

THE VOICE

MAGAZINE

Vol 24 Issue 43 2016-11-11

Remembrance Day Made Real

A Trip of a Lifetime

Poppies into Education

Remembrance to Help Yourself

Canada Career Month

The First of Many

Plus:

*The Creative Spark!
Help a Student Out!
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**The Unexpected****Karl Low**

One of the interesting things about democracy is that, being based on people, it's never entirely predictable. The United States demonstrated that handily a few days ago, blowing all my predictions out of the water, and now the world is waiting to see what the results of that vote will eventually cause.

This isn't made any easier because, as even Mr. Trump's supporters have said, many of his promises were not intended to be taken literally, and some of them are simply not possible to fulfill in our current systems. So, we wait. Some with anticipation, others with anxiety. But few with any solid idea of which of his many promises he will seek to fulfill.

Overall, I expect Mr. Trump's election will mean good things for Canada. If he performs to the best-case scenario, the United States will prosper, and as we are among the "good" and friendly nations, we will prosper in tandem. However, in the worst-case scenario, Mr. Trump's isolationist policies will cause the United States to falter, but will do so even as it separates itself from us and seeks to concentrate on itself. So companies and innovative people in the US will be looking for somewhere to operate

from that encourages trade and freedom of movement to get the best and brightest employees to them, which again will serve to benefit Canada.

But enough about the United States, you're no doubt getting more than enough news on that front from other sources. In Canada, it is Remembrance Day, and our feature article is a poignant one by Deanna Roney, on how Remembrance Day was made real for her. Read it, and, like me, you too may feel a bit of that connection.

Our second Remembrance Day focused story is an investigation into where the money you drop into the donation box for your poppy goes. It turns out, when you buy a poppy, not only are you supporting the idea of venerating our veterans and soldiers gone, but you may also be supporting someone's education. It could even be yours. Check out our article, "Turning Poppies Into Education" to see the whole story.

And as I mentioned on our Facebook page (you haven't followed [The Voice Magazine Facebook](#) page yet? What are you waiting for?) this month is Canada Career Month, so Carla Knipe looks into how that's started, what it means, and, perhaps most important, what she found out about the possible future of careers for Canadians.

I also want to point out The Creative Spark this week, for an excellent discussion of extended metaphors, how to create them, how to use them, and why you'd want to. And that's just one of the three topics it looks at.

Plus we of course have a selection of news, interviews, advice, and a bit of thought provoking going on.

But one thing you all must be sure to check out is our classified advertisements. It's on the back page of the PDF and in the rarely used "Classified" tab of our website. Did you know these are free for students? That's right, free advertising to any AUSU student. So check it out to help a student out!

Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl".

Remembrance Day Made Real

Deanna Roney



When I was seventeen I had an opportunity to travel with some of my class to Europe. The trip was organized so students could attend the 60th anniversary of D. Day at Juno beach. I remembered watching advertisements about the celebration a year before the events; I thought how amazing it would be to attend, but I didn't think I would have the opportunity or the means to go to France. The school had never put on trips such as this before. But, through student advocating and some dedicated teachers, this trip was made a reality, and was incredible. There are so many moments that stick out for me, so many moments that made everything I read about seem more daunting than the books could

relate. I saw the stakes on Juno beach where the men had to scurry off the boats. The bunkers that housed the guns. I saw the Canada Weeps monument. All these were awe striking, goose-bump giving, and life changing.

None of these, though, compared to the time spent at Vimy ridge. It wasn't the tours through the tunnels there, or the dud sticking through the roof, it was the veterans. I saw a man get off a bus filled with other veterans. He moved slowly. His coat was adorned with medals and colours of all varieties, what these meant I didn't know. What struck me was seeing him stepping foot on the ridge where he fought. Where he saw things unimaginable to me and felt things I couldn't even dream of. This man lived through a nightmare—and came back.

I was struck by how brave he had been, and how emotional he was when stepping foot back on these grounds. He didn't go into the tunnels, but stood at their edge and watched the crowd of people, the schools, and the Canadian tourists who came to honour them. I saw him cry. The memory of this moment sends chills through me. It isn't something that can be captured on documentaries or movies. It was a raw moment, and while it only lasted a few minutes, it has stuck with me for over ten years.

