it.

**R**esearch shows that 43% of women will experience some sort of sexual dysfunction—that means perhaps 10,000 current AU students may be in this category at some point in their lives. Streicher places female sexual dysfunction into four general categories: low desire, difficulties with arousal and lubrication, problems achieving orgasm, and painful sex. For some women, sexual dysfunction can be a life-long problem—some women have never achieved an orgasm, for example—while for others, problems crop up after childbirth, illness, surgery, or menopause. "Normal sexual function is so complex that it's amazing how often things go right," says Streicher. "It's complexity also makes it easier to appreciate that many, many things can go wrong."

**G**enital dryness (GD) in females is a term Streicher invented to counter the marketing buzz around erectile dysfunction (ED) in males. Although GD, resulting from a lack of natural lubrication, is only one possible female sexual issue, it is a problem many women will encounter at some point. If medical conditions such as diabetes, heart disease, or cancer treatments don't trigger GD earlier, most women will experience it after menopause. While male sexual dysfunction has been getting a lot of air-time, women's problems remain under blackout conditions. The good news is that pharmaceutical companies—who, as some believe, milk male ED problems for all they're worth—have finally discovered that there's "a lot of money to make from vaginas," says Streicher. Not that there is or will be a medical solution for every female problem, but Big Pharma's involvement may finally make female sexual problems acceptable to talk about.

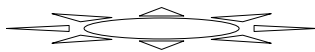
**A**sking a doctor about sexual problems is "rare" among women, says Dr. Streicher. "There's nothing that's going to tie your tongue more than going to your doctor and thinking, okay right, I really want to tell him or her I can't have an orgasm." The minority of women who do eventually raise the topic with their doctor have waited an average of two years before doing so. And not all doctors can help. Streicher acknowledges that most doctors receive little information during medical training on women's sexuality. Women seeking help from their family

doctor may need to be referred to a specialist. Not every problem requires medical help, however; sometimes women just need information, and some understanding and cooperation from their partner.

**S**hame, however, prevents many women from discussing sexual problems with their partner. "Not just because they are embarrassed," says Streicher, "but because of the shame and fear associated with perhaps no longer being perceived as 'sexy'." But not talking about problems inhibits the possibility of solving those problems. Many people are unaware that their female sexual partner even has a problem because a significant number of women hide sexual difficulties from their partner.

**M**any women experiencing sexual dysfunction think, "it's just me." It's not. Streicher believes that, because women are exposed through film, TV, and books, to what she describes as an "erotically charged world", it's easy to believe "every single person (other than you) is having amazing, passionate sex and earth-shattering orgasms on a daily basis." In the real world, this isn't happening. So perhaps it's time for women—and their partners—to open up the conversation on female sexuality. Solutions rarely come from silence. If you are experiencing a sexual problem—or you think your partner might be—start the conversation. Consider making this Valentine's Day an opportunity to open a discussion with your partner (and perhaps later with your doctor) that will lead to greater pleasure, increased intimacy, and a more rewarding relationship.

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



## Student Sizzle

## AU's Hot Social Media Topics

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

### AthaU Facebook Group

Betty seeks tips for courses that have exams only, no assignments. Maryam is looking for a hard-copy text for MATH 215. Lisa seeks a study partner for PHIL 252. Ryan wishes AU had more science-based grad programs.

Other posts include paper books versus e-books, and courses ADMN 417, ECON 401, ENGL 255, HRMT 322, and ORGB 326.

### Twitter

@AthabascaU tweets: "AU's Master of Arts - Integrated Studies (MA-IS) is pleased to announce the opening of a brand new focus area: <http://goo.gl/cnlgmB>."

@AU Business tweets: "Do you know an outstanding #AU student or alumni? Nominate them for an award! More info here <http://goo.gl/L3UM22>."

@AthabascaUSU (AUSU) tweets: "Want to run for AUSU Council? Nominations accepted until Feb 17. Find out more at <http://bit.ly/1KHH8Lf>."

### Youtube

Take a hike with Walking in the woods - Rotary Way Pirates Hill Viewpoint - Athabasca, Alberta, posted by Michael Borody.



## Think of a Letter

Carla Knipe



Modern communication is almost instant. Sending a text message or dashing off a quick email or social media post are immediate ways to keep in touch with one another, but this also means correspondence is becoming rather impersonal. Writing a handwritten letter or card is a nice thing to do, especially around holidays such as Valentine's Day, but it is so much quicker just to type a message and press "send". Compare that to taking the time and trouble to find stationery, write the message, address the envelope, walk to the mailbox—and then wait for the recipient to receive it and send a reply. It all seems so—old fashioned.

