

# THE VOICE

## MAGAZINE

Vol 24 Issue 33 2016-08-26

### Minds We Meet!

Meet Mia Wiens! Distance Ed. Veteran!

### Topless Women and UFOs

We've found the connection!

### Together

What a World of Sport Brings

*Plus:*

*See sheds, she-sheds..*

*The Doppelganger Cure, II  
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](mailto: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

### French Borscht

Karl Low



If you haven't heard, there's a furor right now over the *burkini*. This piece of swimwear, developed in 2003 in Australia, is basically a two-piece suit consisting of leggings and a long-sleeved top with a hood. The Mayor of Nice, the city so recently the victim of the terrorist truck attack, has banned the garment and is backed by a judge who has said that under the current circumstances, the burkini is no longer just an article of clothing, but rather one that "overtly manifests adherence to a religion at a time when France and places of worship are the target of terrorist attacks."

But even if we assume the arguments of those seeking to ban the garment are true, that it is a "political project founded on the enslavement of women", as said by Prime Minister Manuel Valls, or that its purpose is to "hide women's bodies in order to better control them" (can someone please explain that one to me? Since when is something that is hidden \*easier\* to control?) as said by the Minister of Women's Rights, Laurence Rossignol, the fact remains that it makes no sense to control what someone is wearing, to deny them the freedom to make their own choice, as a way of giving them more freedom.

Unfortunately, this is exactly the wrong reaction if the end goal is to prevent future attacks. Never mind that the militant Islamists would never support wearing a burkini either, as it's equally a symbol of western consumerism and designed to encourage female frivolity at the beach while maintaining adherence to the letter of the religious law. However, the pictures of armed guards forcing a woman to remove her burkini at the beach will do nothing but incite those who already feel they are oppressed by western culture.

For now, the Supreme Court of France has suspended the ban until they can hear the case for and against it, but the mere fact that it was put in place for a time is concerning. When people are reacting from their gut, their fear, that's when terrorism has its greatest successes. When we stop and think, we realize they're nothing more than thugs, and should be treated just as that, and no more. Why give them power they don't deserve?

At any rate, this issue is bit of a mix. We've got our feature article, and interview with student Mia Wiens, but AU wasn't her first distance education experience. We follow that with a look at woman's equality and how that relates to flying saucers, an examination of some of the better uses of social media, a look at the latest trend of She-Sheds, and an article from a new writer who has some thoughts on what the Olympic games really mean in the media saturated world of today.

Of course we also have some reviews of that media, and various education related news, advice, and even an opportunity for AU students who are interested in visiting a foreign country over the course of their studies. Enjoy the read!

A stylized, handwritten signature in black ink, appearing to read 'Karl'.

# MINDS WE MEET



*Originally from Victoria, Mia Wiens is working on her Diploma of Arts from AU while living in Medicine Hat, where she recently moved after spending four years in Calgary, Alberta. But AU is not her first distance education experience. She was kind enough to take some time out of her schedule to tell The Voice Magazine more.*

## **Which AU program are you in?**

I am currently working a Diploma of Arts. I was originally working on the BA degree in Psychology but switched to the diploma in hopes of getting a better part-time job, at which point I will reapply to the degree program.

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

I've always been interested in Psychology and that was my original path when I lived in BC. I was accepted to Kwantlen Polytech to complete an Associate's in Psychology. However, it wasn't meant to be as I was unable to find suitable housing. Shortly thereafter, I moved to Calgary. I completed a Land Administration certificate via distance through Olds College and got a job in that field. I decided that I wanted to pursue a higher degree but wanted to continue working. I did a search for online

degree programs and came across AU. I decided to go for it, originally starting in Anthropology and then switching to Psychology.

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

Netflix! Or I get majorly distracted by the internet.

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

Myself. I've always had this drive to learn more. I always feel like I don't know enough and I need to know more. I am very curious. I have a thirst for knowledge you could say.

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

Picasso. He's my favourite artist. He seems pleasantly odd. Right up my alley.

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

AU is not my first run with online/distance learning. I did some extra high school courses via distance. My certificate was online. My previous experiences as well as my experience with AU have all been pretty positive. I'd pursue other online or distance programs.

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I like the freedom that comes with online learning; the flexibility. I'm not bound by class times and I can work at my own pace. I dislike that there are no due dates. I found with my online course at Olds the assignment deadlines were very helpful; however, in the program it was one set contract length so it worked. I've had to adjust to giving myself due dates and sticking to them.

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

Yes. After my first horrible year, I contemplated dropping out and quitting. However, I spoke with an AU counsellor who really gave me perspective and helped me realize that a major in anthropology wasn't for me and could be a reason why I was struggling.

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

My favourite course to do was SOAN 384 (also under ANTH 384). I found the course really interesting.

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

I would put a healthy chunk into my daughter's RESP. Pay off mine and my families debts, put some aside for savings, travel, invest a small portion, open a psychological based foundation/charity, and possibly donate a large portion.

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

Finding a better way of allowing students to get hold of tutors. Personally, I believe that when a student has questions waiting days or, for some, weeks, for a response isn't conducive to learning. I've had limited experience with the support centre and although the response was more prompt, the help I received was worse than just waiting for my tutor to get back to me. So, I definitely think finding a better way for students get help would be the biggest improvement I'd love to see AU make. And maybe get rid of those awful e-texts.

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

Super speed!

**What is your most prized possession?**

I have to pick one? My laptop! It has everything.

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

I love novelty items. I also love odd and unusual things. They amuse me and make my heart happy.

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

I absolutely despise them. I am forever a real book kinda gal. I love being able to highlight and make notes by hand. Plus, it hurts my eyes less!

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

Hit or miss. Some are very good and some are very poor. However, I try to understand each tutor has a different course load with varying number of students.

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

I just finished *The Bell Jar* by Sylvia Plath and have moved on to *Dragon Fly in Amber* by Diana Gabaldon.

