

THE VOICE

MAGAZINE

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Minds We Meet

A Snapshot of Ryan Kiedrowski

Food Waste

The Hidden Disaster

Break a Leg

The Cast of Graduation

Plus:

AU Exams - At Home with Proctor U

Music Review: Helping Fort Mac!

and much more!



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LETTERS TO THE EDITOR



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

Hey! Did you know the Voice Magazine has a [Facebook page](#)?

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

EDITORIAL**Life is but a Stage****Karl Low**

For many AU students, graduation, convocation, isn't quite the big deal it is for our counter-parts at traditional universities. Sure, it's important. Just like any significant milestone in our life is important, but for many AU students, a graduation doesn't mark a significant change in their life, rather it just means they now have the piece of paper to prove that they've been learning, and a schedule that has a little more free time after work. After all, many AU students are already ensconced safely in their careers and the degree is simply another check-box they can list when it comes time to decide who's going to get that next promotion.

It can be easy for us to forget that for the vast majority of students out there, graduation is a life-changing event. It's when students have to give up what has essentially been home, career, and social group for several years and head out into a world that has few restrictions and less guidance, other than the expectation that now, with their degree, they are expected to make something of themselves. It can be such an overwhelming experience that a fair number try to turn right back around to pursue a graduate degree.

I mention this because for those of us who are graduating, or near graduating, whether we go to convocation or not, to remember that, even if, for us, this is just another step in a plan made a long time ago, for many, many people it's an event that will forever change their lives. Look on that piece of paper you've received and take a moment to marvel at that idea. It can be too easy for AU students to gloss

over what this means. After all, the moment was reached one step at a time, between kids and work and chores. For many AU students, because we don't have the traditional campus, the degree can become just another thing that we had to do each week. So it can be easy to slip that piece of paper into a file cabinet, with every intention of getting a frame for it and putting it up, eventually, but that time never seeming to arrive. If you've received your degree or certificate, take a look at it, and think about it not as marking the end of your studies, or as proof of what you learned, but think of it as a reminder of where you started. Remember what you were before you started this process, and take a look at how you've changed. You've been through a life changing event. Has it changed you?

Aside from that, this week in The Voice Magazine, our feature article is an interview with student Ryan Kiedrowski. A professional photographer, Ryan is just starting his own trip through AU, and he's one of the few I've seen who unabashedly likes e-texts. Which means this whole thing will probably work out well for you, Ryan.

Our cover image is from Deanna Roney's article, "Break a Leg" where she looks at parallels between her high-school education and post-secondary. After this article, I have to admit I'm a bit worried about what will happen to her if she decides to pursue a graduate degree. Also in this issue we have a great article from Carla Knipe about a topic that probably effects every one of us, but that we hardly ever think of—food waste.

Plus we take a quick look at AU's new online, at-home exam service, run by ProctorU (I can never read that name without thinking about a white latex glove snapping on, for some reason) and, of course, our selection of news, reviews, interviews, advice, and just plain entertainment, all for you.

Enjoy the read!

MINDS WE MEET



Ryan Kiedrowski is a Bachelor of Management Student with a major in Marketing and a background in photography. He's also the latest subject of the Minds We Meet column.

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

I live in the village of Rosemary, Alberta, near Brooks. I moved out here about 4 years ago and lived in various places across the country before that.

What do you do for a living?

I am an employment counsellor at a not-for-profit that specializes in the settlement of new Canadians.

Describe the path that led you to AU.

Actually, I'd been kind of thinking about post-secondary education for the past 20 years or so. Finally, my wife convinced me to do it. She said, "There's no time like the present." It was her urging, I guess.

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

We're busy with three small children. I have a small business (I am a professional photographer). We have a modular home park in Rosemary.

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

I have always had a general curiosity. I guess it was something important in our family structure from early on, that curiosity. I grew up on a farm in Saskatchewan, and there was a whole world of wonder to explore there.

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

Definitely, Baba Singh from CKUA radio. He is just a very well-rounded person. A very intelligent man, I love the music he plays on his broadcast.

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

I've found it very good. It fits well into my crazy lifestyle. I do a lot of my work at school during the evenings, when everything is calm and I can have a cup of tea, especially the e-texts where I can read at any time. I can check something out on my phone while putting the kids to bed or some simple mundane task like that.

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

When I first got out of high school 20 years ago, I went into a program in Calgary. It wasn't the right time for me. I didn't feel like I was mature enough to pursue post-secondary education, and it reflected in my grades. I've been apprehensive ever since then. Like I said, my wife convinced me, and her family as well. They said, "Look, we're all returning adult education advocates. It is something you can do."

What was your most memorable AU course?

So far, I am still kind of in the beginning of it, really enjoying the Writing in Organizations (ADMN233) course. I've also had close to a decade experience in journalism and so my interest gravitates to that. Business writing as opposed to CP style is interesting!

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

I'd probably just travel the world and exercise my Nikons. (Laughs)

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

Can't really say I've given up a lot, maybe, my time in the evenings would be about it, not really any regrets. I'm still in the honeymoon phase, I suppose. Everything is still shiny and new. The convenience of it is what impresses me. There's not been a lot that I've given up.

What's the single best thing AU could do to improve your student experience?

I'd like to reach out more to other students and to faculty. They (AU) have been doing a bang up job with phone calls to make sure I got my materials, how things are going, and stuff like that. That human connection would be something I would strive for in the future.

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

Oh, man! I'm serious a fan of Spider-man. I would love to have web slingers!

What is your most prized possession?

Prized possession? I'm not too terribly materialistic, I guess probably my cameras. (Laughs)

Please tell us something that few people know about you.

I once road an elephant in Saskatchewan.