And yet, despite postal companies across the globe experiencing a huge decrease in the volume of letters processed through their systems, the practice of writing letters is not obsolete. In fact, it is going through a revival as people are rediscovering the art of handwritten mail.

Despite the perception that writing letters is archaic, the history of letter writing shows that the practice shares a lot with modern social media. Writer Simon Garfield, in his book "To the Letter" traces the importance of the letter throughout history, going all the way back to Ancient Greece. He observes that letters *were* the social medium across the centuries, and compares the "shoebox to the inbox". In Victorian Britain, for example, letters were collected from post-boxes and delivered to houses several times a day because, in the absence of telephones and vehicles that made long-distance travel possible, letters were the only cheap and reliable way to keep in contact with others. Garfield notes that in 1910, each person in Britain sent an average of 116.7 items of mail per year. For people who immigrated, letters became a vital connection between the old country and the new, especially when many newcomers had few, if any, other families around they could talk to.

But in this age of almost instant communication it is difficult to pinpoint the exact reasons for the rediscovery of letter writing. It may be an aspect of the slow movement that has sought to redress the balance between time-poverty and busy-ness to restore the lost connections that are a result of our fast-faced modern life. It may tie into the fact that people are engaging in paper arts such as scrapbooking and calligraphy; writing letters are perhaps an extension of that creativity.

But there are also very personal reasons for writing letters. Sitting down and taking the time to compose a letter is a wonderful way for the writer to pause and reflect on life and express it through the physical means of paper and ink. It can even become a spiritual practice or ritual, a way of centering the self and connecting with others in a meaningful way. But a recurrent theme, whenever news stories and blog posts discuss letter writing, is that people know that digital correspondence is easily deleted at the click of a button, while handwritten correspondence feels more permanent—and personal—and the practice is worth saving from extinction.

Calgary-based writer Barb Marshall has embraced letter writing in her own life, and encourages others to put pen to paper in a digital age with her blog "Rite While U Can". She started the blog in 2013 after moving to Alberta from Ontario. She knew almost no one in her new surroundings and was far away from friends and

family. As a result, "the meaning that a letter in my mailbox had tripled in significance. It brought my loved ones into my home in a way that email just couldn't come close to." Marshall hosts "letter writing socials" held in local coffee shops where people can drop by, make some handmade cards and notepaper, and write personal messages to their friends and relatives. The most striking aspect of the socials, Marshall notes, is that younger people are the age group most enthusiastic about the concept, especially when it comes to using the manual typewriters she provides to create hand-crafted mail. She hopes that letter-writing socials will catch on in other places.

This past Christmas, Marshall also wanted to use the power of letter writing for the greater good through her #MakeltMerry campaign, inviting people to write cards and letters for vulnerable adults which were distributed anonymously in December through the Calgary Drop-In Centre. Over 1,400 cards were written this year, far surpassing her expectations, and what Marshall discovered through the campaign is that "people wrote wishes for happier times, courage to be the best they can be, hope for safety and warmth, but my heart was moved when I read cards that shared stories. Stories from the person that sent the card about their own lives, the number of kids they had, what they liked to read, everyday real life stuff. I loved these cards because they broke down any barriers between those that have and those that don't. The card became a conversation between two people, both with hopes and dreams, both with a core desire to be loved."

Another writer who is eager to get others to write more letters is Mary Robinette Kowal, who, through her Month of Letters challenge, wants people to send one piece of handwritten correspondence every day that the postal service operates during the month of February. What both Kowal and Marshall have in common is they both want to get people feeling a greater connection and sense of intimacy with others through letter writing. Letters are tangible reminders and, as Simon Garfield says, become "treasured, hoarded, moved when we move or forgotten to be found afterwards ... Emails are a poke, but letters are a caress and letters stick around to be newly discovered."

*Carla loves paper. She has far too many books, compulsively buys craft supplies, has several boxes of cards and letters from years back years that she just cannot throw out, but feel free to say hi to her on Twitter @LunchBuster.*

### Women Of Interest



**Addie Aylestock** was born 1909 in Glenallen Ontario and died 1998. In 1951 she became the first ordained black woman in Canada. Early in her life Addie began working as a domestic but felt a desire to help others. Initially her intention was to attend Medical Missionary College in Toronto then work in Africa; however, after graduating she ended up staying in Toronto to further her education. She attended Toronto Bible School and, following her graduation, in 1951 she was ordained. By 1959 Aylestock had rose to the ranks of deaconess, which was the highest position available to women at that time. She spent over twenty years ministering for the British Methodist Episcopal Church, during which time she served several cities throughout Canada including Toronto, Halifax and Owen Sound.