## Topless Women and UFOs

Barbara Lehtiniemi



Quick! Check the weather forecast. It's almost time for International Go Topless Day! Held annually on the Sunday closest to August 26—Women's Equality Day—this year's topless event is scheduled for Sunday, August 28.

The annual Go Topless Day event is held to support the right of women to go topless in public. As the official Go Topless [website](#) points out, women have—or should have—the same constitutional right as men go bare-chested in public.

Go Topless Day began in 2008 in Nevada and Go Topless events are now held in at least a dozen countries. Canada's first Go Topless event was held in Toronto in 2011.

In Canada, women won the legal right to go topless in 1996 following an Ontario Court of Appeal decision which overturned the indecent exposure conviction of Gwen

Jacob. Jacob, a University of Guelph student, challenged the law and public sensibilities by going topless in public on a hot day in 1991. Although the appeal court did not address the constitutionality of the act, the precedent-setting case has boosted women across Canada toward topless equality.

Go Topless Day events are organized by local groups who feel the enduring double standard—in fact if not in law—of public toplessness must be challenged. Women and their supporters will march in Vancouver, Toronto and Montreal, according to [GoTopless.org's "BoobMap"](#).

I have a pair of concerns about this event (aside from the worry that my online research for this article is going to result in racy internet ads popping out at me):

First, the Go Topless event wasn't conceived by women concerned with the rights of women. Go Topless was established—and continues to be sponsored—by a group formed by former auto racer and journalist Claude Vorilhon. These days, Vorilhon goes by the name Rael and he is the spiritual leader of the [Raelian Movement](#), known as a "UFO religion" by some. Now, it's perfectly feasible that Vorilhon and the Raelians have the women's movement's best interests at heart, but given the prominent promotion of Raelian philosophies on the Go Topless website, it makes one wonder if the topless movement is more of a promotional lift for the Raelians. The motive of their slogan "Free Your Breasts! Free Your Mind!" isn't apparent in the context of equal rights.

Second, I'm not convinced that fighting for the right to go topless in public is where women want to focus their energies right now. Is this the most important issue facing women today? Is this going to thrust women's rights forward? Perhaps topless rights are symbolic of all other matters of disparity between the sexes and Go Topless participants want to get the message out there. But, given that these events typically draw more ogglers than true supporters, it seems doubtful that the intended message is being received by those who most urgently need to receive it.



Still, where's the harm in freeing the girls from the shadows of oppression and letting the sun shine on female nipples as well as male ones. If exercising your right to go topless is important to you, go right ahead. Just remember to take along some sunscreen. And watch out for UFOs.

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



## The Creative Spark

### Write Comedy or Cry?

Marie Well



I'm prepping to write part two—the last part— of the comedy articles. But truth be told, I feel down-spirited today, ready to burst into tears. Not a funny bone in my body.

You see, an article series I labored over for weeks—my tongue-in-cheek magnum opus—got scrapped without a penny payout.

But I face the task of helping you crack the funnies. At least, in your essay anecdotes or your public speeches. And your corporate presentations and your everyday conversations and even your inner self-talk.

And many charismatic CEOs preen themselves on their sense of humor. After all, who doesn't love a comedian? Plus, right now, grooming you into a comedian counts as my key task.

So, should I write comedy or cry?

Write comedy, of course! Just gulp back a Red Bull and crack open Joe Toplyn's book *Comedy Writing for Late-Night TV*.

You see, Joe made millions laugh with his wise cracks—jokes spoken by the likes of Conan O'Brien, Jay Leno, and David Letterman. And comedy is a natural remedy for pity parties. (Mine included.) So, let's get ready to crack some Voice Magazine jokes to cheer us all up. Playful payback time!

But, as examples, I'll use last week's Voice Magazine joke plus I will craft a new one using the same topic sentence. Let me now present the jokes:

**Joke 1:** Last month, the Voice Magazine reported a readership of 10,000, a record high. That means that all of Balzac's undergrads had at least one identifiable school mate: Dear Barb.

**Joke 2:** Last month, the Voice Magazine reported a readership of 10,000, a record high. The announcement came the same time that Balzac had its newsstand vandalized.

**Side Joke 1:** When you lack the Balzac Chronicle and the Drumheller Times, we've got you a surprise.



**Tip 1: Quicken the joke.** Toss out words until you get the shortest joke possible— without reducing the funniness. I started Side Joke 1 above with the words "When you are at a lack of the Balzac Chronicle...." But I tightened it to tickle you.

**Tip 2: Put the giggles at the end.** Put the funniest word at the end—the surprise that sparks the giggles. With Side Joke 1 above, the words "Balzac Chronicle and the Drumheller Times" might make people laugh too soon. You disagree?

**Tip 3: Put the Dull Stuff at the Start.** In the topic sentence, put the dull unimportant stuff at the front and the big guffaws at the end. Pull the same trick with the punch-line. In Joke 1 and Joke 2, the topic sentence starts with "last month": dull, boring background.

**Tip 4: Clarity counts.** Do add words if it makes the crack clear.

**Tip 5: Make the punch-line a surprise.** Don't signal the punch-line joke in advance. Don't take Joke 1 above and say "Balzac's lonely undergrads... have one identifiable school mate." The word lonely not only makes the joke too obvious, but also signals in advance the crack "one identifiable school mate...."

**Tip 6: Parallels make perfect punch-lines.** Repeat some of the topic sentence wording within the punch-line— wherever it makes sense. When you get to the very last sentence of this article, notice that the sentence's words "scraps your..." and "crack a..." have a kind of parallel structure. So, try taking some of your topic sentence wordings and repeat them in the punch-line.

**Tip 7: Sounds count: consonants, alliteration, and assonance.** Use consonants b, p, d, t, k, and g as often as possible. They are the foremost funniest letters. Also, repeat vowel sounds and repeat consonant sounds to please the crowds. In Joke 2 above, "Balzac had its newsstand vandalized," there is a repetition of the "a" consonant along with some of the funniest consonants: b, c, t, d.