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

Probably just to not really rely so much on trying to get things done right away and to enjoy the moment. Because, especially having small children, they grow up so fast. The stuff they are learning, it is easy to pass it by, so I've learned about staying in the moment and enjoying that instead of getting caught up in the day-to-day things. I was a journalist and strict on timelines, on things, and working crazy hours. When I was an editor, I had maybe eight hours of sleep a week. Avoiding that kind of burnout is key and I've learned just to take a breather and enjoy the moment that is in front of me.

What do you think about e-texts?

I love them. They're fantastic. It's the convenience of having access to them pretty much anywhere. I am a big fan of e-texts and e-readers in general. To have 30,000 books at your fingertips is incredible!

How do you find communications with your course tutors?

Very good. They are super-responsive, just can't say enough good about them. They are very well-informed, well-educated, and seem genuinely interested in your learning.

Where has life taken you so far? (travels for pleasure, work, etc.)

Quite a bit through various places in Canada, I've also been to Alagoas, the smallest state in Brazil. It is probably about the furthest I have been. A lot through Arizona, some northern parts of the United States. Mostly for pleasure and adventures.

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

Actually, it is a fellow Saskatchewanite by the name of Rolli. It's called *I am Currently Working on a Novel*. He's an amazing storyteller. It is a wonderful collection of his short stories. He is just a brilliant human being and just a very talented writer. I hope everybody gets a chance to Google him and read up on him!

**AU Exams at Home with ProctorU****Barbara Lehtiniemi**

AU students can now write exams where they study—at home.

Online invigilation for AU students was launched June 2, 2016, after a successful pilot project. Partnering with online proctoring service ProctorU, AU now offers its students the choice to write online exams from home. With ProctorU, students can schedule exams 24 hours a day, 7 days a week. The best part? You don't have to leave home.

How does online invigilating work? Using ProctorU, your exam will be supervised remotely by a real person. A ProctorU employee will observe you through your

webcam; they will also have access to view your computer screen during the exam. Before your exam begins, the proctor will check your identification, guide you through the process, and be available for technical assistance during the exam.

Who can use ProctorU for exam invigilation? Only online exams can be invigilated by ProctorU. To use ProctorU, students must have a computer or laptop (not a tablet,) a webcam, and microphone or speakers. A private area with good lighting and reliable high-speed internet access are also essential. Students contemplating using ProctorU should test their computer equipment on the Am I Ready page of the ProctorU website.

How do I book an exam? Booking an exam with ProctorU is similar to booking with any other AU-approved invigilator, in that you book time with the invigilator first, then request the exam from AU. First, go to the [ProctorU](#) website to book an exam time. You'll need to create an account on the ProctorU site if you haven't used them previously. After you've booked with ProctorU, request your exam through your AU student portal, [myAU](#). On the Select Invigilator step, enter invigilator ID 3278826.

How much does it cost? Students pay ProctorU by credit card when booking an exam. The fees vary by exam length; a three-hour exam, for example, is currently \$33.75 (US funds) if booked in advance. You can view the fee schedule on AU's Office of the Registrar webpage [here](#).

What do I need to have with me at exam time? You need photo ID, which you will show the proctor through your webcam. You also need a reflective device, such as a handheld mirror, so you can show the proctor what's out of sight of the webcam—the wall behind your monitor, for example. And, of course, you should have any materials AU has indicated you are permitted to use during the exam, such as scrap paper and a pen (the proctor will also have a list of items permitted.)

I'm ready to book with ProctorU; how do I get started? Start at the ProctorU website. Read the [How It Works](#) page to familiarize yourself with the process. Review the [Technical Requirements](#) page then check your computer and internet compatibility on the [Test It Out](#) page. Create a ProctorU account, then schedule and pay for your exam (don't forget to request your exam from AU afterwards.) On exam day, log in to your ProctorU account, then press the "Go" button; ProctorU will guide you from there.

Be sure to read ProctorU's [FAQ](#) page for more information. You can also use the Live Chat feature to contact a ProctorU representative if you have questions. For more information from AU, read the June 2, 2016 news [announcement](#), and the AU Office of the Registrar's [Online Invigilation](#) page.

Writing exams at home won't be for everyone. Some students may prefer going to an invigilator or an exam centre just to ensure a quiet space without interruptions and distractions. However, for other students, online invigilation at home means the convenience of not having to travel to write exams and being able to schedule exams at any time of day.

Bottom line: Online invigilation gives AU students more choice for exams.

Have you used ProctorU for exam invigilation? Let The Voice Magazine know how it went at voice@voicemagazine.org.

Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario. Follow Barbara on twitter @[ThereGoesBarb](#)



The Fit Student A Genius!

Marie Well

Become a genius. Or, if you already are one, develop genius status in some other untapped passion of yours.

So, how do you ignite your inner genius?

First, consider that you might not end up the best chess master, the best mathematician, or the best gymnast, even if you start learning today. After all, the younger you are the better your chances. But, you might find yourself in a major competition—possibly a global one—with a chance of winning—if you start today.

K. Anders Ericsson, leading psychologist on human excellence, wrote *Peak: Secrets from the New Science of Expertise*. Ericsson gets cited by all the bestselling psychologist authors (including Seligman, Duckworth, and Gladwell). And he kindly gave me a

galley of his book to read before it hit the market.

In his book, Ericsson reveals the secrets of prodigies and geniuses. According to Ericsson, you—yes, you—stood a chance of becoming a music prodigy, a math prodigy—even a world champion.

From my view in the fishbowl, I achieved top scores in math not because I was born with a math gene, but because my older brother spent hours coaching me. He said, "Just do well in math," and that I did. I didn't get a PhD. in math or win a Nobel prize, so I'm a far cry from a genius—but with the right grooming, I might have solved a century long math puzzle. Just ask Ericsson.

So, here's the secret of genius, Ericsson style.

The first step: expose the child to toys that in reality are objects you want the child to master.

Expose your children to whatever you want them master. Put little musical instruments in their toy boxes, give them chess boards and chess pieces to chew on (as long as they don't swallow them), get nifty paints and canvases for them to splash and spray. Whatever you want your children to master, introduce that thing as a toy.