Additional information about Addie Aylestock can be founding at the following links:

<http://www.blackhistorycanada.ca/profiles.php?themeid=20&id=12>

<http://famouscanadianwomen.com/famous%20firsts/religious%20leaders.htm>

[http://education.davidspencer.ca/wiki/Addie\\_Aylestock](http://education.davidspencer.ca/wiki/Addie_Aylestock)



## The Writer's Toolbox

### The Media is the Message

Christina M. Frey



Marshall McLuhan famously wrote, "The medium is the message." But try to turn that iconic phrase into plural form, and it just sounds odd. The media are the message? The media is the message? This week we'll take a look at *medium*, *media*, and how an originally plural form is making its way back into the singular world.

#### Medium, Media

Unless you're talking about clairvoyants ("mediums"), the plural of *medium* is *media*.

*Example A: Today's art class will examine the medium of clay.*

*Example B: Tomorrow's art class will deal with mixed media creations.*

but note *Example C: She has gone on retreat with other psychics and mediums.*

The plural form *media* is also used to describe multiple means of communication:

*Example D: I'm an advocate for greater representation of women of colour in news media.*

#### Single Again

In Examples A, B, and D, *media* is clearly plural in nature and form. But what about when *media* is used as a subject rather than an object, and refers to multiple communications organs—news, television, radio, magazines—all in one set? To revisit our original question, is it "The media is..." or "The media are..."?

Some argue that in these cases, *media* should take a singular rather than a plural verb. Over the past decades *media* has become more widely accepted as a mass noun, i.e., a noun that refers to a large group as a single entity (other examples of mass nouns include "crowd" and "class"). As such, it would take a singular verb.

*The Chicago Manual of Style* editors admit that "'media' is often construed as a singular noun," while *Garner's Modern American Usage* outright states that this usage "must be accepted as standard" (Garner, 2009, p.531)

And although *The Canadian Style* advises that writers should "use *media* as the plural," it recognizes that "usage is evolving." Unfortunately, it doesn't give examples of *media* in a context where the word could otherwise be understood as a singular-form mass noun.

In most circles, neither of the following examples would be seen as wrong, though some might consider Example E to be too modern and trendy or Example F to be stilted.

*Example E: The media takes up the challenge.*

*Example F: The media take up the challenge.*

But note: the following example is incorrect:

*Example G (incorrect): Radio, television, and other medias take up the challenge.* If you use *media* as a singular-form mass noun, don't use "medias" as the plural.

Is the media the message, then? The key, as always, is to know your audience and to be consistent in your writing.

#### References

Garner, Bryan. *Garner's Modern American Usage, Third Edition*. New York: Oxford University Press, 2009.

*Christina M. Frey is a book editor, literary coach, and lover of great writing. For more tips and techniques for your toolbox, follow her on Twitter (@turntopage2) or visit her [blog](#).*



## Music Review Shelita Burke

**Samantha Stevens**



**Artist:** Shelita Burke

**EP:** *Transfixed*

St. Valentine's Day is Sunday! Is it a day you take note of or do you ignore it? Do you go the commercial route, flowers and chocolates, or do you tend to indulge your Valentine with homemade goodies? No matter your plans for the day, I'm sure there will be a need for a romantic soundtrack at some point. Luckily, Shelita Burke's debut EP, *Transfixed*, is full of sultry jazz influences and sexy vocals and is sure to have you covered for a romantic evening.

Originally from Seattle, Shelita has travelled the globe with her music, absorbing influences and local sounds wherever she goes. The result is a sound that combines jazz and folk music with Middle-Eastern and Western musical scales. Influenced by Joni Mitchell, Shelita's music also reminds me of a mixture between Feist, Nora Jones, Sia, Björk, and early Sarah

McLachlan.

On her website, Shelita discusses a phenomenon that she has achieved with her music: "Her discovery of a unique perceptual phenomenon called Autonomous Sensory Meridian Response (ASMR) – essentially a pleasurable, tingling "brain tickle" effect - led her to incorporate unique vocal runs that added what she calls "brain orgasms" to her songs" (<http://shelitaburke.com/about/>). As absurd as this may sound, ASMR is a noted phenomenon and has been examined by scientists. One study even found that whispering elicited an ASMR response and participants experienced "a tingling sensation which originated typically towards the back of the scalp and progressed down the line of the spine and, in some cases, out towards the shoulder" (Barratt & Davis, 2015, n.p.). I think this ASMR and additional relaxing effect of Shelita's music could be very useful if you are trying to create a romantic atmosphere.

Although the tracks on *Transfixed* aren't specifically love songs, it is the harmony between the music and vocals that creates an extremely sensual melody. The constant rhythm is very hypnotic and soothing, resulting in music that is perfect playing in the background while you focus on your partner.