**Tip 8: Blow it out of proportion.** Exaggerate your numbers, for instance. Was a Voice readership of 10,000 an exaggeration? An underestimation, my friend—grossly underestimated.

**Tip 9: Details using funny letters.** Use details that spark the senses. Try to combine these details with consonants, alliteration, and assonance. For instance, referencing "Balzac Chronicle and Drumheller Times" spells out precise names of magazines while sprinkling in some funny consonants and alliteration: Balzac Chronicle. *K's* crack me up. (*K's* are technically the funniest letter of the alphabet.)

**Tip 10: One, two, blimp break!: the rule of threes.** Make the third part of a list of three the funny one. Make it a surprise or an unexpected twist.

**Tip 11: A touch of ambiguity.** Don't make your funny overly obvious or direct. Add some mystery. Joke 1 above references Dear Barb. Part of this crack referred to the Voice catering to lonely and isolated students, but I didn't state that outright; I left that implied.

So, what did all the joke tips teach me?

Don't cry. When the editor scraps your magnum opus, crack a sally.

## Man Caves, She Sheds and the Art of the Personal Sanctuary

Carla Knipe



The man cave is now such a ubiquitous part of modern popular culture that it is almost taken for granted. The image of blokes tinkering in their garage, woodshop, or other designated area with the caveat that all others should stay out of their sacred space seems to be entrenched in what the idea of this modern living space should be.

But the latest decorating trend is an uber-feminine answer to the man cave; the "she shed." Women are purchasing large garden sheds or tiny houses, perching them in a corner of their back yard and then turning them into an extension to be used as their own private retreat. She-sheds are becoming their own kind of domestic status symbol, where no expense is spared to create a showy masterpiece that exudes deliberate executions of interior design. The ones that make the pages of design magazines display a plethora of pretty things and come packaged in ruffles and pastels—and if

the rest of the family doesn't like it, then so be it. They symbolize the home equivalent of spa days; the domestic goddess version of crafting or sewing rooms ramped up a thousand times. An internet search comes up with thousands of examples, some more over-the-top than others.

But the concept of private, individual spaces within a home isn't new. Throughout history, there have been areas of segregated living within homes. Ancient Greco-Roman cultures offered distinct living areas for women, men, and servants in addition to common areas. Later, in upper-class England (think Downtown Abbey), women had their own private retreats, ranging from separate dressing rooms to ladies' parlours where the lady of the house could entertain invited company, oversee the housekeeping budget and write the letters that were a vital form of communication with the outside world.

Even the idea of the man cave is not new. In Kuwait, for instance, many homes contain a *diwaniya*, where men can retreat during the evening to a dedicated reception room or annex area to receive guests, smoke, and discuss pertinent news. This practice may be based on a Bedouin tradition going back centuries.

But let's back up just a little bit and take the whole gender factor out of the equation. The concept of a personal sanctuary or retreat is not just an upper-class concept or a luxury. Modern life is increasingly becoming rushed, and having a personal space to retreat to is, just as increasingly, being viewed as a vital antidote to stress. Having a place to refresh, recover, and then reengage, even for a short period of time, is often a necessity. But most living environments do not incorporate spots to "just be", and pride themselves in every space being able to be used in a myriad of multitasking ways. But having one spot in the house to just decompress is a great idea for both men and women, especially for those who are going through a major transition such as a career change, or trying to better themselves through university studies. A personal retreat is a way to take a step back and just "be" for a moment.

If the idea of creating your own personal space is appealing, don't feel that it isn't worthy if it doesn't compete with the examples on the internet, or that the space has to be completely separate from the rest of the house. Not everyone has the luxury of space. The great thing about a personal sanctuary is that it can be as small as a closet or corner in an apartment, or a far-away area of a basement located off the utility room. It can also be a temporary partition, easily disassembled like a piece of flat-pack furniture.

Here are some elements to consider in creating your own personal retreat. However, they are just a starting point for your own creativity and so are not "rules". But let's get one thing clear: a sanctuary does not have to have religious connotations, unless that is something important to you. The only thing to remember is to let go of the pressure to create something that is Pinterest-worthy. What matters is to create a space that reflects your own personality and one where you can feel completely comfortable and relaxed.

The idea is to place items in the space that are important to you and are a reminder of who you really are. Items from nature are always a great way to bring the outdoors inside, such as a special rock, a seashell from your family vacation, a houseplant, or even a desktop fountain. Items in your sanctuary can also childhood memorabilia, some favourite books, a figurine, or a piece of art. You don't have to keep the items in plain sight, either. They can be hidden away and brought out only when you enter the space. Hanging an inspirational quote or two to ponder while you are in the space is always good, and having items such as a comfortable throw or pillow handy are also ways to trigger relaxation.

If you have the luxury of a dedicated room, then painting the walls a colour that you like can help immensely. Softer colours, especially on the blue side of the colour wheel, seem to promote relaxation better than bright colours or those on the red or yellow side. But even if you don't have the luxury of a full room, then adding small items of colour can also be powerful cues to relaxation.

What you do within that space is ultimately up to you. For some, the space is great for brainstorming or exploring creativity, such as writing or drawing. Others like to enjoy a few minutes of complete silence and stillness, or listening to guided meditations, praying, or even spending a short period of time watching the light of a candle and breathing in some relaxing essential oils. Or, it might be a place to practice a hobby. There is no rule of how much time you should spend in your space, but make a pact with yourself to spend a bit of time every day in your space to just "be", even if it's just for fifteen minutes. Ignore the screaming kids, the phone, the emails, and the study schedule. Admittedly, this is the most difficult thing because it feels like a decadent indulgence and you may feel a twinge of guilt or selfishness that you are ignoring your regular responsibilities. Like any mindfulness practices, the idea of switching off will be very difficult at first because the busy brain has a curious habit of not slowing down very easily. The irony is that it takes effort to stop the swirling of that huge to-do list around your head, something Buddhists call "monkey mind." But with practice, your sanctuary will become an essential part of your day whenever you can squeeze that time in.