We once had an organ, and I started learning the notes and playing songs. But Mom sold the organ shortly thereafter. Mom also taught me how to knit, but we butted heads. And my brother had a microscope, but criticized my drawing of a germ. In spite of his criticism, he gave me the "science" love bug.

But if I had received praise, support, and tons of funding from my parents, chances are any of the above playful things could have become my areas of expertise, according to Ericsson.

True to my situation, Ericsson says our older siblings can motivate us. My older brother did just that. He spent hours teaching me roman numerals, carrying the one in addition, experiments, science, reading comprehension, and the planets in the solar system.

When I started grade two, I had a test that would separate me into the "smart" side of the class. In this test, we had to know the colors of crayons. My older brother advised me to get the teacher to spell the name of the color on the board, and then, when I saw the spelling of the name, to match it with the word on the crayon. I did, finding myself soon labeled as gifted. My brother gave me an edge from day one.

Although my brother loved the powers of intellect, Mom didn't value education. But she read a lot. Ericsson says children of parents who read to them and value education can inspire expertise in academics.

Step 2: Find ways to motivate the child.

Ericsson says to reward children with treats to help motivate them. As a tutor, I once coached children in math and brought candy as rewards. It seemed to work.

Also, if you want your child to dance or play the piano, try getting your child to perform publicly. If your child likes performing, then stage gigs might further motivate your child to dance or play the piano.

An old frenemy once performed dance in musical theater as a child. The experience proved thrilling for her, so she dedicated the rest of her life to professional dance. Ericsson says, if the motivation doesn't come from the child, the child will likely abandon the activity. So, make it fun.

Ericsson says that fellow teammates can also motivate a child to perform. The common bond and goals can strengthen anyone's convictions. As a young athlete, I enjoyed lots of support from fellow team members. So, I joined every single team available at my school, taking home the bronze medallion for top athlete in my final year of junior high. (Not only did I get a lot of awards for athletics, I also got a lot of penalties—hence the bronze.)

And for parents wanting their child to score high academically, make plans for an university education early on and encourage higher education at every opportunity. My dad had reverence for the highly educated; that is, until I got a master's degree and he discovered how little I actually knew.

Step 3: Spend a fortune.

For your child to get to top performance, you'll need the best coaches (and travel or relocate to access them). You'll also need to pay for professional equipment and endless training.

Ericsson says to go professional, but you will likely need to spend around \$30,000 a year on training and equipment for one child.

My step-brother had thousands of dollars thrown at him in hockey equipment while the rest of us siblings languished. My step-brother never made it to the big leagues, but he did drop the puck for one Stanley Cup game playoff. If he learned hockey from a former NHL player, rather than from my step-dad, his chances of going to the big leagues may have soared.

Even if you don't have ambitions of entering the big leagues, how about going to the Olympics or Worlds? Anyone in Calgary would delight to know that the U of C had, and I believe still has, world class coaching for

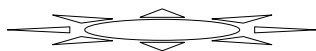
wrestling. So, if you mix courses from Athabasca with the U of C, you have affordable, world-class coaching at your disposal. Start weightlifting six hours a week, join the team once you're in shape—and find yourself standing on the winner's podium of an Olympic game.

Don't Get Discouraged

But what if you're over 20 or over 50 or 80 even? Don't get discouraged. Although athletes reach their high point at age 20, Ericsson says that people can train in their 80s—and even 100s. Nothing is stopping you from putting in the time, effort, and money to hone that skill. And who knows, you may not achieve world-class performance, but you might gain expert status at your chosen activity.

I didn't end up a genius. But I can cook a mean borscht, hypothetically.

So, push aside your Dungeons and Dragons, and seek out an AU program. Go for the rocket science, like science or statistics or computer science. After all, you're headed for Mensa.



Food Waste

Carla Knipe



Each week, I go through the same ritual: I look in my pantry, fridge and freezer to take stock of what food I have so that I can plan my grocery list and also what meals I will cook. I feel rather smug that I am so organized. But, then there is also a darker side to this ritual: I cringe at all the containers stuffed in my fridge that hold the remains of food that my family should've been consumed but didn't. I look at the limp lettuce, the leftovers from my son's school lunches that he apparently didn't have time to eat but brought home and then forgot about, the wizened chicken from supper last

week that I meant to do something with but didn't, the pasta sauce at the back of the fridge that now smells suspect, the fresh raspberries that we bought on a whim but grew fuzz before we got to eat them. As I chuck out the food into our kitchen garbage in order to make room for my new food, I scold myself for allowing this to happen—yet again. My husband and I work hard to buy food and I take the time to cook healthy meals. How can let our efforts just go to waste like this?

I asked my friends and colleagues about whether wasted food is a problem in their households, and all of them sheepishly shared very similar stories to my own. There was an admission of guilt; everyone knows that throwing food away is wrong but they just can't help doing it despite their best intentions not to. There was an air of resignation that throwing out food is just an unfortunate part of a busy modern life. But I couldn't help but wonder if this was indeed the case, and whether the problem of food waste could ever be completely solved.

As I began my research, I discovered that there is growing recognition that food waste is a huge problem that no one really likes to discuss. Here is just a glimpse into the scale of the problem:

- Roughly one third of the food produced in the world for human consumption every year—approximately 1.3 billion tons—gets lost or wasted.
- According to the United States Environmental Protection Agency, food waste that goes to the landfill breaks down anaerobically (in the absence of oxygen) and produces methane, which is 21 times more potent than CO₂ as a greenhouse gas.
- Every ton of food wasted results in 3.8 tons of greenhouse gas emissions.
- Reducing food waste by 20 percent would provide enough food to feed 25 million people.
- The total value of food waste in Canada is estimated to be around 30 billion dollars per year, according to the most recent available data, and this amount is expected to rise.