On Remembrance Day, I think back to that day. To that man that I saw, to the other Veterans our teachers encouraged us to go and talk to. I remember their faces and how pleased they were to have us come up and ask them questions. I am a shy person. The thought of approaching a veteran seemed daunting, especially at such an emotional time. We attended the ceremony at the Canadian cemetery, and here my friends and I hesitantly approached a man. He spoke of his friend whose grave we stood in front of; he told us about him and how brave he had been. He seemed genuinely happy to have us there asking questions. His openness soon put us at ease and after chatting for awhile we parted ways with a hug.

Traveling to Europe for the celebration of the 60th anniversary of D. Day was a humbling experience. Seeing the land, walking the tunnels, standing on the monuments and reading names made everything I had read in text books or watched through documentary's, (even Hollywood movies) real. I had had no idea that it didn't feel real to me before; I didn't realize the distance that the ocean put between my acknowledgement and comprehension of these events. So this challenged me and it changed me. When you read the years in textbooks, you understand it was in the recent past, but talking to those who survived it makes you feel just how recent it was. Watching them walk the grounds where they fought, where they lost friends, they are emotional and strong. They were the resistance. They persevered. They made Remembrance Day real.

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

Turning Poppies into Education

Barbara Lehtiniemi



When you dropped some money into a poppy donation box this month, did you stop to wonder where that money goes? Did you know that, if you are the child, grandchild, or great-grandchild of a veteran, and are in financial need, some of that money could end up in your own pocket?

In Canada, poppies are distributed by individual branches of the Royal Canadian Legion. Donations collected are held by each Legion branch in a Poppy Fund Trust. Poppy funds are strictly controlled, and never mingle with the Legion's operating funds.

The purpose of the Poppy Fund Trust is to provide financial support to veterans, including Canadian Armed forces and RCMP veterans, and their families, based on need. Direct assistance is provided in the form of grants for such items as food, heating costs, home repairs, medical equipment, and prescription drugs. The fund also provides transportation costs and vehicle modifications for veterans. A full list of [uses for the Poppy Fund Trust](#) can be found on the Legion's national website.

Students can also benefit from the Poppy Trust Fund. Any student who is the child, grandchild, or great-grandchild of a veteran—or is a veteran themselves—may qualify for a Poppy Fund bursary to help with their education.

Poppy Fund bursaries are administered by local branches of the Royal Canadian Legion. Eligibility requirements vary by branch, as do application deadlines and funds available. Contact your local legion branch to find out bursary details; an [overview of the Poppy Fund bursaries](#) can be found on the Legion's national website. In general, applicants may be in any stage of their college or university program and must demonstrate financial need.

There are over 1400 branches of the Royal Canadian Legion across Canada. You can find a full listing of branches at www.legion.ca/who-we-are/branch-locator/.

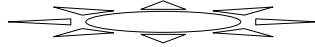
In addition to Poppy Fund bursaries, some legion branches offer other bursaries, funded through Legion activities including branch events, ticket sales, and Ladies' Auxiliary activities. Be sure to ask about these bursaries, too, which have different eligibility requirements.

The Legion was initially formed in 1925 to advocate for, and provide support to, WWI veterans. Services expanded after WWII, and today the Legion continues its efforts to "improve the lives of Veterans, ex-service members, and their families."

Nowadays, anyone can join their local legion. Membership was originally restricted to veterans—later opened to include veterans' family members. Today, anyone who cares "deeply about supporting the men and women who serve this country and want to make a difference in the lives of Veterans, contribute to our communities, and Remember those who made the ultimate sacrifice for our Country", is welcome to join. Members must be

18 years of age or older, and a citizen of Canada or a Commonwealth or NATO/wartime Allied country. Full details on membership can be found at www.legion.ca/members/become-a-member/.

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



In Conversation ..with Mouths of Babes

Wanda Waterman



Mouths of Babes is an Americana folk duo made up of Ingrid Elizabeth (formerly of Coyote Grace) and Tylan Greenstein (formerly of Girlyman). Their recordings and live appearances have won passionate praise from across the continent. They're currently working on their first full-length album, *Brighter in the Dark*, due for release early next year and from which they've just released the single "Lock & Key". Recently the two took the time to answer Wanda Waterman's questions about their backgrounds, the new album, and their advice to women entering music.