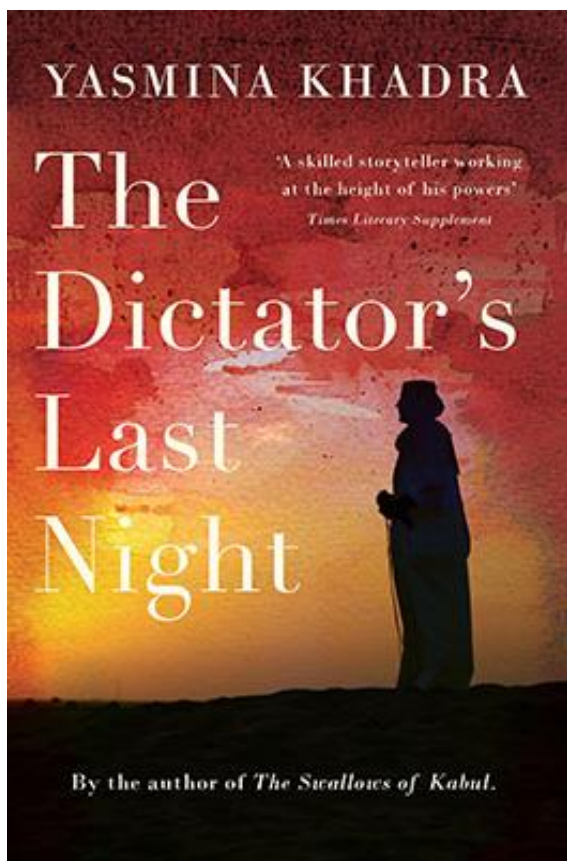
So as summer fades and the autumn routine ramps up again, one bit of "homework" might be to try to carve out your own personal space and use it. Virginia Woolf wrote in 1929 about the importance of women having their own space to express their creativity in her extended essay, "A Room of One's Own", but this concept also applies equally to men as well. The great thing is that you don't have to be rich, or noble to have this space. All it takes is a bit of ingenuity to create one.

*Carla is a Calgary-based writer and an AU student on the homestretch of completing her BA in English can be found hanging out on Twitter @Lunchbuster.*

## The Mindful Bard

### The Dictator's Last Night

Wanda Waterman



### The Dark Night of the NATO-Bombed Soul

**Book:** *The Dictator's Last Night*

**Author:** Yasmina Khadra

"They have crossed out my slogans, disfigured the portraits of me that decorated the facades of buildings ... Is that how people show love for their guide? Did this people love me sincerely, or was it merely a mirror reflecting back to me my own exaggerated narcissism?"

- from *The Dictator's Last Night* by Yasmina Khadra

The dictator spoken of in the title is Muammar Gaddafi, the late Libyan despot famed for a level of pathological cruelty typical of prisoners at Sing Sing. A magnetic leader with a fascinating—albeit changeable—political mindset, he demonstrated a fierce readiness to hurt and destroy his enemies while cruelly exploiting the vulnerabilities of his followers.

It's hard to think of an author more fitted for this than Yasmina Khadra. The name is a pseudonym (it's actually his wife's name) for Mohamed Moulessehoul, an Algerian military man who chose

a female moniker to hide his avocation from an oppressive regime.

Khadra writes not only as someone versed in the complexities of human psychology and emotion, but as one who could well picture the final days of a sagging, bewildered Cain propped up by his few remaining scraps of military might. Khadra, with his compassionate insight, has been brave enough to crawl inside the mind of this monster as if it were a sewer pipe, looking for stars and flowers.

And Khadra does come up with a poetic picture: a former Bedouin well acquainted with open skies and ancient wisdom, an elegant man with keen insight and the capacity to sniff out the subtlest of emotions. But this richness of soul quickly merges into delusions of grandeur that permit him to act out his antipathies without remorse.

There's only one way that a writer can manage to present such a man as Gaddafi in such a sensitive light: One has to separate the compartments of the protagonist's mind, never letting the poetic side know what the evil side is capable of, and oblige the poetic side to believe in the greatness of the self and to justify its every sin.

Khadra does this quite cleverly and without showing the distaste he must have been feeling. He also scrutinises the dictator's view of those who serve him. At first you don't know if the trembling obsequiousness of his henchmen is the viewpoint of the dictator's swollen ego or an objective rendition, but when you read about how those close to Gaddafi defended him to the death, going days without sleep and fasting so that their "Brotherly Guide" could eat, the worshipful subservience portrayed in the novel is quite believable.



But the dynamic takes on mythic proportions. The dictator's inner voice becomes the dialogue of the tyrant that may very well lie dormant in all of us—that part of us willing to excuse our rages, hatreds, and vices in light of a belief in our own superior qualities and in the inferiority of others.

It's an interesting technique, watching a takedown carried out from the loser's perspective (much like the films about Hitler's last days), showing not only the psychology of the leader who's met his Waterloo but the sometimes perplexing beliefs of those who've chosen to go down with him.

Gaddafi is credited with having stirred up a hornet's nest of Islamist extremism around the world. The writing of Yasmina Khadra, a Muslim who loves Steinbeck, has been much occupied with the dangers of such extremism. If you read French, you can have a look at the interview I did with him in 2010 (first part [here](#) and second part [here](#)), but if you don't read French, the gist of the interview was a warning against religious dictatorship. Religion, Khadra maintained, must always be a private choice, never imposed from without, and always a matter of the heart.

*The Dictator's Last Night* manifests seven of the Mindful Bard's [criteria](#) for books well worth reading.

- It's authentic, original, and delightful.
- It poses and admirably responds to questions that have a direct bearing on my view of existence.
- It's about attainment of the true self.
- It inspires an awareness of the sanctity of creation.
- It displays an engagement with and compassionate response to suffering.
- It renews my enthusiasm for positive social action.
- 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*.