So, why has food waste become such a huge environmental and financial issue? As I researched this question, I realized that the answer isn't easy to trace, and it isn't as straightforward as it seems.

My first port-of-call in my research was the book *American Wasteland: How America Throws Away Nearly Half Its Food*, by Jonathan Bloom. Bloom has extensively investigated the problem of wasted food across North America and has uncovered that the problem of waste is endemic to every level of food production and consumption. It begins at the government level, with the limits imposed on food production, such as the regulatory boards in Canada that regulate the amount of food entering the system. Then there are the food companies themselves, along with the grocery chains, that expect exacting standards, especially on produce. Failure to meet these standards results in entire fields of perfectly edible lettuce or carrots being plowed under without leaving the field, or entire shipments being rejected after harvest. Product recalls also have an effect on the amounts of wastage. Even the process of transporting goods—the issue of food miles aside—can be risky because failures in trucks' refrigeration systems or storage problems in warehouses lead to spoilage. On the consumer side of the equation, consumer tastes and trends come into play. For example, the recent explosion in popularity of Greek yogurt has left a glut of skim milk, which is a by-product of production that dairies are unable to sell either as milk for drinking or for use in another product. As a result, the milk is often simply poured down the drain.

And shoppers themselves are part of the problem. When they seek out pristine produce and condemn the less-than-perfect items, such as slightly blemished apples or overripe bananas, they leave them languishing at the store, eventually to wind up in the trash. And even once food reaches consumers, another large percentage ends up thrown away. Bread, which has been called the staff of life for millennia, ranks as one of the top most wasted food products. And food experts estimate that there are more bananas thrown away by households than are eaten.

Is this down to modern society being simply more wasteful than previous generations? This is a difficult question to answer because it is so complex. Looking at the historical context of food, the focus of people's existence has been one of survival. Growing, gathering, and paying for food has been a volatile part of survival for centuries—until recently. Improvements in agriculture practices and technology has made food increasingly cheap for those of us lucky to live in the developed world. Even during the 1950s, thirty percent of a household's income was spent on food, whereas today it is less than ten percent. I think that because of the access to a wide variety of food available pretty much whenever we desire it (Strawberries in March? Sure! Apples all the way from New Zealand? Not a problem!) the relationship we have with food has become skewed. The prevalence of celebrity chefs and the countless numbers of television shows focused on eating and food has made our relationship with

food commoditized into something that exists more for our entertainment, not for our sustenance. People forget that, not long ago, the threat of famine due to crop failure was still real across the globe, and less than a century ago there was food rationing during the second world war.

But even though there has been a gradual increase in the awareness of food waste, solutions seem to be even slower to come. Unlike other countries, Canada does not keep statistics on food waste and does not have any sort of national strategy to address the issue. The University of Guelph has been conducting the first large scale research study into food waste as part of its Guelph Food Waste Research Project, but this is the only such study in Canada. There is currently no mandate for government legislation to change Canadians' wasteful food habits. In contrast, France made headlines in February, 2016 when it passed national legislation banning supermarkets, food production companies, and restaurants from tossing food in the garbage if it could be used in another way, such as being passed to homeless charities. And the United Kingdom government initiated its successful Love Food, Hate Waste campaign in association with the food industry, charities, and concerned individuals who are trying to greatly reduce the amount of tossed food while raising consumer consciousness.

Still, there are small, hopeful signs in Canada that the problem of how much food gets thrown away is being recognized. The grocery chain, Loblaws, has introduced it's "Less Than Perfect" fresh fruit and vegetable range. Trials are still ongoing as to whether this will be a viable, long term consumer choice. Many retailers already donate day-old products to food banks and charities, but there is growing realization that food waste is such a large issue that these piecemeal efforts will not be enough to completely eliminate it.

Canadian municipalities are also beginning to realize that wasted food creates a lot of issues for them in terms of the human and environmental resources required to deal with increased garbage. Many are instituting a green bin system, where any organic products, including used facial tissues, pet waste, and leftover cooked food is deposited in them, collected in weekly or bi-weekly collections, and composted. Calgary has already instituted its "green cart pilot program" in trial areas and will be rolling it out across the city in 2017 with the goal of diverting 70% of compostable material away from landfill.

But while these efforts are admirable, they do not really address the root of the problem. Is it possible for supermarkets, food suppliers, and families to truly get to zero food waste? Looking at my own family, this depends on changing a lot of bad habits—and change requires a lot of effort. Properly portioning out food when cooking, utilizing leftovers creatively, consciously being aware of food purchase habits and resisting bulk-buying or passing up special offers if the product isn't needed, the best practices of food storage and home composting (in addition to any municipal programs) are just a few strategies that I try to use, but I know that I just get too busy at times to do them. But even then, I know that I need to be realistic. There will be times that I will forget about the contents of my fridge until food is no longer edible. My son can be a picky eater and I sometimes opt for convenience over my best intentions to make a from-scratch meal. On one level, it is scandalous to throw away food when I know that many Canadians are food insecure. I also feel a bit of indignation when I wonder why I should make the effort when so many others don't seem to care what happens to the valuable resource that food is both to our bodies and the environment. But, from my brief look into the issue of food waste, I realize that food is not something we should ever take for granted.

Carla admits that at times she uses housework as a procrastination technique. She may not have that essay done, but the grout in her bathroom is incredibly clean.

Break a Leg

Deanna Roney



As I prepare to leave for graduation I find myself feeling a bit nostalgic. There is a rather unusual similarity between my first day of kindergarten and my first day with AU. I started both in a cast. I remember making my "grad" speech in grade seven as we nervously prepared for high-school. I don't remember much of it, actually, I only remember a single line: "I started school on one shaky leg and now I am leaving with both feet planted firmly on the ground." I find it amusing that the same can be said for my university experience. It was while I was laid up on the couch that my mind wandered over to AU and I found myself enrolling. I was unsure how to start, where to start, but I knew I *had* to

start.

