

THE VOICE

MAGAZINE

Vol 24 Issue 36 2016-09-16

Understanding Our Fear

Holding You Back? Or Driving You Forward?

An Act of Piracy

A Nod to September 19th.

Have You Reddit?

A Look at the New AU Subreddit

Plus:

From Where I Sit

*The Doppleganger Cure
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

One-Sided Loss

Karl Low



This is Grue. He was my friend.

Thirteen years and two homes ago, he came into our life; a rescue, a kitten. We were told the tale, how he'd been found in the middle of a farmer's field with no other cats anywhere nearby. Supposition was that he'd been taken by a coyote, or perhaps even a large hawk, as he was so tiny. He'd been starved in that field, and was misshapen, short little legs, almost no tail, couldn't meow. But that was nothing we couldn't handle.

His first vaccination came not long after, but he had a terrible reaction to it. He spent hours just curled up on my leg, or when I lay down, my chest, and he wouldn't move. He wasn't much bigger than my hand. The vet told us he must have some sort of feline immunity virus, probably wouldn't last the year.

He didn't like people telling him what he'd do, as it turns out.

He was a mouser too. One week he started spending hours in our semi-developed basement watching a place where the gyprock separated from the concrete. We had no idea why, but he seemed happy enough, so we left him. It wasn't long

after that that he presented us with the results of his activity. We quickly convinced him that he should definitely bring those to us in exchange for kitty treats. He seemed proud.

He's never been particularly healthy, having weird ailments that we always put down to the rough start he had in life. But the last few years he's been not well at all. They called it some form of irritable bowel disease. We called it diarrhea spewing hell. Different diets, different medications, different tests, all kinds of things were tried, and some worked better than others. We got him to the point where he was generally in control of where he let go. But he'd still have bouts where he wasn't, and sometimes would leak. Does adversity create bonds?

We had a routine, he and I. Each night, after everybody else had gone to bed, I'd put a washable blanket on the floor in front of the television and sit down to watch the late-night shows or play video games, or whatever, and he'd come and curl up between my legs, and we'd stay there pretty much 'til bedtime.

But lately he'd started to lose control again. And you could tell he wasn't happy. He more or less gave up washing himself, and the other animals in the house gave him a wide berth generally. But we still had our nights – it just meant our washing machine got more use.

A couple of days ago, he stopped eating, and was looking definitely worse. The bloodwork from the vet didn't come back with anything unusual, no more unusual than normal, anyway. So we were sent home and told to

see if we could get him to eat or drink anything, and if not by Friday, then we'd have to bring him in again and they'd start looking at intravenous feeding or other options.

Thursday night, he was lying in the pen we'd set up for him by the fireplace. He hadn't moved out of his bed for a few hours, and while he was weak, he seemed content. We had the fireplace on to keep him warm and there was water, food, and a litter box in the pen with him, not that he'd been using any of them.

But as the evening sun came in, I started to worry that he was getting too warm, so I shut the fireplace off. Our fireplace makes ticking noises as it cools down. Usually for a minute or two.

It hadn't stopped ticking when he started to twist up and let out a horrible rattle. And that was that. Friday morning wouldn't happen for him. Like every time before, he'd decided what he was going to do.

I still wonder though, if I had left the fireplace on, would he have stayed with us, with me, a little longer?

So as you can imagine, I've been thinking about the nature of loss lately. I'm not a spiritual person. If it can't be verified somehow, I'm not going to waste too much time believing in it. But sometimes I understand the temptation. As AU students, we're all in different aspects of our lives. And if we haven't felt this loss already, we know that we will someday. It's one of the things that unites humanity. Sooner or later, we all end up suffering from this.

Still, it's not a loss for him, is it? His last moments were being warm, sheltered, with food and water available, and being cleaned up as best as could be done by two people who cared about him. The loss is all on our side. That's the thing about loss, it's almost always one sided. Perhaps that's the silver lining we can take from it. Even as we lose, we know that those we've lost don't feel the same. Whether you believe it's because they've gone somewhere better, or are just gone, the result is the same. They're not feeling our hurt. Their feelings toward us are, at that point, fixed—unchanging.

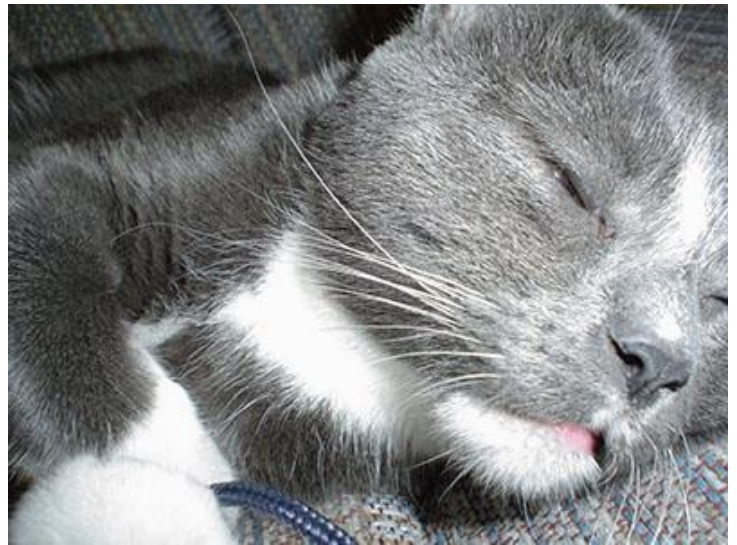
And if those feelings were good, or if we suspect they were, there's some comfort that can be had there.

This was Grue. He still is my friend.