## Student Sizzle AU's Hot Social Media Topics

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

### AthaU Facebook Group

Jake wonders how long it takes for an online exam to be marked. Amanda is taking her first exam with ProctorU and asks for tips on using the service. Michelle compliments tutors on reaching out to students through the Facebook page during the recent e-mail malfunction. Other posts include grouped study courses, Vikings, rants, new AU president, and courses MGSC 419 and PHIL 252.

### Twitter

[@AthabascaU](#) tweets: "Applications for indigenous undergraduate & graduate student awards are now open: <http://goo.gl/VFgb7G> [#yeg](#) [#yyc](#)."

[@AthabascaUSU](#) (AUSU) tweets: "AUSU is bringing a NEW DEAL to our members - huge discounts on EYEWEAR through FYidoctors! <http://bit.ly/2bju6uG>."

[@AthabascaUBiz](#) (Athabasca U Business) tweets: "Never stop learning! Larry Berglund, [#AthaU](#) [#MBA](#) '03 featured in Purchasing B2B magazine <http://goo.gl/nnYwil>."

### Youtube

Curious about AUSU's new deal with FYidoctors? Check out the [FYidoctors Inspirational Brand Video](#).



## The Pros to Social Media

Deanna Roney



Social media can seem like a daunting undertaking. There are many platforms to choose from and many wonder if any are worthwhile or just an enormous waste of time. What good could come of being on various social media? Other than it being a solid procrastination tool, it has many other benefits. Depending on exactly what you are hoping to gain from it will affect which platform is best for you. I have found that LinkedIn is not useful for myself, it is too distant a connection and doesn't seem to allow for any creativity. This may be because I have not spent enough time learning the ins and outs of the application though. So I am

going to focus on the three social media apps that I use the most: Facebook, Twitter, and Instagram.

These platforms allow for an easy way to connect with other like-minded people. As a writer there are many pages devoted to writing, be they useful writer groups, less useful humour pages, or author pages. Each of these presents an opportunity for me to connect with someone who will be able to help me, and in turn who I can help, down this path. Through Facebook I was able to find another critique partner for my creative writing, the more opinions one can get the better! I have also found a community there where others are going through the same process and are able to offer support and advice at various stages of the process. Facebook is the most social of the apps, in my opinion. You can chat and look for shoulders to lean on when those rejections start rolling in. This is, of course, transferable to other passions and professions. Somewhere there will be a community you can connect with.

Twitter has been the most productive app for myself, for finding professional connections and learning about what they are looking for. Twitter is completely accessible and you are able to customize your feed to be only what you are looking for. If you are a sports writer, music writer, or not a writer at all, there are always people posting about jobs, posting information, and sharing leads. In my case, I have found tags which highlight what agents are looking for, I have found agents who represent books similar to mine, and I have been able to use twitter to research the agents. Do they post things that do not align with my beliefs? Are they rude, helpful, absent? All these things can factor in to making a decision. It is a great resource for researching people, finding jobs, and seeking advice as the audience is much wider than Facebook.

The last app (that I use) is Instagram; I typically use this to post pictures for family that do not have other social media apps. However, I have found that agents are very active on Instagram and this too can give insight into trends, jobs, and opportunities. Agents and agencies often post if they will be attending a conference with links to find out more information about them. They will post if they are going to host a webinar and links to their blogs where more information can be found. Instagram, unlike twitter, has no character limit so this leaves more space for agents, authors, or the like to post more information. And, the more information one can get, the better their odds are. Again, while I write specifically to writing, these are transferable to other passions

and occupations. All social-media apps are customizable so you only see what you want to see. Your feed is beneficial to you and the goals you are trying to achieve.

I have found these apps to be exceptionally beneficial. I highly recommend them, but I must end with a warning. With all these apps as much as the information about others is available, what you post, what you share, and what you like, is observable to those around you. If you are using social media in a professional basis, then make sure your posts are professional as well. Social media is a public forum, and just as I research agents using these apps, they too will be researching me. It is a simple way to learn about who a person is, and if you believe you will be able to work with them, if they are someone you want to represent your company. In your quest for information do not forget it is a window, both into them and into you.

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



### Study Tips from a Semi-Anonymous Friend

#### Scrawl on It

*There is nothing more that The Study Dude wants for you than to scrawl all over your books.*

*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 delves into *How to Read a Book: The Classic Guide to Intelligent Reading* by Mortimer J. Adler and Charles van Doren. Let's examine the authors' basics: how to

skim a book, how to mark-up a book, and what questions to ask of the text.

We're going to look at a basic level of reading called inspectional reading. Higher levels of reading exist: analytical reading and synthesis reading. But for now, the basics.

#### Make It Your Own

What do you ask yourself when reading a book? I had a professor who wanted me to use quotes in a way such that "I made them my own." How do you make *a quote* your own without plagiarizing?

Well, I still haven't figured that out, but I now know how to make *a book* my own: you scrawl on it. And, if you'd rather not deface your book, then figure out how it helps you grow personally.

How do I make a book my own? Well, I'm currently reading books on humor because, one day, as an instructor, I hope to bolster student creativity. So, I focus most intently on the parts of the book that help me achieve this goal. I make it my own.

I'm also reading a book on teaching techniques. My goal for reading this book? Teaching finesse, of course. To make the book my own, I parallel passages with my own student experiences, while reflecting on my values.

While reading, question the text in ways that are personally beneficial to you.

So, Adler and van Doren provide the following questions to consider while reading your books:

- Ask how important the book is to you. Ask why you feel it's important.
- Ask if you feel the author's claims are true. If you feel the claims have some truth, do these truths speak to you personally or professionally?
- What is the key idea of the book? How is the key idea broken down into sub-themes? What do these themes mean to you personally?
- What additional books would further advance the author's insights? (Don't just stick to the one book if it speaks to you; explore the topic further.)