Hopefully, I don't need bed-rest and casts for future decisions. Since returning to school I have felt the mix of emotions that goes along with it: excitement, fear, uncertainty, stress, stress (no, that isn't a typo I really do think stress gets two spots on this list. I would add more, but a certain editor may not find the humour in deleting a hundred repetitions of "stress"). There were many times within AU that I had that moment, the "Ah ha! I am on the right path; I know I am." I made the right decision, and even if the surgery to rebuild my ankle did not make it 100%, that surgery got me here. It pushed me to make a move when I couldn't move. These moments came unexpectedly, they came in the form of courses, interviews, and making the leap to writing for this magazine.

Last week Barb L. wrote an article about interviewing students. It was from my own interview with her that I got up the courage to email Karl and ask what is involved in writing for the Voice. I had seen the ad on the bottom of the emails and contemplated asking, but I never did. Barb's excitement through the interview was contagious. I was nervous. But it got me here. Through this magazine I have learned a lot about writing and about communication. I have made connections with other writers that I believe (I hope) will go beyond the figurative walls of the magazine. The experience of writing for the Voice improved my writing skills and helped my academic writing. It gave me courage and self-confidence to tackle topics without concern. I was able to voice my opinion and have it well-received (at least as far as I know).

For any students who read this magazine, and who look at the ad and wonder if they should try and write, do it. This experience has underlined the importance of making connections and has enriched my university experience. It wasn't without rejection. And it was not without criticism. But both of these made me grow as a writer, a student, and of course as a person.

It is hard to believe that the next article I write is going to be about the experience of convocation. I will leave you with a line that has been whispering itself in the back of my mind for the last few days, I started AU with one good leg, but, I am leaving with both feet planted firmly on the ground. I am leaving with purpose, confidence, and aspirations.

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

Music Review

Sentimental Gentlemen

Samantha Stevens



Band: Sentimental Gentlemen

Album: *The Devil's In The Details*

Available now for streaming from their website, Sentimental Gentlemen's *The Devil's In The Details* is a fantastic rock and roll album coupled with an amazing story of perseverance and dedication.

Founded in 2013, Fort McMurray's Sentimental Gentlemen were on the road when the wildfires ripped through their town only a few short weeks ago. After releasing *The Devil's In The Details* in September last year, the band has been

on the road since earlier this year to promote their new album. However, instead of returning home when the wildfires hit, the band chose to continue on their tour and use their concerts to help raise funds for their devastated town.

Vocalist, guitarist, and a founding member of Sentimental Gentlemen, Mackenzie Walas, issued the following statement on the band's Facebook page:

"Since the day we found out our hometown of Fort McMurray was on fire and our friends and family evacuated, we have gotten an outpour of support from people and venues all across the country wanting to help out. It turns out that thankfully all of our friends and family are safe and our homes are still standing. That being said we lost a bunch of musical equipment and instruments that we were keeping at our friend's house that burnt down. We never thought of quitting the tour or postponing any dates. We decided that we need to continue this tour to be a voice for Fort McMurray and try and raise as much money as we can before we head back to help with the clean up. We feel like we have a new mission and purpose to help in a unique way to give back to the community that has given us so much. If anyone wants to help we encourage everyone to donate what they can to the Canadian Red Cross."

(<https://www.facebook.com/fmconnect/photos/a.316579271864798.1073741827.316579235198135/483623801827010/?type=3&theater>)

In order to help support their fundraising efforts, Sentimental Gentlemen has also added more dates to their tour, including a stop at Athabasca on June 30th at The Magnificent for the River Rats Festival. For a complete list of other dates and locations, be sure to check out their [Facebook page](#). For those wanting to check out Sentimental Gentlemen live and help support a worthy cause, audiences can expect a strong rock and roll sound with the occasional country twang.

Similarly, the music on *The Devil's In The Details* showcases all of the best rock and roll elements including epic guitar solos, raging drums, and killer vocals. At times, they sound similar to Foo Fighters and Nickleback, like in

their track "Time Stood Still", but Sentimental Gentlemen also have their own distinct sound and style. The track "How Long" is dominated by drums and a Deep South rock inspired guitar, whereas "Guess this is Living" has a softer country-rock sound.

The Devil's In The Details can be purchased on iTunes, but the band also has many of the tracks available for purchase on their website. And if you can make it to one of their live shows, get ready to enjoy some fantastic music while helping support fellow Canadians, and Albertans, during a hard and turbulent time.

Samantha currently uses her skills as a writer to promote independent musicians and raise awareness and support for many global, environmental, and humanitarian issues. Check out her website and blog at: <http://sstevenswriter.wix.com/writer>



Canadian Science News

Scott Jacobsen



Bay of Fundy might give enough energy for all of Canada

The Bay of Fundy around Nova Scotia and New Brunswick is the not-so resting place of the "highest and strongest tides in the world." It might be utilized for a sustainable and renewable form of energy called tidal power. The coastline at the bay narrows to 5km across. That "pinches" the water and speeds it up. At that point, there's "14 billion tonnes of water moving over five metres a second." It is that force that provides tidal energy.

Canada is not the only place having proposals like these come forward from entrepreneurs. Executive director of the Offshore Energy Research Association, Stephen Dempsey, said, "It's happening in Europe and it's happening here at the same time in the Bay of Fundy."

Woolly Mammoth found

The New Royal Museum of BC has a 40,000-year-old baby mammoth. It has been moved around the world since 2010, and is on loan from the Shemanovskiy Yamal-Nenets District Museum and Exhibition Complex in Siberia. The ancient mammoth is known as Lyuba. A female, it's named after the wife of Siberian farmer that found it. The mammoth drowned and then froze shortly thereafter, so is extremely well preserved.