—

Also in the issue this week, be sure to check out Deanna Roney's article, Understanding Our Fear, knowing whether it's driving us to something or driving us away something, or sometimes both, can be vital if we intend to take control of our lives. Also, Carla Knipe takes a look at the new AU space being designed on Reddit by fellow student Billy Dee, and Barb Lehtiniemi brings to us the only article we received that gives a nod to the upcoming "Talk Like a Pirate Day", which I firmly believe all AU students should celebrate.

Plus, of course, we have a selection of news, reviews, interviews and writing advice to keep you busily procrastinating. Enjoy the read!



Understanding Our Fear

Deanna Roney



It seems that often what motives us to do, or not do, something is fear: fear of missing out, fear of heights, fear of danger. Sometimes these fears are justified and keep us from doing things we do not want to do, and will serve no purpose for us. While this topic can be wide ranging, I am going to focus on a fear I think most afflicts students: the fear which comes with decision making. Students are faced with a myriad of choices, programs, courses, electives. These decisions are "life changing" as we are often told. "We are deciding our future" so, no pressure.

I have been bumping back my decision about whether to continue on to a master's degree or forge my own path for awhile. In this choice I have had to confront my fears and attempt to understand what was going to be the best choice for me, in this moment. I needed to consider what was motivating my decisions. What was my gut feeling (though this seemed to change with every breath). How can we know what our gut is telling us? How do we know which fear is motivating us and which is holding us back? Do we jump off the proverbial bridge, or keep our feet planted firmly on the ground?

Through my studies I came to understand how to question my motivations: me, or societal expectations? I learned to consider my thoughts and actively question why I think that way. When it came to making this decision though it was much more difficult. Wading my way through my fears and coming to understand which one to listen to was a challenge, more of a challenge than any similar I had faced before.

In both corners I had a fear of failure. I feared applying to an MFA and getting rejected, I feared getting accepted and learning I wasn't good enough. Pursuing writing without an MFA presented me with a fear that my writing would not be accepted. I feared I wouldn't get picked up and I would be forced to "face the music" early. I can't allow fear to dictate my choice, but which fear did I need to push beyond, and which was only a façade? Which was serving me no purpose but to make my decision more difficult?

When making these choices, no matter how hard we may try, no one will be able to tell us what to do. Some may try, but this is a choice we have to make ourselves. In my case, after months of consideration. I came to understand my fears, I took a critical look at both sides, and the feelings each gave me. I feared failing, this thing I am pursuing has been a dream of mine since I can remember. I started my BA because of this dream, and to quickly learn that it might not happen was too much. But an MFA, while I may pursue it in the future, will only prolong my debut into this world. And, in my gut, prolong the chance of failure, well, unless I got rejected from the master's program. But the MFA was giving me an out, a way to still be working toward my dream in the safety of a school-setting.

I told myself early I would not let fear stop me. I just needed to learn which fear was stopping me. As I let the thoughts percolate I understood that my fear, the one stopping me, was the fear that I would enter this world of publishing and writing, and flop. I felt like the choice about an MFA was one I needed to make now. I couldn't wait an extra year, or two, it was now, or never. But this is not the case. There is the possibility that I will lose some of the letters of recommendation offers I received near the end of my degree, that I may lose contact with some that offered to help. But, there will always be the option to go back, and to go back when I feel ready to take on a master's degree.

I have had my head buried in books for years and I need a moment to breathe. I learned from my late-start-BA that undertaking a degree when we better understand what we want means we get more out of it. So, right now I am facing my fear of stepping into the world of query letters, novel-writing, and pursuing publications. There may come a time when I choose to pursue an MFA. But, for now, I need to write, I need to find my voice; I need to face my deepest fear and step off the bridge.

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



An Act of Piracy **Barbara Lehtiniemi**

It was the best movie Monty Python never made.

Yellowbeard, released in 1983, was surely the funniest movie ever to stagger across a movie screen. Even though few people seem to have heard of it, let alone watched it, *Yellowbeard* remains a cult-classic pirate film among aficionados of campy comedy.

Starring Graham Chapman, Eric Idle, and John Cleese, *Yellowbeard* is often mistaken for a Monty Python film. But it's so much more! With Cheech Marin and Thomas Chong (aka Cheech & Chong), Madeline Kahn, and a raft of other big names (including a cameo by David Bowie,) *Yellowbeard* is like a booze cruise of comedic actors.

Yellowbeard opens with convicted pirate Yellowbeard (Graham Chapman) releasing himself from prison. Although he completed his sentence, the authorities—annoyed that Yellowbeard survived the harsh conditions of imprisonment—easily persuade the queen to extend his sentence "indefinitely." Yellowbeard has other plans.

Once outside, Yellowbeard seeks to retrieve the treasure he buried on a remote island. Fortunately, a map of the location was tattooed on his infant son's head. Now a grown man, Yellowbeard's son Dan (Martin Hewitt) has no

idea who his father is. Bookish and introverted, Dan abhors piracy and longs for a simple life of study. (As an aside, Sting was at one time set to play the role of Dan, which could only have improved the characterization.)

Initially intending to slash the map from Dan's head and sail off alone, Yellowbeard is persuaded by his "wife" Mrs. Beard (aka "Betty", played by Madeline Kahn) to take Dan along—and alive—on the treasure pursuit. Mrs. Beard, her befuddled upperclass twit of a lover Lord Lambourn (Peter Cook), and a motley crew of hangers-on join Yellowbeard on the perilous voyage to retrieve the treasure.

Along the way they clash with British naval officer, Commander Clement (Eric Idle), and also two Spanish emissaries (Cheech & Chong) who are bent on claiming all valuables for God, Spain, or themselves, not necessarily in that order. Add some back-stabbing friends, a blind informant (John Cleese), the requisite love interest for Dan (Stacey Nelkin), and an island full of murderous monks, and you have madcap mayhem.

I've watched this movie dozens of times over the years. I began with a grainy copy taped—yes *taped*—from late-night television. Many years later, *Yellowbeard* was finally released on DVD and I bought a copy.