Describe your musical background. What role

did music play in your childhood?

INGRID ELIZABETH: I grew up singing in choirs and performing in musical theater. I'm a completely self-taught instrumentalist (upright bass, ukulele, percussion, and harmonica). In fact, I didn't play any musical instruments until I was an adult (aside from a short stint in the middle-school band's trombone section), but music has always been my lifeblood. From a very young age, I was obsessed with listening to music, memorizing the words, and even choreographing dance moves in my living room. All those things still hold true today!

TY GREENSTEIN: My dad taught me the basics of folk guitar when I was about ten and made me tapes of harmony groups like The Everly Brothers and Simon and Garfunkel, which is how I learned to sing harmony. Listening to those tapes, I became obsessed with harmony and with songwriting— with this idea of expressing something using words and music at the same time.

Much of my actual musical training happened while I was in high school; I studied classical guitar and sang in a choir that competed nationally, so I learned to read music pretty well. And during my summers while other kids were partying I went to the

National Guitar Workshop in Connecticut and took classes in jazz, rock, and fingerstyle guitar, as well as music theory and performance. I guess I always knew that music would be really important in my life.

What or who in your musical training had the most—and best—influence on you, as a musician, a composer, and a human being?

INGRID ELIZABETH: Honestly, my biggest teacher was the soundtrack to the Broadway musical play *Dreamgirls*, which was written by my great-uncle, Tom Eyen. Since I didn't have much of any classical training, I looked up

to larger-than-life vocal divas like Jennifer Holliday (Effie) and the soul-infused grooves of Motown music. And the message of the musical centers around the importance of honesty, fairness, hard work, loyalty, and most of all— family. These are the cornerstone morals I come back to again and again, not only in my writing but in my daily life.

TY GREENSTEIN: Well, my dad was a big influence— he's a multi-instrumentalist and has always played in a lot of different bands. I grew up listening to him play bluegrass in bars. But it was really when I was in my early teenage years that I started to become obsessed with songs and with vocal harmony. I worshiped the great songwriters—Paul Simon, Joni Mitchell, John Phillips—and took apart every little thing they did, both lyrically and musically.

I read that Ty's dad sang and played bass in the Chad Mitchell Trio, a group holding a prominent place in my collection of albums by sixties folk trios. During adolescence did you ever think that that music was hokey and passé?

TY GREENSTEIN: Well, I'm sure I wasn't exactly considered cool for listening to 60's folk groups in high school, but I never really cared much about that! Of course listening now a lot of that music sounds dated, but it also has a timeless quality. And my dad always taught me to respect it and to see the musicality and sophistication in it. In the end studying all those intricate harmonies helped me when I started forming harmony groups of my own, and I had more tools in my toolkit than just the latest vocal stylings!

If you had to give your music a genre, what would you call it?

INGRID ELIZABETH: Soulful Americana Folk!

What's the story behind your album's title track, "Brighter in the Dark?"

TY GREENSTEIN: I wrote that song about my friend Heather, who I got to know because she often volunteered to sell CDs at my last band's (Girlyman) shows. She was a poet, a musician, and an artist with a huge heart, and she struggled for years and years with chronic illness. Sometimes she was OK, and sometimes not. Over the years it broke her down physically and psychologically. And then a couple years ago I found out she'd taken her own life. I was devastated. The song was written directly to her, as a way of acknowledging her pain and struggle, her brightness and her lack of options. It was a way of fully seeing her. I think fully seeing a person is a way of loving them. So you could call this a love song.

What do you love best about the whole album, so far?

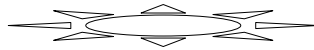
INGRID ELIZABETH: It's been pretty exhilarating to have new kinds of instruments and artistic collaborations on this album. I'm particularly loving the presence of the pedal steel, Hammond organ, and string sections. Being a self-produced labor of love, we got to hand-select our "dream team" of musicians for this album. There was a ton of collaboration, which was scary at times, putting the artistic control in someone else's hands. But the risk was totally worth it! Everyone involved brought their best work and their own flavor to the mix, which helped to make the music feel so much bigger than just the two of us.