This is the first presentation in Canada for it. The man that helped bring the exhibit to BC, Chris McGarrity, said, "It...changes some misconceptions about what these animals were and how they lived, when they lived, where they lived, their evolutionary relationships. That's something that I was really interested in."

Four new exoplanets found at by UBC Student

A new graduate at The University of British Columbia, Michelle Kunimoto, discovered four new exoplanets. She sifted through data from NASA's Kepler mission to find them. The mission used a powerful telescope that helped her research.

Technically, the 'exoplanets' are called planetary candidates because they require further independent verification. There were signals from "the original mission considered to be too weak to fully pursue." Kunimoto collaborated with Jason Rowe, who worked on "original Kepler mission."

Kunimoto said, "When he was able to say, 'Yes, these look like planets,' that was just an amazing moment."



Study Tips from a Semi-Anonymous Friend

Silence Wins Secrets

There is nothing more that The Study Dude wants for you than to master the art of silence.

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 further explores *InterViews: Learning the Craft of Qualitative Research Interviewing* by Svend Brinkmann and Steinar Kvale. Learn tricks for asking interview questions and the power of stories. Interview

questions can make or break your analysis stage, especially if you need to tie the interview responses into a theory. Your interview questions can also help validate your interpretation of interviewee's words, especially when you seek validation through paraphrasing. As for stories, they come in handy for narrative analysis—a type of analysis that relies on features such as plot, characters, and turning points.

Win Friends with Silence?

Silence marks one strategy for getting people to say more during an interview.

I once knew a woman who called herself my handler. She had me in the media eye, and I did as she said. Whenever she wanted people to divulge their life histories, she would ask a question, wait for an answer, and then launch a long, painful silence. The responder would, on cue, add more detail, just as my handler planned.

Yet, one responder caught on to my handler's tactic. This fellow responded with more silence, and what seemed like an eternal silence between them ensued. My handler and he grew to loath one another and soon parted ways.

But silence marks an effective strategy in playwriting and acting. When you add silence to a character's response, tension escalates. The less said, the better the story.

And when I write articles for magazines, I limit myself to 500 words. The shorter the sentences, the better. Silence and brevity bring life to words.

Brinkmann and Kvale list types of responses—including silence—you can use when interviewing others:

- If you start an interview by asking what happened in a situation, you might find yourself with a rich response from the interviewee.
- You can prompt a follow-up to your interviewee's response. You can do so by saying "mmm," by being silent, or by repeating some key words the interviewee had spoken. [In a book on relationships, I learned that repeating words and saying "mmm's" can really aid your love life.]
- You can probe your interviewee to say more by asking for more detail. You don't need to specify what kind of detail you want.

- You can also ask for more specific responses from your interviewee by asking "What specifically happened?"
- You can also directly bring up a topic that you want to cover.
- You can ask your interviewee how they think others would have responded in their situation. This strategy marks the "indirect question." You can get good insights on the interviewee by discovering how they think others would react.
- Once your question receives an answer, you can politely cut off the interviewee by introducing the next question. You can paraphrase what the interviewee said and then introduce the next topic.
- You can interpret what the interviewee said by paraphrasing and then asking him or her if you understood correctly.
- You can use silence when you want the interviewee to tell you more.

Learn Story-Telling for Academic Success

Brinkmann and Kvale list out multiple styles of interviews. One style involves the narrative interview.

I suck at the narrative interview. You see, I've read books on nonfiction writing, but next to nothing on fiction writing. Narrative interviews, however, go hand-in hand with fiction. Narrative interviewers seek things like plots, subplots, heroes, villains, helpers, climaxes, and turning points.

I often peer at Stephen King's book *On Writing* wondering if I should write a Study Dude on it.

Students stand to benefit from learning the rules of fiction-writing; for instance, student essays can open with anecdotes. And in journalism, the opening paragraph— known as the hook—can either make or break a story.

And some faculties, like communications and English, encourage creative openings.

Brinkmann and Kvale lay out a number of interview styles, including the narrative interview:

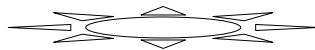
- Computer assisted interviews include emails, chat rooms, and online ethnographies (where you observe what goes on online). The problem with these interviews involves the omission of tone of voice and body language. These computer-assisted interviews can benefit you if your participant feels ashamed with his or her body.
- Focus group interviews involve six to ten participants. A moderator leads with the topic of discussion. The focus group aims to get many different perspectives. These focus groups yield good results for taboo topics.
- Factual interviews often present themselves when questioning crime witnesses. However, when holding a factual interview, avoid leading questions. Such questions can cause the interviewee to misrepresent or bias the facts.
- Conceptual interviews come in handy when you want to gather themes or ideas about a topic. When trying to find the essence of something, for instance, conceptual interviews come in handy. For instance, if you want to find out the essence of "well-being," then a conceptual interview can come into play. [The psychologist famous for studying well-being is Martin Seligman. I think he used conceptual interviews in figuring out the big ideas associated with the concept of well-being.]
- Discursive interviews look at the how knowledge comes to be in language. These interviews also study power relations. Such interviews can grow confrontational.

- Confrontational interviews occur when the interviewee and interviewer challenge one another. You criticize one another. This type of interview can expose power relations and conflicts. Some researchers view this approach as unethical. Brinkman and Kvale advocate the confrontational style.
- Narrative interviews look at the interviewee's stories, plots, characters, themes, subplots, and conflicts. As the interviewer, you can ask about events or life stories. You should mostly listen, but get what you need for a story structure analysis.

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

Brinkman, Svend, & Kvale, Steinar. (2015). *InterViews: Learning the Craft of Qualitative Research Interviewing*. Los Angeles: Sage.