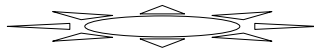
Although each track on *Transfixed* is wonderful, I enjoyed the remix of the title song the most, which is featured as a bonus track on the EP. The added echo effects and enhanced beat add a depth to the song that elevates above the remainder of the EP. There is just something about the combination of Shelita's vocals and the jazzy electronic effects that make the song go from a romantic piece playing in the background into music that is impossibly sexy. This song grabs your attention and won't let go until the last beat.

So if you need some romantic and sexy music for an amorous evening with your Valentine, then Shelita's debut EP is perfect. If you aren't looking for romantic music, but still want something new to relax to, or to have playing softly in the background while studying, then I still highly recommend checking out *Transfixed*.

### References

Barratt, E., & Davis, N. (2015). *Autonomous Sensory Meridian Response (ASMR): A flow-like mental state*. PeerJ, 2015(3), doi:10.7717/peerj.851

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



## In Conversation with Jackie Venson

## Wanda Waterman



Jackie Venson is an Austin-based singer-songwriter, a virtuosic guitar talent, and a lively and engaging stage presence. She started out as a classical pianist but switched to blues guitar and went on to do a Bachelor of Arts in Composition and Studio Production at the Berklee College of Music. Her live album, *Jackie Venson Live*, is set for release this fall, but you can watch a video from it, "Back to Earth," [here](#). Recently she took the time to answer Wanda Waterman's questions about her background and personal approach to music.

### What role did music play in your childhood?

I began classical piano lessons at the age of eight and, ever since I first completed a song, it began this gravitational pull that still continues to this day. I was still a kid and still wanted to go outside and play, but I also had this desire to keep learning and completing songs. I was always torn between being a kid and wanting to be a musician.

**Who had the most—and best—influence on you?**

My parents and my piano teacher. My mom was always so excited to hear me play for her; she was and still is the most captive audience. My father's a professional musician, and just watching him do his job and stick with it for decades is an unbelievable inspiration for me. My piano teacher taught me how to focus and really make the most out of my practice sessions, thus helping me, to this day, hone in on my craft.

**What was the most incredible musical experience of your life?**

Performing and improvising on the guitar. I always loved playing the piano but a part of me always felt so attracted to lead guitar. When I perform on lead guitar it's as if I'm filling a gap.

**If your musical life were a movie, what kinds of scenes would make you laugh? Or cry?**

Laughing would be when I played my first solo in front of people on the guitar at a blues jam and people actually hooted and hollered. I felt like I was doing so badly and everyone was so enthusiastic. Crying would be all the times I've been down on myself and doubted myself, which happened quite a bit while growing up.

**What's your favourite instrument to play and why?**

Guitar because of the energy it draws out of me; it's electrifying.

**What do you like best about the loop pedal?**

The freedom it gives me to do my thing and get down without needing a band.

**Do you remember your first encounter with blues?**

Sitting in the back room watching my dad's band rehearse. It was indescribable, I was very young.

**Did Berklee prepare you well for life as a professional musician, or did you have to learn on the job?**

Yes it did. It taught me hard lessons about expectations and dealing with disappointment. It also gave me a very thick skin, which is a must-have for the life of a songwriter and performer.

**Is Austin a creativity-enhancing city for you?**

Absolutely. I need a positive environment to thrive and Austin is just that.

**How easy is it for a woman to break into the music industry—and stay there—these days?**

It's kind of a trip the way people are comfortable undermining me; also it's hard to get people to pay me what I'm worth. Sometimes I have to team up with men and have them speak on my behalf just so I can get the things I need. Overall it can be an advantage because there ain't many women doing what I'm doing so it can be a great way to stand out.

**What advice do you have for other female musicians?**

I'd advise any woman to prepare herself for men who feel they can walk all over you because they just see you as a "pretty little lady." Don't put up with any disrespect, never settle, and, mostly, don't feel as though you need to apologize.

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

Positivity, love, support, and, most of all, sunlight. Lots of it!



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

To present to the world a sound and a body of work that only I can present. I don't want to spend my only life on this planet trying to duplicate someone else or creating art for shallow reasons. I'm all me all the time, baby!

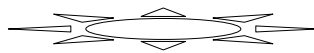
**Tell us about your current and upcoming projects.**

I have a big show in Austin TX coming up. I will be doing a live recording of my next album on February 28<sup>th</sup> at Strange Brew, Lounge Side. The album will be called *Jackie Venson Live*.

**Do you have anything else to add?**

Thank you for the interview opportunity— I'm very grateful!

Wanda also writes the blog *The Mindful Bard: The Care and Feeding of the Creative Self*.