TY GREENSTEIN: I'm really thrilled with how the arrangements came out— how sweeping and full they are. When we first started this project we were working with an outside producer, and it didn't work out, so we had to start over. Self-producing was a scary choice, but in the end I'm so glad we trusted ourselves and our vision for the album. I'm so grateful for all the musicians and knob-turners who brought their talents to the table and helped us to create this sonic landscape. There are so many little moments where the strings or the guitar or the vocal layering really brought a song to life in exactly the way we had hoped— that makes it all worth it.

How easy is it for a woman to break into the music industry—and stay there—these days? What advice do you have for other female musicians?

TY GREENSTEIN: It's not easy for anyone to break in, but it's absolutely harder for women. It's harder for us because we're two women, no question. If we were two guys, we'd just be another band, judged on our talents. But because we're two women, we're automatically seen as "women's music," or we're sexualized, or we're somehow niche. How can we be "niche" when women are 51% of the population? That's ridiculous and I truly hope that the next generation obliterates that kind of thinking. I hope that one day female musicians will be judged by their merits alone.

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



The Creative Spark Musical Essays

Marie Well



Do you ever go trance-like while studying?

Such crazy states are called flow. And I want you to feel flow—with music with no sound: musical essays. To make a musical essay, mix together metaphors, rhythm, and meter.

But first, listen for the symphony in Brian Greene's *Elegant Universe*—hear where "microscopic particles engag[e] in a pointless dance fully choreographed by the laws of physics" (Greene, p. 16). Ah, a concert for the eyes.

You, too, can make dull chemistry—or blah physics—a harp you pluck. If Greene can make particles dance, what music can you write?

Helen Sword in her book *Stylish Academic Writing* says to make the abstract concrete. Not concrete as in cement, but sensory concrete—shaped through metaphors, similes, or delicious description.

Kim Addonizio and Dorianne Laux in the book *The Poet's Companion: A guide to the Pleasures of Writing Poetry* spill over with poetic tips that I aim to poke into your essays:

Use literal and figurative images.

Shoot action into your essays with literal or figurative images.

Literary imagery includes description—but make sure it advances your thesis or arguments.

Figurative imagery includes comparisons done through metaphors, similes, and analogies. These figurative images take abstract words and plant them in things you can touch, hear, taste, smell, or see.

But make sure the imagery ties into your thesis statement.

Here's a metaphor for a paper on Peter the Great's love of the arts: "the doomed drumming of Peter the Great, his machine-gun fingertips signaling war" We all know fingertips aren't machine-guns and drums aren't doomed. But tension sparks when comparing unlike things. And the "doomed drumming" could foreshadow a loss for both Peter the Great and the arts. So, sprinkle in metaphors that nicely tie into your thesis.

Make an extended metaphor.

Whew—now to explain extended metaphors.

When introducing key themes in your thesis, why not begin each theme with an extended metaphor?

If your thesis argues Plato favored the ineffable of truth, beauty, and wisdom over everyday realities, then, first, combine all those ideas into a main, general metaphor. Why not make this main metaphor about a funeral? Yes, a funeral. A funeral symbolizes a transition from everyday realities to the ineffable, doesn't it?

Then brainstorm a list of ideas related to funerals, a sub-list related to truth, a sub-list related to beauty, a sub-list related to wisdom. Combine words in each of the lists. What pops out?

Well, flowers—a symbol of beauty—can be associated with both funerals and an afterlife, can't they?

For instance, you could start your discussion on beauty by saying "In Plato's world, the everyday beauty of roses on a tomb pale to the eternal gardens of higher realms."

And, don't outright mention the word "funeral." In an extended metaphor, you create mystique by not mentioning the main metaphor—in this case, don't outright mention the word "funerals."

Focus on images that excite you.

What images keep you awake at night? Outside of Pamela Anderson, boys. Weave them into your topic if they fit. If writing about Kennedy's assassination, find an image from your darkest nightmare. If writing about disabled athletes, dig up an ongoing dream you had of flying. Draft a list of words related to your chosen image. Sprinkle them in your essay.

But use sparingly. A subtle hint of brown-sugar makes for gourmet soup.