In Conversation with Patrick Woodcock

Wanda Waterman



Canadian poet Patrick Woodcock has written nine books of poetry and his work has been translated into 14 languages. While travelling the world in search of meaningful connections, inspiration, and firsthand knowledge of the human condition, Patrick has rejected the typical literary life by living simply and working at some rather humble jobs (pizza delivery being one) to support his writing. He also finds time to volunteer as he did with the elders of Fort Good Hope, Northwest Territories for nearly a year. (See the *Voice* reviews of his books *Echo Gods and Silent Mountains* and *You Can't Bury Them All* as

well as Parts [I](#), [II](#), [III](#), and [IV](#) of his interview with Wanda Waterman in 2014.) Recently he was kind enough to answer some of our questions about the difficulties of his unusual lifestyle and artistic choices.

"Not far from the Old City's gate
on an armchair and baroque cap rests the statue
of the unhappy poetess. Her wistful glare

gouges the granite below the museums,
Christmas trees, carousels and half heads
cleaved above the nose to fashion stools ..."

(Woodcock, Patrick., "The Unhappy Poetess and the Swallow" in *You Can't Bury Them All*)

In *Echo Gods and Silent Mountains* you said that the subjects dictated the writing, almost as if the characters were writing themselves. Was this also the case for *You Can't Bury Them All*, or was some other structure imposed from the beginning?

The characters did not write themselves—that reads far too easy. I spent a lot of time researching this book. By researching, I mean asking a lot of questions of my students and friends. I also paid translators to interview my subjects or those important to my text and to help me find and search through used bookstores.

Echo Gods and Silent Mountains was the only book I'd written about one specific place and people. *You Can't Bury Them All* is in four sections and set in the Kurdish North of Iraq, Fort Good Hope, NT, Canada, Azerbaijan, and finally (and briefly) Canada again.

When I was working in Baku on what will be my next book, *Farhang*, I realised that I needed to stop and focus on the sizeable amount of work piling up beside it. I'm not rushing *Farhang*. But I did feel a sense of urgency with the work that became *You Can't Bury Them All*.

Azerbaijan was extremely difficult to write about because I had a lot of barriers thrown in front of me. One of my colleagues described Azerbaijan as suffering from an information vacuum; facts and stats are hard to come by and are sometimes consciously distorted to foreigners (thank-you, AzerNews).

But I think this is what makes the *Flame Towers* section of the book so strong. I had to beg, bribe, and beg again to complete and connect the pieces. And from these adventures and misadventures came some wonderful moments. Both form and content had an odd interplay that had never occurred before when I was writing.

Even shape poetry, a form that I generally despise, began to play an essential role in many poems, most notably in "Landscape Portraits," "The gorillas at the train track bar," and "Flame towers." I gave the characters more time to develop. I wish I'd done this with *Echo Gods and Silent Mountains*. I left a few poems out that would have shaped the project a little better.

In our last interview you mentioned a third Kurdish friend who would appear in your next book. Does this friend appear in *You Can't Bury Them All*?

I did complete the poem about him but it will be published in *Farhang*.

You've been spending years moving between northern Iraq, Azerbaijan, and the Northwest Territories, among other places. What, for you, is the most salient commonality between the peoples you've encountered in these places?

There are two commonalities I encounter everywhere. The first is obvious: the multi-faceted desire to have hope, even if only a glimmer. To have hope you must feel safe, and to feel safe you need those you love to have access to healthy food, shelter, medical care, and a proper education.

The second commonality, one that has grown exponentially since I began working abroad, is our need for unabated truth and honesty from those with power. All of my friends, colleagues and acquaintances are so spent from being lied to or misled.

It's excruciating, so bloody frustrating, to see this lack of trust permeating every corner of our society. But how could it not? We don't trust our politicians, journalists, the business community, or the clergy, and why should we? But we certainly need to address the perversion of our communities before our hopelessness and apathy destroy the next generation's environment and social structure.

I don't want my friend's children to feel as angry and frustrated as I do. There has to be accountability for those who distort, divide and lie to us daily.

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

Women Of Interest

Helen Irene Battle was born August 31, 1903 in London, Ontario and died June 17, 1994. She was the first woman in Canada to earn a PhD in Marine Biology. She earned her degree through the University of Toronto in 1928. She joined the faculty of the University of Western Ontario and remained there from 1929 to 1967. Battle was a founding member of the Canadian Society of Zoologists and held the position of President from 1962-1963. She received the Canadian Centennial Medal in 1967 and was also awarded an honorary Doctor of Laws from Western and a Doctor of Science from Carleton University. She often stated her true love was teaching. In 1975 Professor Battle was selected as one of nineteen outstanding women scientists in Canada. Various student awards at the University of Western Ontario are named in Professor Battle's honor.

Additional information about Helen Battle can be found at the following websites.

https://en.wikipedia.org/wiki/Helen_Battle

<https://www.uwo.ca/sci/publications/flashpoint/current/battle.html>

<http://westernbugs.weebly.com/helen-battle-lectures.html>

<http://www.science.ca/scientists/scientistprofile.php?plD=400>

compiled by Barb Godin

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Michelle wants to know where she can view a recording of AU's convocation. Amanda seeks insight on ORGB courses. Sidney and others share photos of their AU diplomas. Other posts include online invigilation, adulting, AU newbie, and courses CLAS 309, MATH 265, and PSYC 402.

Twitter

@AthabascaU tweets: "Please note the upcoming IT outage that will impact #AthaU students: athabascau.ca and web applications will not be available between 6:00 a.m. and 8:30 a.m. (MDT) on June 14 due to a server restart."

@AthabascaUSU (AUSU) tweets: "AUSU is now posting monthly financial statements online! View them at <https://www.ausu.org/governance/financials/> ... #transparent."

Youtube

Online Proctoring - ProctorU: Real People provides a behind-the-scenes look at online invigilation.