## The Mindful Bard La Strada

## Wanda Waterman

### The Mythology of a Broken World

**Film:** La Strada

**Director:** Federico Fellini

" ... a complete catalogue of my entire mythological world, a dangerous representation of my identity that was undertaken with no precedent whatsoever."

- Federico Fellini

Gelsomina is the simple, naive daughter of a poor widow in rural Italy. One day she's gathering firewood on the beach when her younger siblings come running to summon her with the news that travelling strongman, Zampanò, has returned, without Rosa, the older sister who had left home to work as his assistant.

Gelsomina arrives to find her mother weeping dramatically while the handsome Zampanò (played by Anthony Quinn) slouches, smokes, and casts a predator's eye in Gelsomina's direction. He's just announced that Rosa is dead and asked if the widow has another daughter who could take her place. (From what we later

learn of Zampanò, we have to surmise that Rosa died of either abuse or neglect.) Mom, between kerchief tossing, mourner's jargon, and loud sobs, markets Gelsomina to him as simple but goodhearted and hardworking.

Zampanò hands Mom the promised 10,000 lire and sends the other children to buy wine and cheese. Mom



accepts the money while valiantly exhibiting the full spectrum of feigned agony.

Gelsomina actually appears excited about leaving her tawdry country life and becoming an entertainer, a prospect that seems glamorous and exciting to her. She sees the good-looking Zampano as a kind of knight in shining armour, and, despite her mother's tearful demonstrations, gladly climbs into the rickety motorcycle-drawn wagon to be carted off to the Land of Oz.

Her optimism is slowly broken down by the hardships of life on the road and Zampano's gruff manner, drunkenness, and cruel training methods. To add insult to injury, after being forced to sleep with him she begins to think of him as her lover and is deeply hurt when he leaves her alone to carouse with other women. But she loves her role as a clown and announcer for the strong man, and audiences adore her in every village they visit, the children are drawn to her like flies to honey.

By the time she encounters The Fool, a clown and high-wire artist obviously symbolic of the trickster god (like the Norse Loki or the Haidas' Raven) the film has become profoundly mythological. The Fool, the embodiment of the magical, transcendent world to which Gelsomina has always been drawn, convinces Gelsomina of her own value and inherent freedom. This is when tragedy looms.

The Fool mocks Zampano, who represents the brute force of nature, until the enraged Zampano attacks and kills him. This is more than Gelsomina can bear. After a period of near-catatonic shock she screams, "You killed The Fool!" before being abandoned and eventually wasting away.

The cinematography, like most of Fellini's work, is comprised of black and white footage filled with light, wind, blown papers, untidiness, and wild gesticulation. The actors are all stunningly good, especially Fellini's wife, the actress Giulietta Masina, in the role of Gelsomina. Her Puck-like face and piquant expressions are so masterfully expressive that she represents the archetypal child, clown, martyr, and angel all at once.

This is the film that, more than any other, was wrenched, kicking and screaming, from Fellini's very soul. The film was plagued with funding and casting issues, and Fellini suffered a nervous breakdown during its creation, in part, one supposes, because of the deeply personal nature of the characters and the plot and his effort to remain true to his idea.

What makes this director great is his towering courage as an artist who toiled relentlessly for his vision despite all obstacles, clinging tenaciously to a compassionate and redemptive view of life. The fact that this formula resulted in such a masterpiece is part fate and part miracle.

*La Strada* 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 inspires an awareness of the sanctity of creation.
- It displays an engagement with and compassionate response to suffering.
- It gives me artistic tools.
- It makes me want to be a better artist.
- 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](#)*.

## A Shift in Perspective

Deanna Roney



Valentine's day has become a day of diamonds, roses, and chocolates. The history of Valentine's day has become lost in the rubble of modern commercialization. So, where did these traditions start? Are they all purely a modern concept? Or, did they, at one-point, stem from tradition and have simply become overblown? Researching the history of Valentine's day brings up many (many) links. Some sound plausible, and some farfetched. Love through the ages has had opposition on many fronts. Historically love between classes was frowned upon, love between races, sexes, ages.

One thing I have learned through my degree is that the concept of forbidden love is more of a modern concept. Through nineteenth century literature to novels about various tribes, it seems that the idea that heterosexuality is "natural" is a modern belief. Sexuality, and love, were at one time more free than they are today. I find it shocking that we, as a society, feel that we have a right to dictate who can love whom. While there should be protection for innocence, there should be no other hold on marriage or love.

I have learned that other sexualities have been seen, celebrated, and accepted through the ages. At some point society decided to frown on it and made it illegal; it is

shocking that only recently it has been legal to marry someone of one's own sex. At least, I suppose, the error in dictating love has, in some countries, been seen and rectified. There are still many who forbid it, though for what reasons I cannot begin to understand.