After watching *Yellowbeard* so many times I, along with my son and former husband, could quote every line. And it is a quotable movie (my favourites: "I'm in disguise, you stupid tart!" and "It's how he always wanted to go: horribly.")

Sadly, I lost my copy of *Yellowbeard* in a divorce (another act of piracy?) I'm left with a memory bank of quotes and a smattering of—appropriately pirated—Youtube videos.

Arrghh!

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

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Nikki wants to know if it's possible to get more than three extensions for a course.
Lorri seeks input on whether switching from a 4-year to a 3-year BA has merit.
Megan inquires if it's possible to request an e-text version of physical textbooks.
Other posts include feeling overwhelmed, AU loan advisors, converting e-books to audio books, and program GPA versus transcript GPA.

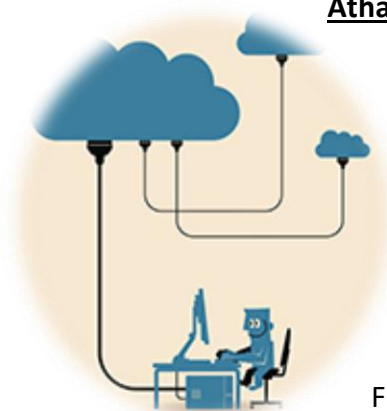
Twitter

@AthabascaU tweets: "Did you know #AthaU students have access to professional mental health resources? <http://goo.gl/s2bb3S>" and "#AthaU store is now offers Free Shipping on orders over \$95! Time to grab those AU threads! <http://goo.gl/8Peyqx>."

@AthabascaUSU (AUSU) tweets: "AUSU recently created a new Single Parent Bursary and a Health Care Bursary! Learn more at <https://www.ausu.org/services/scholarships-awards/> ..."

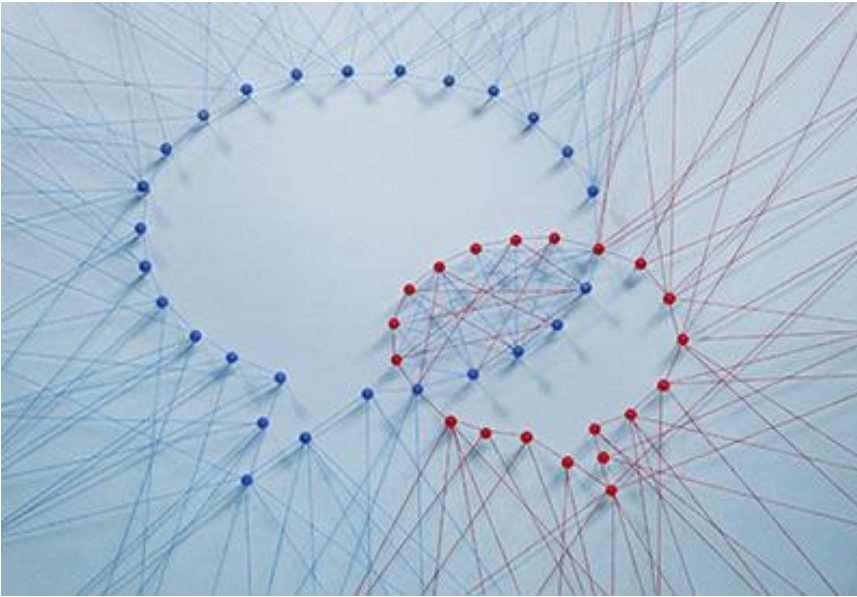
Youtube

Brush up on your pirate-speak with "It's Talk Like a Pirate Day", posted by WhatYouOughtToKnow.



Read About AU on Reddit

Carla Knipe



Have you ever Reddit? If you aren't even sure what that is, don't worry. It's one of the largest social media platforms and websites out there, but it gets pushed behind Facebook, Twitter and Instagram in popularity, so is often seen as the biggest online media platform that no one has ever heard of.

It functions the same way as social media, but is a bit different because it does not look as "snazzy" with a lot of graphics and photos. Registered users can ask questions, get answers, and other users can vote on the usefulness of the content as well. It is a little bit "old school" in the

sense of how it harkens back to a bit of LiveJournal or Usenet, but anyone can register and anyone can participate. One of the reasons why Reddit is so popular is that it is more of an open social community than Facebook or other social media platforms.

Because there is an incredible amount of content on the website, users can subscribe to "subreddits" that focus on certain subjects of the user's choosing, such as from a user's geographic area or interests. Like other social media, a whole system of netiquette has developed surrounding it, but beginners can easily find their way around. It's also a system that democratically elects the best content to the most visible position: a self-moderating forum. Reddit is also relatively private because it doesn't (or doesn't have to) link to the user's actual identity unless the user feels comfortable disclosing that rather than a separate user name. This creates a layer of security for those who might not want to ask what they see as a "stupid question". However, many celebrities and politicians are embracing Reddit as a way to interact with their fans—or critics—but the advantage with Reddit is that there is room for more in-depth discussion that isn't limited by 140 characters.

AU student, Billy Dee, is trying to revive AU's Reddit page. He discovered that there was a subreddit for Athabasca University that was created three years ago, but the page has become stale since then with minimal activity. He says that he stumbled on the AU page by accident, as a result of searching for Athabasca University on the site. However, he noticed that the existing moderators (or 'mods') have been dormant for years so the sub dropped off the radar due to inactivity. Billy has had previous experience moderating online communities, sine probboards and geocities sites so he knew the skills required to build an online community and keep the momentum going. He envisioned AU's Reddit site to engage his fellow students because, as he points out "we're all missing a core component of school at AU--there's no classrooms!"