### Smart Markup

I've read lots of advice on how to mark up a book. Adler and van Doren give plenty more, but I have a specific approach to marking up books.

Whenever I research a book for the Study Dude articles, I start with a clear goal: to refer solely to my markup—and not the text itself— while doing the actual writing.

How do I do it? I tend to read a paragraph at a time while scrawling key ideas and comments in the margins. If the author writes the passage beautifully, I'll retain much of the original wording; in most cases, I simplify the passage by paraphrasing.

So, I reduce one page down to maybe two to fifteen key ideas scrawled in the margins.

And I underline long sentences that I want to use.

To ensure I get my citations right, I also underline names of people I might quote; then I draw arrows connecting the names to the comments I scrawled in the margin.

I also put my own questions or thoughts in square brackets in the margin. (You haven't read a book until you've inserted your own thoughts, say Adler and van Doren.)

Lastly, I make use of the book's first and last pages. On the front page of the book, I jot down the page numbers and brief summaries of topics I consider most important. On the back page, I include trivial stuff, like definitions, facts, or other tidbits.

Adler and van Doren provide their own take on how to mark-up a book:

- Write in the margins, at the top and bottom of the books, in between paragraphs—even in between lines (when you need the space).
- Write summaries of the book in the first few barren pages of the book. Jot down your impressions here, too.
- Writing in the margins keeps you alert and helps you to recall passages.



- If you disagree with the book's content, express your arguments in the margins.
- Underline key ideas.
- Use vertical lines to stress part of an idea already underlined.
- Use a dozen stars at most throughout the book. These signify the top 12 or so main points of the book. Dog-ear the pages to easily reference the stars later on.
- When the author makes a series of arguments, number them.
- Circle significant words or phrases.
- Create your own index at the back of the book: include key names, places, and ideas.

### On Skimming

Everyone should skim their books.

As for me, when I get my hands on academic textbooks, I skim the tables of contents, the author bios, the prefaces. I also read at least one chapter per book per course prior to the start of a semester. And often the table of contents inspire me to peer at additional passages in the book.

Rarely do I read the index, though. In fact, I typically forget the name of that thingy in the back of the book.

But the index does morph into an ally whenever I need material for an essay.

Adler and van Doren advise on how to skim book:

- Read the preface and title page. Try to link the books with related ones you've already read.
- Peer at the table of contents. Treat it like a road map. Indulge.
- Check out the index and pay special attention to entries with multiple page references. For instance, in the index of Adler and van Doren's book, the philosopher *Aristotle* has many page references.
- Read the author bio.
- Read the blurb on the back cover of the book.
- If you like the book after skimming it, then continue reading. (Course textbooks you generally should read in full, whether or not you like the book content.)
- Read chapter summaries at the beginning and/or end of each chapter.
- Flip through the book for fun and pour over whatever sparks your curiosity.
- Read the closing pages of the book.

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

Adler, Mortimer J., & van Doren, Charles. (1972). *How to Read a Book: The Classic Guide to Intelligent Reading*. New York, NY: Simon & Schuster.

## Eco-Education Abroad

Elena Mitevka



Education is not constrained by textbooks and writing papers, and Athabasca University is offering its students an opportunity to take their studies to Europe and learn their lessons firsthand.

From September 11 to 23, AU students have the opportunity to gain insight and awareness in the field of international social co-operatives in Monte Genezzo, Tuscany.

"The Transition to Cooperative Commonwealth: Pathways to a New Political Economy" was created in partnership with The Synergia Institute, and co-

conceived by Dr. Mike Gismondi, who is currently a professor of sociology and global studies at Athabasca University. This incredible opportunity will allow 15 to 20 students from around the world to learn about and experience such topics as cooperative development, community-owned initiatives, social enterprise, and social finance firsthand; students will be lead by some of the world's leading thinkers in the field.

Additionally, this opportunity may not solely be for students that will participate in the trip itself. Dr. Gismondi is working to incorporate the research material that will be taught in Italy in a future AU MOOC entitled "The Transition to Cooperative Commonwealth: Pathways to a New Political Economy." The material uses a great deal of research conducted by Synergia Partners.

After the excursion, participating students will have an understanding of alternative and innovative enterprises, and practical factors that contribute to such innovations. The trip will also include visits to local enterprises, and meetings with members of local cooperatives. Students will also explore factors that may enable the transfer of social cooperatives from Europe to Alberta and British Columbia.

Interested students are encouraged to contact Dr. Gismondi, and take advantage of this opportunity to study in this hands-on, personal environment.

### References

Explore Italy "Eco-Educational"-style | *Athabasca University News*. (2016, August 05).

Retrieved August 18, 2016, from <http://news.athabascau.ca/news/explore-italy/>

## Women Of Interest

**Condoleezza Rice** was born November 14, 1954 in Birmingham, Alabama. She was the first female African-American Secretary of State and the second African-American Secretary of State following Colin Powell. Rice was the first female National Security Advisor and served during President Bush's first term in office from January 20, 2001 - January 26, 2005. As a young girl Condoleezza was a gifted pianist and student, who entered the University of Denver at the age of 15, graduating with a B.A at the age of 19. Prior to joining the Bush Administration Rice was professor of political science at Stanford University from 1993 to 1999. After leaving office Rice returned as professor at the Hoover Institute, Stanford University.

Additional information about this noteworthy woman can be found at the following websites:

[https://en.wikipedia.org/wiki/Condoleezza\\_Rice](https://en.wikipedia.org/wiki/Condoleezza_Rice)

<http://www.who2.com/bio/condoleezza-rice/>

<http://www.cnn.com/2013/07/08/us/condoleezza-rice-fast-facts/>

compiled by Barb Godin

## Together



## Elena Mitevska

As the 2016 Summer Olympics come to a close, many athletes and spectators will reflect upon their favourite victories and certain (seemingly devastating) losses. Apart from the entertainment and world-class athletics, I feel that the most prominent aspect of the games is the comradery and friendship that these games initiate, for both athletes and spectators alike.