I am unsure what it matters who we love? Why other's feel the need to have a say in someone else's life, does it *really* make a difference to you, personally? This Valentine's day, I would like to challenge everyone to take a few moments to appreciate the love they have in their life. To consider what it would be like to be told that they cannot have that love, simply because it goes against someone's beliefs. Whether you are in a relationship or not, this is something that can be done. I want everyone to consider what their life would be like if they faced the same discrimination day after day. How it would feel to be told you cannot be with the person you love, for no reason except it might offend someone who you do not know.

Instead of being sucked into the commercialization of Valentine's day, celebrate the love you have in your life, have had, or have the privilege of being able to have. Take a moment and celebrate love for what it is, regardless of who loves whom. I challenge everyone to take a moment and really consider what it would be like to face such discrimination. This is not something everyone will be able to truly understand, but maybe it will help to make it easier for those understand it all too well. This Valentine's day let's spread the love. Let's challenge those who say discriminatory things and be open to love.

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

## ExtraCurricular Letter Writing

Carla Knipe



Staring at a blank page and not knowing what to write about can be intimidating. Here are some tips to help you delve into the "lost art" of letter writing.

**Start with the basics.** The only items required for a letter are paper, pen, and envelope, but there is a lot of room within that to find what works best for you. In terms of paper, using a piece of printer paper or sheet from a legal pad is perfectly adequate, but a heavier weight of paper is easier to write on and more durable. If you want your letter to be kept for posterity, then finding

acid-free paper is a must, but paper now comes in a multitude of colours and textures so it's easy to find some that suits your personality. Pens are a matter of individual preference, so write with what you feel most comfortable using; a disposable stick pen with non-smudging ink, a micro-tip felt pen, a coloured gel pen, or something a bit more fancy like a fountain pen are all possibilities. And let's not forget the humble pencil! But the most important thing is to just sit down and start to write.

### Be creative.

Even if you start with a boring piece of paper, don't be afraid to use stickers, pieces of washi tape, doodles or rubber stamps to jazz it up and show your artistic flair. Give yourself permission to have a bit of fun with your letters. There are almost endless possibilities of unique products now available at craft and stationery stores. If you're crafty, you can go one step further and design your own cards, notepaper and envelopes to truly customize your letters.

### Don't worry about your writing.

Writing things by hand can be slow and tiring, especially if you are more used to typing on a computer. Start slowly, and only write a short note if it feels strange and uncomfortable. Also, don't feel self-conscious about whether your printing or cursive writing is less than perfect. After all, part of the joy of letters, and what makes them so meaningful, is that it they become a lasting artifact of your unique writing.

### It's not Shakespeare.

February, the month of Valentine's Day, is associated with writing profound and eloquent love letters, but don't think that this is a requirement with any letter. The most important thing is to use your own vocabulary, punctuation, and style. Think of writing a letter as if you are sending a bit of yourself in an envelope. Even a short "thinking of you" note can encourage the recipient more than you know.

**Send Little "Treats"** The cost of postage has increased significantly in the last few years, making sending large parcels uneconomical. You can send surprises that fit in an envelope without adding extra postage, which will make your letter memorable. Some ideas: a bookmark, recipe card (handwritten, of course!) of a new dish you've tried, a "lucky lottery ticket" or a paper fortune from your last fortune cookie, a copied out poem or quotation, or even a gift card from their favourite store.

### **What to write about**

If you are stumped about what to include in your letter, here are some easy conversation ideas:

- Updates about your family's school, work or hobbies
- News about friends, family or your pets, especially if they are humorous.
- What has been happening in your street, town or city.
- Holidays, birthdays, achievements, or anything you think is newsworthy and would like to share.
- A funny joke you have heard, a good movie you have seen, or a fun game you played are all great things to write about.
- A good idea is to think about the last time you saw the person you are writing to and picture them in the room with you as you write. This will make it easier for you to tell them about new things that have happened since the last time you saw them. Even if life hasn't been treating you that well, remember to be honest and treat the letter like you are speaking to them in person.
- Remember to ask the person you are writing to about what they have been doing too. Letters are all about reciprocation!

### **Click of the Wrist**

If Valentine's Day isn't your thing, don't worry—you can spend Sunday celebrating a different kind of love. February 14 is also National Donor Day, a day where we recognize organ donors, blood donors, marrow donors, and all those who give the gift of themselves out of love for their fellow human beings. Click through these links for some inspiration this weekend.

### **Gift From the Heart**

#### **Drops of Life**

Blood donations are always needed—what better way to celebrate community? Canadian Blood Service's website allows you to check your eligibility and to search for donation events by location (you can even download a handy app from their main page).