Billy has big plans for the site. He has been in touch with some helpful staff at AU who gave him the official school colours and some images to make the pages more inviting. He says it's all about keeping the goal of engagement in mind, and other subreddits have adopted a customized page format very effectively. But as he says, "I don't want it to replace anything, but to work alongside the other channels the students have to communicate, build relationships and share."

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.



Canadian Science News

Scott Jacobsen



Canadian researchers "starved" for cash

According to the *Toronto Star*, the "everyday researchers" are starved for funds for their projects. Even as the Institute for Quantum Computing in Waterloo received \$76 million, the claim is that the bulk of the researchers, particularly the young and upcoming ones, are not getting enough funds.

Other projects included the University of Saskatchewan, which received \$78 million for flood and drought prediction, McGill University received \$84 million for brain research, Université de Montréal received \$94 million for "big data," and two of Alberta's

biggest universities received \$75 million for clean energy.

13 major "centres of higher learning," divvied a total of \$900 million in grants from the Canada First Research Excellence Fund (CFREF). The CFREF was designed to be assistive in the development of the post-secondary institutions in Canada into "global research leaders."

NASA mission onward to discover origin of life

There will be a spacecraft sent to an asteroid to gather samples from its surface, according to [CBC News: Technology & Science](#). The launch begins on Thursday and will take a total of 7 years to complete the roundtrip to the Asteroid, Bennu, and back.

This is done by NASA. It is the "organization's first send-and-return mission to an asteroid," which has potential implications for discovering the "origins of life on Earth." The spacecraft is call OSIRIS-Rex, also known as the Origins. Spectral Interpretation. Resource Identification. and Security-Regolith Explorer.

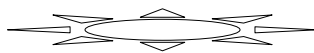
Dante Lauretta, the lead of the mission, said, "We're going to Bennu because it's a time capsule from the earliest stages of solar system formation." The asteroid is spherical and roughly 500 meters in diameter with an orbit akin to Earth's. Its day is only 4 hours, which helps OSIRIS-Rex do its mission.

Biggest Science Literacy Week

According to *Phys Org*, the only Canadian-led experiment through the operations of the Large Hadron Collider in Geneva Switzerland has produced its first set of results. The Canadian initiative is called MoEDAL (the Monopole and Exotics Detector at the LHC).

MoEDAL is a collaboration between 26 institutions represented by 70 physicists. Dr. James Pinfold, Professor at the University of Alberta, is leading the organization. The first paper published from the results in the research will be in the Journal of High Energy Physics.

In the search for magnetic monopoles, which are hypothetical elementary particles, this Canadian-led research "marks a significant milestone in the search for magnetic monopoles. Pinfold said, "In a sense, the magnetic monopole is the brother of the electron...."



Music Review The Tourist Company

Samantha Stevens

Band: The Tourist Company

Single: "Pedestals"

Following the success of their previous three EPs and a summer spent playing the Canadian music festival circuit, Vancouver's The Tourist Company is gearing up to release their debut LP this fall. In anticipation of the release the album *Apollo* on October 21st, The Tourist Company released the single "Pedestals" on August 16th.

Formed in 2013, The Tourist Company has garnered considerable attention as a budding alternative pop-rock band. They have shared the stage with bands like We Are the City, Dear Rouge, and Fast Romantic, and their music has gotten extensive radio play (<http://www.thetouristcompany.ca/biopedestals-release/>).



The Tourist Company consists of Taylor Swindells (Vocals/Guitar), Jillian Levey (Vocals/Keys), Josué Quezada (Bass), and Brenon Parry (Drums). In "Pedestals", the quartet is joined by Stephanie Chatman on violins, and Brian Chan on cellos. Written by The Tourist Company's Taylor Swindells, "Pedestals" was mixed by Colin Stewart and mastered by Brock McFarlane. The track was recorded in The Space Studios in Vancouver, BC, engineered by Dan Klenner, and produced by Jordan Klassen. If that last name sounds familiar, it may be because Jordan released his second album *Javelin* earlier this year.

For those who enjoyed *Javelin*, "Pedestals" is fairly similar. Much like Jordan's music, the music is soft and beautifully melodious, with attention given to the artistry of the track. There are no harsh beats or tones, and the rhythms seem to flow naturally throughout the music.

"Pedestals" opens with a light and steady beat that slowly crescendos into the string accompaniment. The lyrics and vocals are typical of the alternative pop-rock genre in that they deal with a troubled relationship, yet the chorus really punches a hole into the song. While the steady build to the chorus increases the momentum and anticipation, there is just something about that chorus that really stands out. The solo drum smash punctuates the transition perfectly, and the lyrical switch from an outward statement to an inward wish really sets it apart. The string accompaniment during the chorus also helps differentiate it from the rest of the song.

There is also the poetic quality of the lyrics. While they may sound repetitive at first, reading the lyrics on the band's [bandcamp page](#) shows how much thought and care was given to the lyrics. The two A verses show a masterful understanding of the poetic form. The B verses and chorus that double at the same point in the song heighten the feelings of conflict. The additions of rhyme and repetition, in addition to a few other poetic devices, make the lyrics in "Pedestals" a poetical joy.

If you want to check out "Pedestals" the song can be found on The Tourist Company's [website](#) and on iTunes and [bandcamp](#). For those interested in checking them out live, The Tourist Company is playing at Rifflandia in Victoria on September 15th and at The Gateway in Calgary on October 21st. Full details can be found on their [webpage](#).

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



The Creative Spark

Recipe for a Spinach Metaphor Smoothie

Marie Well

"The Voice Magazine, a daydreamer's read, each link clicked like the slow hand of a clock, chiming the passing of another regretful school-week."

Did that taste a bit bitter? It should. It's a spinach metaphor smoothie. And I'm going to show you how to make one. Actually, Pat Pattison's book *Song-Writing without Boundaries* will show you.