Scenes of crime, war, and devastation plague our news channels and media sources, often fueled by racial, religious, or political motives. Although there are real problems occurring both at home and abroad, the ability for people to come together, compete, and celebrate in the spirit of athletics from around the globe is remarkable. News channels continue to cover other stories throughout the games, but they are often, for better or for worse, overshadowed by athletes competing in Rio.

When spectators cheer during the events, they may be cheering for a particular athlete, but often are cheering for an entire country. It is not only across borders but within them that we are able to come together in support of a common cause.

Additionally, our media coverage extends beyond star athletes and sporting events. We are exposed to inspirational athletes and nations who would likely be overlooked were it not for the Olympics. The refugee team, for example, features ten athletes from countries torn by conflict and often in need of international aid. Also, athletes from smaller nations are able to represent their countries on a global level, and they too can illuminate global issues of poverty, and a lack of resources in their home countries.

Living in a developed country, it can become very easy for us go about our daily lives with little regard, or awareness, of the conditions that others face daily. The lack of education and resources, not just for sports, in countries around the globe is rarely at the forefront of any media coverage unless there are political or economic reasons for our country to intervene. The Olympics include coverage of athletes' stories from such countries, which ultimately brings awareness important issues.

Lastly, the world is focused on something positive. Despite the challenges that we face at home, and that others face abroad, or maybe because of them, we are able to take a moment and pause our daily routines in order to be a part of the joy of the Olympics, even if it is only for several days.

To see athletes from countries that are in conflict with one another, to see athletes of all races, religions, and ethnicities, and to see athletes of all economic and social statuses overcoming borders and other barriers to compete and celebrate the spirit of sport and international friendship is extraordinary. Because, at the end of the day, this is something that we, not as citizens of any one country, but rather, as citizens of this earth, participated in together.

## Music Review

### Samuel Jack

Samantha Stevens



**Musician:** Samuel Jack

**Single:** "Making It Rain"

Fans of Hozier, Jack Savoretti, Ben Howard, and Jake Bugg will be excited to learn that there is an upcoming musician that is sure to stir audience's hearts - Samuel Jack. This London, England, born musician is releasing his debut EP *Let It All Out* today, and his music has already been featured on US hit TV shows including *Nashville*, *Satisfaction*, *About A Boy*, and *Grimm* (<http://samueljackofficial.com>).

Although originally from London, England, Samuel moved to

Johannesburg when he was 12 and now lives in Dorset, England. Referred to as "...a poor man, with a rich mind", Samuel wrote and recorded his debut EP in his caravan. The four songs that are included on *Let It All Out* were refined on a piano that he played a local pub in exchange for an open tab. It is at this pub that he was discovered, and was invited to play at Glastonbury 2015. Since then, Samuel has been playing at private clubs in London and Los Angeles (<http://samueljackofficial.com>).

So what can music lovers expect from this rising star? First of all, he draws a great deal of musical influence from the sounds that he was raised with: Motown, Blues, Soul, and Roots. There are also distinct pop elements in "Making It Rain," but not in the mainstream what-you-hear-on-the-radio sense. Let me explain; much like Hozier before him, Samuel keeps the beats simple and steady, relying on piano and basic effects to enhance the song. The focal point of the song is Samuel's vocals and lyrics and the audience's attention is maintained through perfectly timed crescendos. It is during these crescendos that the music accompaniment falls away and only the beat remains to add emphasis to Samuel's vocals.

Although "Making It Rain" is an emotionally driven song, the track is perfect to listening to while relaxing. However, I can't see myself being able to focus on reading or studying while listening to the song simply because Samuel's vocals are so incredibly captivating.

"Making It Rain" is available today through iTunes, Amazon, and GooglePlay, along with the remainder of *Let It All Out*. There are also a couple of videos from live performances available for streaming on Samuel's website.

If you find yourself in London, England at anytime this fall, maybe check out one of Samuel's live performances. Details can be found on his website. And for those who absolutely love "Making It Rain" and *Let It All Out*, Samuel is planning on releasing a full-length album later this year, although details have yet to be released.

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



## Canadian Education News

Scott Jacobsen



### Alberta education minister supports LGBTQ students

According to Global News, David Eggen, Education Minister in Alberta, emphasized support for the LGBTQ community. He stated this in an open letter via the social media platform Facebook on August 16.

He said students should form Gay-Straight Alliances. In the letter, he said, *"You have the right to feel safe and welcome at school...You have the right to use the washroom that is consistent with your gender identity. I want you to know that I will support each and every one of you."*

*According to Eggen, Alberta Education will give resources to have "safe and welcoming" schools, where "rights are being respected." He concluded the letter by saying, "And remember: I'm with you one hundred per cent."*

### Students lose academic edge in the summer

According to CBC News, the University of Waterloo has done the first big study into the loss of literacy and numeracy skills in the summer for Canadian children. Previous research has focused on American students and shown that while there is little setback for children of more advantaged families, children of disadvantaged families can show between one and three months of literacy and numeracy skills loss over the summer.

2010/11 AU student demographics data show 31% of AU students have dependents. Many of their Canadian children are likely to go through this numeracy-literacy summer academic skill loss.

Janice Aurini, Associate Professor at the University of Waterloo, said, *"It's not because the parents don't love their kids, it's just they just don't have the resources to help their kids."* The study was done in Ontario.

### UBC Faculty of Education 9<sup>th</sup> in the World

According to The Georgia Straight, The University of British Columbia's Faculty of Education was ranked as number nine in the world and fourth in North America based on the *QS World University Rankings*. It was ranked alongside 62 other Canadian schools and faculties of education.

Blye Frank, Dean of the Faculty of Education, says that new discoveries on the neuroscience of learning are changing education. Methods of assessment have changed with this research, which takes into account Indigenous students.