Dear
Barb

Barbara Godin

Debt and Defending

Dear Barb:

I am in my early twenties, have just completed my second year of university, and I still have three years left before I reach my goal. My marks are pretty good, but I'm feeling overwhelmed by my student debt. I already have \$10,000 in school loans. If I keep going the way I am I will end up with over \$25,000 in student loans by the time I finish. I will be starting out my life with a huge debt, how will I ever be able to buy a house or even a new car? I work part time through the school year, plus I have a full time summer job, what else can I do! The stress is starting to wear on me. I'm having a hard time sleeping and feel anxious a lot of the time. Even before writing my exams I am beginning to feel anxious and it's hard to concentrate. I am almost thinking of going to see my doctor for this anxiety. Do you have any other suggestions that might help me to cope with this situation? Thanks, Robin.

Hi Robin:

You are among the majority, as most students' graduate with a sizeable student debt, the average being \$25,000 or more. Carrying a large debt of any kind adds stress to a person's life and is not conducive to good health. Visiting your family doctor is a step in the right direction, although medication is only a short term fix. You need to learn to handle the stress because it is not going away any time soon. Enrolling in a yoga or meditation class may help you to manage your anxiety level and bring peace to your everyday life. Also check out the mental health resources

available in the college or university that you are attending. Good Luck Robin and remember you are investing in your future.

Dear Barb:

My best friend and I have been friends for 5 years. We get along great and she is a lot of fun. The only time we have any issues is when my boyfriend and I have a difference of opinion. She will always take his side and defend him, making me look bad. I have mentioned this to her and she says "Oh, I was only kidding," but my boyfriend uses it against me, saying "see, Karen agrees with me." It's getting to the point where I don't want to bring him around her. Do you have any ideas why she might do something like that? Looking forward to your reply, Shelly.

Hi Shelly:

I'm not sure why some people do things like that. Maybe she feels since you and her are friends, if she takes your boyfriend's side it will bring them closer together. I guess it doesn't really matter why, but you just want it to stop. You said you have already discussed this with your friend and she says she is just kidding, maybe you should tell her how your boyfriend uses this to his advantage and that you would prefer that she not take any sides in these issues, but rather just stay neutral. Hopefully that will resolve this for you. Thanks Shelly.

Follow Barb on twitter @BarbGod

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

ACE INHIBITOR

IN: HOLIDAY SNACKDOWN

BUT SIR,
THEY'RE NOT
STARVING,
THEY'RE
FASTING! IT'S
RAMADAN!



WHA—?

SERIOUSLY, SIR,
THE MUSLIMS
DON'T NEED TO BE
RESCUED FROM
HUNGER. THEIR
ABSTINENCE IS
COMPLETELY
VOLUNTARY, I
ASSURE YOU.



LET ME
TRY TO
EXPLAIN.



MANY REPORT
THAT THEY FEEL
CLOSER TO
GOD DURING
THIS TIME AND
HAVE A
GREATER
SYMPATHY FOR
THE POOR.



SIR, I THINK ONCE MORE YOU'VE
MISSED THE POINT . . .

THE PROPHET
MOHAMED
INSTRUCTED
MUSLIMS TO FAST
FOR A MONTH
ONCE A YEAR.
THEY CAN EAT AND
DRINK BEFORE
DAWN AND AFTER
SUNSET BUT NOT
IN BETWEEN.

THEY MUST
ALSO ABSTAIN
FROM
BACKBITING,
CURSING, AND
ARGUING.



GADZOOKS, YOU'RE
ABSOLUTELY RIGHT,
FARTHINGHAM!



I NEED TO
SAVE
THE CHRISTIANS
FROM CHRISTMAS!
OUTTA MY WAY,
GLUTTONOUS
CONSUMER
FRENZY!

WRITTEN BY WANDA WINTERMAN



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

Student Lifeline – Stress Less

Do you find yourself feeling anxious, unable to focus, or losing sleep because you're concerned about something that feels beyond your control? Maybe you're a worrier, or maybe you're chronically living with too much stress and pressure, and you could use some strategies to relieve it.

We all experience elevated stress from time to time. The key is to be able to recognize the cause, and manage it effectively before it gets the better of you.

Contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak with a caring consultant who can talk through your issues and help you tackle your stress at the source.

Student Lifeline is FREE for AUSU members!

You can also log in to www.lifeworks.com (username: **AUSU**, password: **wellness**) anytime to access hundreds of online resources that can help you manage your stress, such as:

- Self-assessment, [What's Your Stress Level?](#)
- Online toolkits, [Mini Exercises to Help Reduce Stress](#) or [Mindfulness](#), or listen to a podcast, [10-minute Awareness of the Body](#), for exercises you can do any time.
- [Worry Not](#) podcast featuring expert advice on effective ways to reduce worrying.
- Helpful articles: [Dealing with Persistent Worry](#), [Managing Stress](#), [Using Your Smartphone to Relax](#), [Meditation](#)

Remember: We can all benefit from mild stress occasionally to keep us moving and motivated, but too much stress isn't healthy. It's important to be able to recognize when you're feeling overloaded or overwhelmed, and to take steps to address the stress.

Student Lifeline is not just for stress - you can access help and support 24/7 for any issues, including health, wellness, work, life, money, school, community referrals, and more!

IMPORTANT DATES

- **June 9-11:** 2016 Convocation
- **June 10:** Deadline to register in a course starting July 1
- **June 14:** AUSU Council Meeting
- **June 15:** July degree requirements deadline
- **June 24:** Edmonton Meet & Greet
- **June 26:** In-Person AUSU Council Meeting (Edmonton)
- **June 30:** July course extension deadline

Stop by During Convocation!

If you are attending the 2016 AU Convocation, make sure to stop by the **AUSU booth** to say hi and pick up some **free gifts** courtesy of your AU Students' Union. You can also pick up an adorable little plush grad bear for only \$10!

Also, remember to connect with other grads using the hashtag [#AUGrad16!](#)



Congratulations to all of the graduates!

CLASSIFIEDS

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

THE VOICE

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