But before blending the metaphors, let's look at the health benefits of metaphor smoothies:

Open Your Speeches and Essays Like a Weightlifter: Every essay or speech needs a gripping intro. Why not a punchy metaphor?

Add Mass to Your Metaphor: Give your essay a power surge with an extended metaphor at the end of each major part.



The Reader's Imagination Grapples with the Metaphor: When you use metaphors, they force your reader to imagine the weight of your words. The imagination lifts the reader's memories and experiences and shoves them into your essay. Your reader and your writing merge.

The health benefits are nothing compared to the taste of a smoothie.

So, let's make a metaphor smoothie out of The Voice Magazine:

Step 1: Write down one (or more) qualities that could represent The Voice Magazine. Here's one: pass away the time.

Step 2: Then, think of one to three nouns or noun phrases that also pass away the time.

Here's a noun: an elderly woman (waiting for her time to leave the earth). Yes, a sad metaphor—slightly bitter: a spinach smoothie.

Step 3: Then, take the noun "an elderly woman," and jot down ten or more adjectives, verbs, adverbs, nouns, or phrases that relate to our noun phrase.

Here's ten words or phrases related to "an elderly woman": slow hand of a clock, grandfather's clock, knitting, humming, rickety, rocking chair, old, card-games, Bingo, daydreaming, regrets, passing, chimes.

Step 4: Now, take our main noun, "The Voice Magazine," and link it to the above words:

The Voice Magazine, a daydreamer's read, each link clicked like the slow hand of a clock, chiming the passing of another regretful school-week.

Drink up.

But, wait, what's the difference between a metaphor and a simile? We all know similes use "like" or "as."

Pattison fills in the rest: if you want to make smoothie from headcheese, make it a metaphor; from a colonoscopy, make it a simile. Similes combine the most dissimilar, unlikely ingredients.

And similes put the attention on the first word: the colonoscopy felt like a spinach smoothie. Did you imagine something clinical? Before you put me to the grind, remember that mnemonics work best with wildly strange imagery.

You won't find that in Pattison's book.

So we just added a splash of fish oil to our spinach metaphor smoothie.

Bottoms up!



In Conversation.. With Walrus

Wanda Waterman

The four-piece, Halifax-based band, Walrus, started out as a two-man home recording project for brothers Justin and Jordan Murphy. Their music is best described as psychedelic pop, their sound inspired by a tradition rooted in the mind-expanding experiments of the sixties. Their name was inspired by the Beatles, whom they cite as a major influence. Their EP *Good-bye Something* having been recently nominated for Alternative Recording of the Year by Music Nova Scotia, Walrus is now on another hectic cross-Canada tour.

Recently Justin Murphy, the band's lead singer, took the time to answer our questions about their music and influences.

What role did music play in your childhood?

Music was huge growing up. My dad's a huge music fan, and he introduced me and my brother to so much good shit at a young age, mostly '60s and '70s music like The Beatles, CSNY, and The Stones, a bunch of stuff I still love.

My brother, being a few years older than me, started to develop a cool taste in music before I was really getting into it, so I would find a lot of cool bands through him.

I started playing guitar around 10 or 11 but never really got into songwriting until I was 19. I think it was a confidence thing; I always had anxiety about putting myself out there and playing for people, but once I got over that things got a lot easier and I was more comfortable with writing, performing, and everything else.

What or who in your musical training had the most—and best—influence on you, creatively?

Probably my brother; we like all the same stuff, and he's always the first person I'll show a new song to. He's always the most excited, too. He's tells me when he likes something, and having a person tell me when they dig something, especially knowing we see eye to eye on the music, makes me more confident in a new song or idea.

What was the most mesmerizing musical experience of your life?

I think just being in the studio recently when we came back to record two new songs that will be on our upcoming LP, and hearing how much better we felt they were than the previous batch (not that we think those ones are bad). We took a step back and thought, *Holy shit, there's progress in what we do as a band*. We can see little things growing in song structure and how we fill the songs out. It makes us believe in what we do much more when we can see it grow.

How did that sixties-style psychedelic aesthetic develop?

Not sure how it developed. We get told a lot that we have a '60s sound, but it's not really something that we try to push ourselves to do, at least not that I see. But I'd rather be the '60s than the '80s.

Is Halifax a creativity-enhancing city for you?

I've definitely found Halifax to be creativity-enhancing, at least for a while. There were a lot of bands and a super vibrant scene out here, but lately I've found it personally not such a creative place for myself. Maybe it's because the scene is changing or because I'm stagnating after having been here so long. I'd welcome a change soon.

What's the difference between your Nova Scotia audiences and audiences from the other provinces?

I think we play outside of Nova Scotia a lot more than we play within our province. We definitely play outside more than we play Halifax. Our audiences are typically good in Halifax and responsive for sure, and it's always nice to play for your friends, but we tour around so much that a lot of places have started to feel like homes away from home. It's nice.

What do you like best about *Goodbye Something* so far?

It's just nice to have something new out. We'd gone a while without releasing any new music, but we'd been touring a lot, so it's nice to have reception from new music rather than just reception from shows. I can't wait until we put something new out again; it's always a breath of fresh air, like, "Okay, now we can move on to the next thing."

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

Any scene with Keith in it would make me cry; he just knows how to pull my heart strings.

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

Structure, stability, and focus.

What do you feed your muse? Are there any books, films, or albums that have deeply influenced your development as an artist?

Comfort albums feed my music— old Beatles albums and a few other ones. When I'm in a music lull I always come back to the stuff I love the most and it helps me find my way.

Tell us about your upcoming projects.

We have an album that we're just finishing up, a full-length LP. That will be out soonish, and I'm sure we'll tour until we die, which is always fun. Plus, we have a music video or two coming out soon. Lots of fun stuff, you'll see.