Frank said, *"Students here who do the IB concentration graduate with the B.Ed, but they also graduate with a certificate which allows them to teach in any IB program or school in the globe."*

*A native British Columbian, Scott Douglas Jacobsen is an AU undergrad and AUSU Councillor. He researches and runs In-Sight: Independent Interview-Based Journal, and In-Sight Publishing.*



Dear  
Barb

Barbara Godin

## Taking the Plunge

**Dear Barb:**

*Hi, I am in my early twenties and have been out of school for a few years. I have a two-year-old who I am supporting on my own. It's been hard making ends meet financially, so I am considering applying to university or college to further my education. The problem is I will not be able to go to traditional university because I need to work, even if I went part time at night I would not have a lot of time to spend with my daughter. I am looking into Athabasca, that way I would be able to work on my courses while my daughter is sleeping and also continue to work full time during the day. I'm a little scared to take the plunge because I know that distance learning is a lot different than traditional learning. Would you be able to give me a heads up in order to prepare for some of the hurdles I may encounter? I know I could look it up online, but I would be interested to hear what you, and maybe some of the readers have to say about the problems they have encountered. Thanks so much, Lisa.*

Hi Lisa:

Returning to school as an adult with a young child can be quite challenging even if attending a traditional university. Obtaining your degree through distance learning is even more difficult, but as you are probably beginning to realize very well worth the time and effort. One of the most important technical aspects of distance learning is having an adequate computer and Internet connection and being computer literate. Before you begin, look into the requirements and make sure you are able to accommodate, both financially and technically, as this may entail investing in a newer computer and faster internet connection. Also, as I'm sure you are aware, a big issue with online learning is the lack of support and encouragement from peers, as well as the lack of face to face contact with professors. Most online colleges and universities try their best to minimize this problem by implementing study groups, email, slack box, message boards, instant messaging and various other resources. Athabasca offers students easy access to tutors and academic planners. In spite of these resources many students still feel isolated. Another vital aspect of online learning is the ability to be self disciplined and motivated. No one is going to push you to get your essays done, or study for your exams; this is all up to you. How successful you are in online learning may depend on how social you are. If you are a very social person, this type of education may not work for you, as you may feel very isolated. My best suggestion would be to enrol in one course and try it out. If it's not for you, you can still apply this credit toward your degree at a traditional university or college. You are on the right tract so it's well worth the effort. Thanks for your very important question Lisa.

Follow on Barb on Twitter @BarbGod

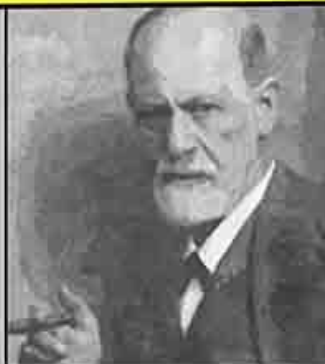
Email your questions to [voice@voicemagazine.org](mailto:voice@voicemagazine.org). Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column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



*It began with Karen Horney . .*



*. . . a 20th century German psychoanalyst who questioned many of Freud's theories.*



*Horney was the first to experiment with self-analysis.*



*By the turn of the last century, despite strong criticism from the psychiatric profession, the self-analysis movement had become so popular that software developers had started working on virtual custom psychoanalysts.*

*The idea was to program in therapeutic rapport, professional ethics, and all the effective treatment methods. After that they would superimpose a mindmap . .*

*. . . of the individual's memories, dreams, and reflections, in Jung's words.*



*The difficulty lay in creating the mindmap.*



We've been working on this for ten years, now, and we're no closer!

Aw, don't be such a glumster, Merv!

*And so the new therapy just wasn't an option for yours truly.*



*Until last year . . .*



*To be continued . . .*



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## IMPORTANT DATES

- **Aug 31:** September course extension deadline
- **Sept 6:** [AU Open House Webinar](#)
- **Sept 10:** Deadline to register in a course starting Oct 1
- **Sept 13:** AUSU Council Meeting (5:30pm MT)
- **Sept 15:** October degree requirements deadline
- **Sept 30:** October course extension deadline
- **Sept 30 – Oct 3:** AUSU By-Election Ballots Open

## New Eyewear Discounts from AUSU

AUSU is proud to announce that we are bringing a new benefit to our members – **discounts on eyewear** through [FYidctors](#)!

FYidctors has over 280 locations across Canada. They were founded by some of Canada's top optometrists, and believe that patients should come before products.

### How to Access the Discount

- 1) Email [admin@ausu.org](mailto:admin@ausu.org) with your name and student ID number to get the promo code.
- 2) Download the program brochure [here](#) and fill out the attached promo card.
- 3) Find an [FYi Doctor's Location](#) and present your promo card when you visit. (*\*note: not including "Vision Source" locations*)

### What are the Discounts?

- Glasses starting at \$159 for single vision and \$299 for progressives.
- Guaranteed Pricing on Select Brand Names.
- 20% off generic frame brands, coating upgrades, lenses, and non-prescription sunglasses.
- 10% off all boxes of contacts.

Visit our website [here](#) for more information.



## AUSU Travel Bursary

AUSU has a [Travel Bursary](#) to help AUSU members in **financial need who need to travel for their AU studies**. If you need to travel to attend a conference, practicum, lab, exam, or convocation but cannot afford it, consider applying for this bursary!

Successful applicants can be provided **up to \$1000** to pay for travel and/or accommodations.

Members must demonstrate financial need, have completed a minimum of 12 AU credits, and have a GPA of at least 2.00 (C grade) over the most recent 12 AU credits.

Members must also include one of the following pieces of information with their application form:

- 1) course or conference description and registration information,
- 2) lab/practicum confirmation, or
- 3) confirmation of graduation.

*Make note, AUSU pays for the travel or accommodations directly and cannot reimburse for money already paid.*

Find our more or apply online [here](#).





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# CLASSIFIEDS

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Classifieds are free for AU students! Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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