#### **Fact and Fiction**

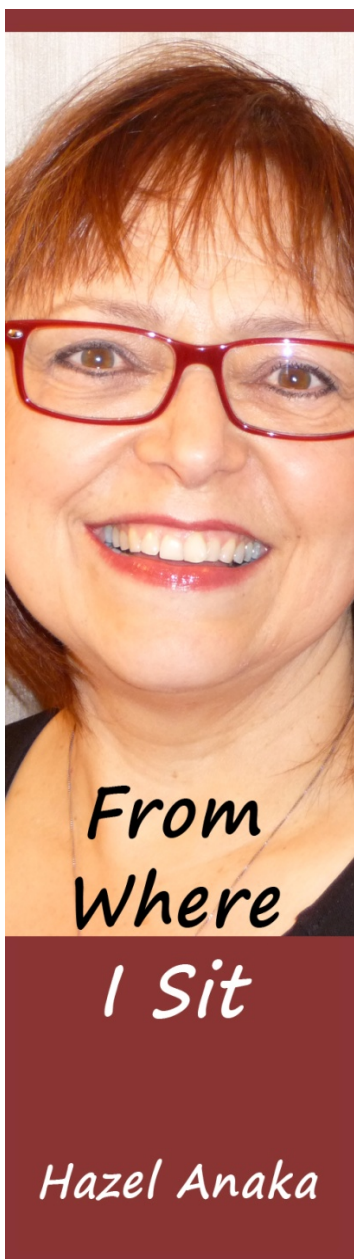
There are a lot of myths about organ donation—how to sort reality from fiction? Kin Canada offers facts and stats (and links to get you started on your own road to donation).

#### **Gift of Life**

Forget chocolates and flowers—these donation stories will melt the hardest heart. Kleenex required.







## The Latest Step

Charles "Tremendous" Jones was born in 1927 and died in 2008. In the intervening years he distinguished himself as an author/editor of nine books and motivational speaker with more than five thousand presentations to his credit.

It appears he was a mover and a shaker right from the beginning. He entered the insurance business at age twenty-two. Within a year, he won the agency's Most Valuable Associate award. Ten years later he won the company's highest management award.

The truth is I had no knowledge of this guy until a columnist quoted him in a small weekly newspaper called *Tidbits of Coachella Valley*—"The Neatest Little Paper Ever Read." The words hit me where I live: "You will be the same person in five years as you are today except for the people you meet and the books you read." According to getmotivated.com his mission was "to help people improve their lives through reading." Apparently he also believed that "leaders are readers."

Another site (tremendousbooks.org) featured Scott Giambalvo's interview with Jones at his Texas office. Virtually every room was filled with bookcases. He had over 270 volumes on Lincoln alone. He believed we should "Read all you can. Think about what you read carefully, and carefully think about what you're reading." Garbage in, garbage out.

No one needs to convince me of the value of reading. Or the truth in the adage 'birds of a feather flock together.' The people we surround ourselves with will either elevate us or drag us down. They may be aspirational influences or appeal to the lowest common denominator in us. Luckily we get to choose.

We also choose what to read. Jones apparently preferred histories and biographies because we were sure to learn something from them. Jim Rohn believed words nourish the mind and the soul and that we need a good diet of words each day. He

suggested a minimum of thirty minutes per day, an hour if you could swing it. He observed that some people "read so little, they have rickets of the mind." To him there was no excuse good enough for not taking those basic steps to success. He believed we needed to read something instructional or challenging each day in order to improve our place in life. It's no accident the mansions of rich people always have a library.

This holiday has given me extra guilt-free time to read. From Mindy Kaling's memoir *Why Not Me?* to "How to Write a Memoir in 30 Days" I've powered through a few books since landing in California twelve days ago. I'm moving incrementally closer to my goal of reading sixty books in 2016. I can't promise they'll all be Pulitzer Prize winners or even, ahem 'literary.' But with the words of Charles and Jim echoing in my head I may choose fewer fun reads and more with gravitas. *The Art of the Memoir* by memoir master Mary Karr is my latest step in that direction, 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

## Great Expectations

**Dear Barb:**

*I just started university and it's my first time living away from home. I share a two-bedroom apartment with another girl, Shannon, who I met through a mutual friend. She seemed really nice so I didn't see a problem. Boy was I wrong; she's more like the roommate from hell! First, she's a slob, never cleans her room, leaves dishes everywhere, and drops food all over the place. Second, she's late with her rent almost every month, and I have to ask her over and over again for her half of the utility bills. She also has people over at all times of the day and night. I'm so frustrated! I tried talking to her and she says she will try to clean up and she does for a couple of days, but then goes back to being a slob. I know there are only a few months left of this semester, but I don't think I can live with her any longer. The problem is that my name is on the lease, so I think she should move out, but I don't know how to approach the subject with her as she really doesn't think things are that bad between us. Please Help! Donna.*