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

Women Of Interest

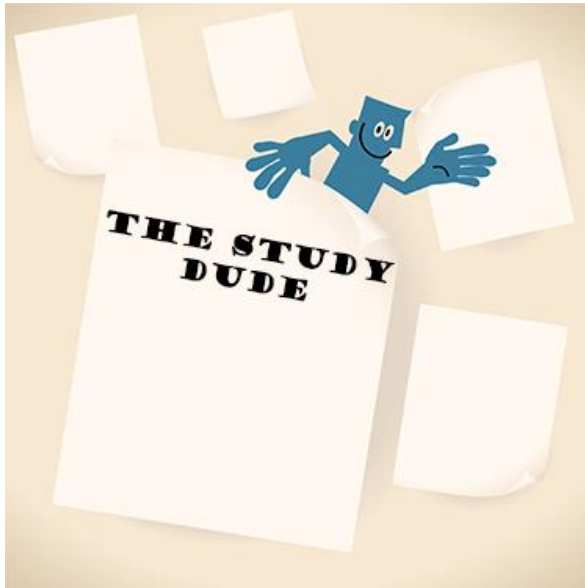
Stephanie Kwolek, was born July 31, 1923, and died on June 18, 2014. As a chemist at DuPont, Kwolek accidentally invented Kevlar while attempting to develop a lighter fiber for car tires. She earned a patent in 1966. Kevlar is lightweight synthetic fiber which is five times stronger than steel and is used in bulletproof vest and body armour. As a result, Kwolek was awarded DuPont's Lavoisier medal. The DuPont Lavoisier Medal honors men and women throughout the history of DuPont whose extraordinary technical achievements have resulted in significant business impact and enduring scientific value. Kwolek was the only female employee to have received this award. To date, Kwolek is the just the fourth woman included in the National Inventors Hall of Fame. Additionally, Stephanie Kwolek has been awarded the National Medal of Technology, the IRI Achievement and the Perkin Medal.

<http://news.nationalpost.com/news/stephanie-kwolek-inventor-of-kevlar-and-pioneer-in-male-dominated-field-dies-at-90>

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

<http://www.bbc.com/news/world-us-canada-27951043>

compiled by Barb Godin



Study Tips from a Semi-Anonymous Friend

A Fire-eating Essay

There is nothing more that The Study Dude wants for you than to shush that argumentative essay.

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 explores Michelle McLean's book *Essays and Term Papers*. McLean helps you write everyday essays—and argumentative ones.

Your Everyday Essay

When you write your essays, depend on your outlines.

When I wrote essays, I either used cue cards or Microsoft Word's outline feature. I loved the cue cards. I could shuffle them, write themes at the top and bibliography references at the back, and type them all up—in perfect order.

I heard of mind-mapping. In fact, most books recommend mind-maps, but I didn't see any benefit to them. That is, until I bought a large whiteboard.

What freedom. With an eraser, you can wipe away your words faster than a dripping tear from a failing grade.

And your erasable mind-map serves as a table-of-contents.

McLean gives great tips on writing your essay, from topic selection to outline:

- Before starting an essay, wherever possible, choose a topic that reflect your passions, your hobbies, and your struggles.
- Make a list of brainstormed ideas (on your whiteboard even). Jot down everything related off the top of your head. You can always fill in additional, researched ideas later.
- Once you start researching, store your findings on index cards or on a typed-up outline (and on your mind-map).
- Copy quotes word-for-word or paraphrase (or better yet, do both). Use one quote per cue card or one quote per Microsoft outline entry.
- Rearrange your cue cards according to themes.
- Once you've done your research, you can make a thesis. Ask the questions Who? What? When? Where? How? and So What? [What a revelation! Whenever I'm told to ask the Ws and H, my eyes droop.]
- Make an outline with major headings for intro, body, and conclusion. The intro for your outline should have some gripping statement, a thesis, and a summary of your key arguments. The body of your

outline should list your arguments with supporting quotes, facts, and evidence. Your conclusion should restate your thesis in words with something slightly new (that could only be gleaned after reading your essay). End your conclusion with a summary of your key arguments.

- If you want to (optionally) end your essay with a snap, say why your essay matters to more than just you (and your mom).

Argue with Your Essay

Do you want to win your arguments? Then write argumentation/persuasive essays.

As a kid, when I asked Papa for money, he made me write a 500-word persuasive essay. Little did he know, but Papa prepped me writing argumentative essays.

In a past Study Dude, I talked about a book by Gerald Graff and Cathy Birkenstein called *"They Say / I Say": The Moves that Matter in Academic Writing*. In their book, Graff and Birkenstein outline templates for inserting opposing views into your essays.

When I read their book, I wondered, when do you ever insert opposing views into an undergrad essays. Well, I've now got an answer: when writing an argumentation essay.

Let's explore the argumentation essay—an essay that allows you to put forth—and destroy— opposing views.

In an argumentation essay, your view is always right. Just support it.

- An argumentation essay is also known as a persuasion essay.
- In an argumentative essay, you get to feature opposing views. But you must refute them all. Say why they suck.
- No side may be correct in reality. However, you will make your side seem like the correct choice by supporting it with lots of evidence, such as book and article sources, statistics, facts, national studies, advertisements, surveys, whatever.
- When selecting your topic, make sure lots of scholarly material discuss it. Don't pick something that only Ed the furniture salesman knows firsthand.
- To select which side (pro or con) you will take, brainstorm a list of pros and cons.
- Then research the topic, seeking out pros and cons. Put them on cue cards (with full references on the back) or in an outline [or on your whiteboard mind-map].
- Your outline should start with the introduction that contains your thesis (with your position stated) and summary of your key arguments. Then your essay body should list all of your arguments. (Include citations from external sources, of course.) Then your body should follow with opposing arguments that you refute with external evidence. Lastly, conclude with a summary of your key arguments and a recap of your position.
- You can vary your structure with some imagination. For instance, if you have only two supporting arguments but have five refutations of opposing views, go with it. The more supporting arguments you have, the better, but you can flex your creativity, too. Teachers call that critical thinking.

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

McLean, Michelle. (2011). *Essay & Term Papers*. Pompton Plains, NJ: Career Press.

Canadian Education News

Scott Jacobsen



The Canadian International Engagement Challenge

There is a "significant challenge" for Canadians to get students to take advantage of the international opportunities available to them in countries around the world, according to *The Times Higher Education*. A recent Canadian Bureau for International Education survey of 1,300 students from Canada found that those participating abroad found the experience "significantly" improved the outcomes for learning.

These are important steps to take for Canadian students to become global citizens.

Canada is a "major trading nation whose continued prosperity hinges on cross-border mobility of people, goods and services."

Public Education Defense in Canada and the Americas

According to the *Calgary Herald*, the many skilled immigrants in Canada are "struggling to work in their field," even as some consider international students "ideal immigrants." The assumption is integration should be easier for them because of Canadian education experience.

According to a 2015 Canadian Bureau of International Education, half of the international students in Canada want to stay here. However, employees of the CBIE state more work needs doing to have this immigration strategy become more effective.

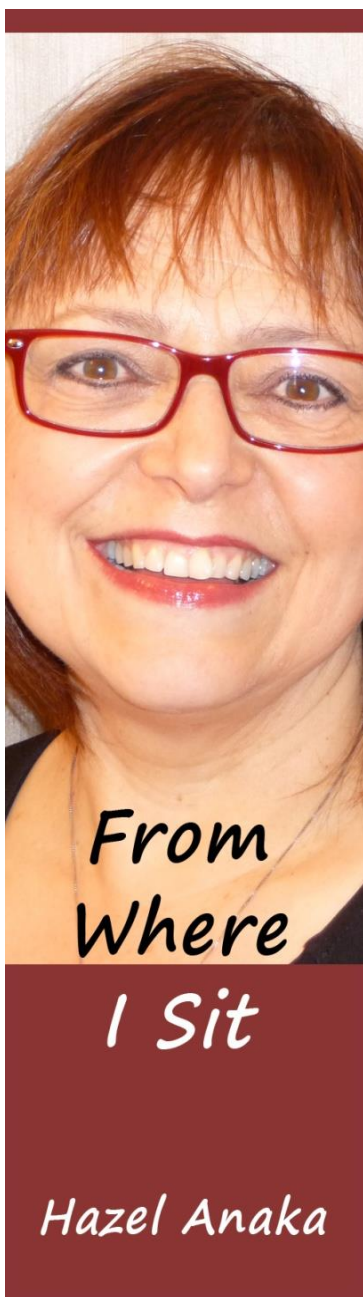
John McCallum, Immigration Minister, in Ottawa in June said, "I have not had one person disagree with me when I say international students are a very fertile recruiting stream for us...They're young, educated, they speak English or French. They know something about our country."

Defense of Nunavut schools by Minister

According to *CBC News: North*, Nunavut Tunngavik Inc. (NTI) considered Nunavut's educational system "grossly inadequate" for resource provision and a "national embarrassment." Nunavut's Education Minister defended the territory's educational system as being "very rigorous".

The Nunavut government had been finishing consultations on potential changes to the Education Act, which arise from a 2015 review. These were "dramatic recommendations." Concerns about educational quality have been heard before. For example, a 2013 Auditor General's report stated there was inadequate delivery of differentiated learning necessitated by policy set for the Department of Education. Apparently, the instructors "were overwhelmed and struggling to meet the needs of their students."

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.



Good Things for All Concerned

I'm writing this week's column from a huge house on a Sherwood Park acreage where I'm taking a shift babysitting Kade. I arrived about 9:30 Sunday morning to relieve his other grandmother and will leave early Tuesday morning to attend a 9 AM meeting about an hour away.

Kade, who is now about twenty-two months old is far easier to be with than when he was younger. Now he is beginning to speak, runs (doesn't walk), can play independently, and understands virtually everything you say to him including 'you can't throw a ball at Nana's head.' He is a perpetual motion machine who loves climbing, jumping off things, and just going, going, going. Maybe it's just proud grandmother syndrome but it seems his hand-eye coordination is exceptional. He picks up tiny Playdoh crumbs and attempts to make a ball. He's fascinated with all hoses, cords, and tubes—from tiny cylindrical Lego parts to the huge central vac hose. He's a bit of a problem eater. Prefers the beige of bread, crackers, pasta to the colourful flavour of most fruits or veggies. Some days he doesn't eat enough to keep a bird alive; others it's non-stop. Luckily, I'm just a temporary caregiver and don't have to fix the problem...as if there was a fix!

The reason for this tag-team babysitting is that Grady is playing in his second US golf tournament. This one is in Palm Springs and was an attempt to have him move up in the qualifying standings for the Kids World tournament in Pinehurst, North Carolina. His first nine holes played Saturday resulted in a personal best score of thirty-nine. Today's round saw him shoot forty-one and drop to ninth position. Not the result any of us wanted but likely enough to get him a 'bye' into Pinehurst next year. He competed in Pinehurst in this August in the six-year-old group; the third tournament of his life, whereas other kids had been in thirty or more this year alone. He was the only seven-year-old Canadian in this regional Palm Springs tourney that draws the cream-of-the-crop kids from all over California and elsewhere in the States. Most of them compete in tournaments every weekend.

Twice weekly golf lessons at his dad's golf club this summer no doubt helped hone some innate talent in Grady. But how do you compete with the California weather that allows kids to play every day? I think Greg is planning to build a putting green on their acreage next year. And of course, competing in tournaments adds to a kid's confidence level. Even coping with the plus 40-degree temperatures there this weekend takes some adaptation that California kids don't need to do.