Hi Donna:

I have had a few roommates write in who are in similar situations and it's always unfortunate. It's difficult to tell what type of roommate someone will be if you have only met them once. You said that you don't think she realizes how bad things are, so I perhaps you need to begin by letting her know how you feel. Writing out all the things that she does that you are not happy with and then sit down with her and discuss these issues. But remember that some things, like her room, are her personal space so she can do what she pleases

there. After you have discussed everything, let her know that if she doesn't pitch in and help that you want her to move out by a certain date. Give her an opportunity to do as you ask and if she doesn't change provide her with 30 days' notice to move out. However, since you are getting pretty close to the end of the school semester, you may find it tough to find another roommate, so you may end up paying all the bills yourself. Hopefully you can both discuss this and come to a resolution that will get you both through to the end of the semester. Good Luck, Donna.

**Dear Barb:**

*My husband doesn't believe in doing anything for Valentine's Day! All my friends get flowers or chocolates and I get nothing. My husband says that he shows me everyday how he feels about me, so he doesn't need to have a special day to do it. I feel like he should buy me a card or something little just to follow the tradition. I always get him a card. What do you think? Thanks Melody.*

Hi Melody:

Happy Valentine's Day Melody! Valentine's Day is viewed as a time to show your love and affection to someone you care about. However, if your husband chooses not to practice Valentine's Day, I guess you will just have to let it be. Do you really want him to give you a card or gift just because you have made him feel guilty? Probably not. You could still take him out for dinner, or prepare a romantic dinner at home, followed by a special evening together. I suspect this will give him a different perspective on Valentine's Day! Enjoy!


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.

# AGITATIN' BUNNY

## IN: TRUMPED AGAIN

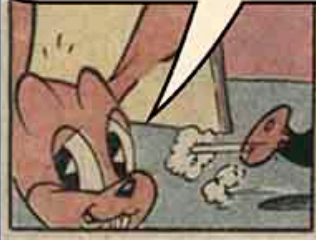


HEY, CAPTAIN UNDERGROUND, GUESS WHAT?




I'M HEADED TO THE BORDER TO FIGHT THE AMERICANS!

WHAT FOR?




TO POLITELY ASK THEM TO STOP BEING RACIST AND XENOPHOBIC?

HECK, NO! WE'RE SETTING UP AN UNDERGROUND RAILROAD TO LET CANADIANS ENTER AFTER TRUMP GETS ELECTED! HEY, I NEED TO BORROW SOME O' YER YEAST FLAKES . . .



DON'T YOU KNOW THAT NEWS STORY WAS A HOAX?

CHECK YOUR SOURCES!



WHY LET A LITTLE THING LIKE TRUTH GET IN THE WAY OF A NOBLE CAUSE?

WRITTEN BY WANDA WATERMAN





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## Call for Nominations Open!

Looking for more ways to get involved? If you are interested in helping to shape your AU experience, consider becoming an AUSU councillor!

Nominations are being accepted from now until **February 17**.

All nine council seats are open for nominations. AUSU councillors serve for a **two-year term**.

For information on the eligibility requirements or to submit a nomination, **download the Nomination Package [here](#)**.

All candidates must adhere to the principles in the [Election Policy 3.01](#) and the [Nomination Package](#).



## IMPORTANT DATES

- **Feb 11:** AUSU Council Meeting
- **Feb 17:** Deadline for AUSU Election Nominations
- **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
- **Mar 14:** AUSU General Election Polls close

## AUSU 2016 Elections Timeline

Nominations	Feb 10 - 17
Candidates Announced	Feb 22
Campaign Period	Feb 22 – Mar 14
Election Date	Mar 11 – 14
Meeting to Announce Results	Mar 16, 4:30pm MST
Appeals Period	Mar 16 - 22
Executive Election	Mar 31, 4:30pm MST
Annual General Meeting	Apr 7, 4:30pm MST
Council Changeover	Apr 14, 4:30pm MST

## Campaigning & Election Forum

Candidates can campaign from **February 22 to March 14, 2016**. Be sure to read the campaign rules in the AUSU [Election Policy 3.01](#).

Candidate biographies will be placed on our website [here](#) during the campaign period.

We will also be hosting an [Election Forum](#), which all students are welcome to join. This is the perfect place to ask questions of the candidates and find out more about them! *Please make note of the forum rules before posting.*

## Questions or Concerns

If you have any questions or concerns during the AUSU General Election, please contact the Chief Returning Officer (CRO), Jacqueline Keena at [cro@ausu.org](mailto:cro@ausu.org).

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## THE VOICE

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