So, in my small way, I'm helping the cause by making it easier for Grady and his parents to see how far this dream can go. Plus, I'm building a relationship with kid number two. These are good things for all concerned, from where I sit.

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



Dear
Barb

Barbara Godin

The All Important Mother

Dear Barb:

I have been home from university for the summer and I can't wait to get out of here. My mother is driving me nuts, I didn't realize how annoying she was until I was away and then came back. We fought and argued for most of the summer. She is so self absorbed! Where ever we go she creates attention for herself. Not bad attention, she just gets everyone to pay attention to her by making jokes or whatever. It's almost like she is jealous if someone talks to me. For example, we were at a family event and someone was asking me about university and how I like it, well my mom didn't even give me a chance to answer. She just interjected a humorous answer that would bring the attention back to her. Usually what she says is witty so the other person will laugh and I never get to answer their question. It almost seems like she is threatened by me and at times she will bring up something about her work or what she has accomplished just to make herself look important. It is almost embarrassing at times. Whenever I try to tell her how annoying she is, she has a fit and says I am being mean to her and I don't appreciate all that she does for me. She just doesn't understand how anyone else feels. She does the same thing to my younger sister. I can see how Mom manipulates her but she doesn't say anything because she doesn't want to feel Mom's wrath.

Sometimes Mom will try to get me and my sister into a fight by comparing us. She builds me up, while tearing my sister down. I feel bad for my sister, but I don't want to get Mom angry at me. Mom is only nice to people who aren't close or her, therefore everyone thinks she is so wonderful. I really don't know how to deal with her. I don't want to argue with her, but if I'm around her too long that's what happens. Do you have any suggestions for me and my sister? Thanks, Angela.

Hi Angela:

From your description it sounds like your mother has a lot of the characteristics of a narcissistic personality. You are probably finding this behaviour more difficult to deal with since you have been away from home and then returned. Distancing yourself is the most effective way of managing this behaviour; but this may be hard for your sister to do since she is still at home. You cannot change your mother, this is who she is. Most likely she doesn't recognize any problems with her behaviour; but feels it is everyone around her who needs fixing. You and your sister have to try to ignore the negative things she tells you about yourself, as she does this to build herself up. I'm not a psychologist, so I can't diagnose your mother, but here is a [website](http://www.therapist.com/psychology/psychology-articles/10-signs-of-narcissism) where you can do a checklist to see if your mother falls into this category. Thanks for writing and good luck in the future.

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.

But there was the Great Divide . . .

Pick me up, Ma, I wanna see!



Mid-century, most people had grown stupefied.



It had been easy to turn many into slaves; they'd trusted the screens.



Come eat, Alan! Bacon and eggs make a nourishing breakfast!

They're now called Marginals even though they outnumber us three to one. Alan's parents had been Marginals. Alan had rebelled and read books.

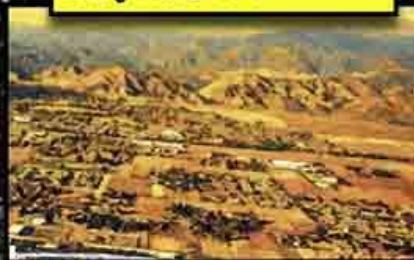


This Cervantes guy is stellar!

We Centrals are the heirs of the MIC, the controllers, the tech-wizards. We got here because our parents hadn't watched the screens. They'd learned. They'd achieved.



The government began employing the Centrals only within the Inland Empire, incidentally (?) shutting out the Marginals . . .



. . . many of whom happened to be artists and intellectuals who ignored the screens.



Among the Marginals it was much like what happened in New Orleans after the Jim Crow laws, when the cultured black upper class got cut off from the white cultured upper class. This led to a fruitful creative partnership between classical music and the field hands' folk traditions . . .

. . . a partnership that yielded jazz, one of the most beautiful musical genres ever known.



Kind of like my partnership with Alan . . .

5

The Doppelgänger Cure, by Wanda Waterman



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IMPORTANT DATES

- **Sept 30:** October course extension deadline
- **Sept 30 – Oct 3:** AUSU By-Election Ballots Open
- **Oct 5:** [By-Election Results announced](#) (4:30pm MT)
- **Oct 5:** [AU Open House Webinar](#)
- **Oct 10:** [Deadline to register in a course starting Nov 1](#)
- **Oct 13:** AUSU Council Meeting
- **Oct 15:** November degree requirements deadline

Student Lifeline – Handling Change

Are you moving, in transition, or starting over? Many people struggle with handling changes in their life.

You may be leaving home for the first time to attend school, starting a new job, getting used to a roommate, adjusting to life as a single person, or coping with a health change. **Student LifeLine** can help you deal with the changes you are facing!

This is a FREE service for all AUSU members!

Contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak with a caring consultant for expert advice.

You can also log in any time to www.lifeworks.com (username: **AUSU**, password: **wellness**) to access a wealth of helpful articles and tools, including:

- A new infographic on **Getting Over a Breakup**.
- A new podcast: **Coping with Loss**.
- Recordings: [Navigating Workplace Change](#) and [Growing Stronger Through Change](#).
- Booklets, articles, and audio content in the [Change and Resilience Toolkit](#).
- Articles on [Coping with Change](#), [Growing Stronger Through Change](#), Deciding to Move in with Your Partner, and Thriving Through Workplace Change.

We understand that transitions can be difficult – even scary for some people. You do not have to go through it alone. **Student Lifeline** is there for you.

Student Lifeline provides help and support 24/7 for any issues, from health, wellness, work, life, money, school, community referrals, and more!

Student LifeLine

WHAT CAN IT DO FOR YOU?

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Starting over?
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User ID **AUSU**

Password **wellness**

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