Rhythm reinforces your theme.

Rhythm in your essay can also highlight your thesis. Use the silences in punctuation like you would use silence in music. A shorter breath happens at a comma; a longer one at a period. Put your punchiest word at the sentence end.

Love the sound of writing.

Use a touch of meter. But again, make it subtle. A foot, which is the basic unit of meter, can be the form of an iamb (an unstressed syllable followed by a stressed one: "escape"), a trochee (a stressed syllable followed by an unstressed one: "urgent"), or other basic combinations of stressed and unstressed syllables, usually grouped in two or three syllables.

You can have two or more feet in a line: a meter.

When would you use meter? Maybe you've just concluded one of your essay's themes, and you want a single-line paragraph punch at the end. Why not give it meter? And, for the sake of beauty, why not repeat a one-line meter at the end of each theme? Or maybe you want to add rhythm to a key argument. Make it musically explode.

But even poets don't like obvious meter. Break the rules; get away with extra syllables. After all, strict meter sounds like nursery rhymes, say Addonizio and Laux.

Practice with the best. For practice, take Brian Greene's book and substitute your own words into his, while mimicking his imagery and keeping his rhythm.

Brian Greene sidesteps iambic pentameter, but spills-over with meter and metaphors. Musical words come in many shapes.

So next time you write, give your inner-Beethoven a Pulitzer pat. Make the written word the sound of music. A paradox? I call it a creative spark!

References

Greene, Brian., *The Elegant Universe: Superstrings, Hidden Dimensions, and the Quest for the Ultimate Theory.*, W. W. Norton & Company, Inc., 2003

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Live Your Dream Awards

Sponsored by: Soroptimist International of the Americas

Deadline: November 15, 2016

Potential payout: various amounts up to \$10,000

Eligibility restriction: Applicants must be women who are the primary financial support in their household. Full eligibility requirements [here](#).

What's required: A completed application form, including financial information and a 750-word essay, along with completed reference forms (not letters) from two different people. Full requirements here: www.soroptimist.org/awards/apply.

Tips: Read the [FAQ page](#), and watch the video on [How to Submit Your Dream Award Application](#). Read and follow the application instructions carefully.

Where to get info: www.soroptimist.org/awards/live-your-dream-awards



November is Canada Career Month

Carla Knipe



This month marks the first ever Canada Career Month. This new awareness month, sponsored by the Canadian Council for Career Development, is to discuss the issues in the current Canadian workplace in regional and national levels. The theme for the entire month is "Career Development Matters and Everyone has a Role to Play" but there are weekly sub-themes:

- Individuals and their community: What are individuals in your community doing to help Canadians find meaningful work?
- Employers of all sizes: How can you engage employers to get involved and be part of this national discussion?
- Education from K-12 to Postsecondary: What are your schools, communities and employers doing to help youth with career planning?
- Government and agencies: What can governments, at all levels, do to ensure meaningful work for all Canadians?

The launch of Canada Career Month is poignant with the current economic downturn hitting provinces like Alberta extremely hard right now, but people in all provinces need to address the current climate of work, as well as what work will look like in the future. Paula Wischoff Yerama, the executive director of the Career Development Association of Alberta, says that even in the absence of a tough economy people do not often give too much thought to career development. A tough economic climate makes learning about workplace issues even more important, and it's also important to think about career development at all stages of work—from the time when a young person first enters the work force, to progressing in a career, and then finding the necessary skills when facing an end to work (whether through sudden job loss or retirement from the workforce).

The world of work and the concept of "having a career" has certainly changed. It used to be that a person chose a career and stuck with it, often with the same employer until retirement. However, the job market now is fast paced and highly unstable. Jobs are no longer guaranteed for life, and a person in may find themselves switching jobs and even career paths one or more times during their working life. According to a report about future career trends, released by the Career Professionals of Canada, there is now a necessity for a holistic approach in research that looks at how to search for and keep jobs. The organization also recognizes that workers need, as never before, to have greater personal ownership and accountability for one's career options. There is also a shift toward self-managed or entrepreneurial careers. But another trend is that workers view having a balance between their work and personal lives as a necessity.

However, obtaining the skills necessary for establishing a meaningful work life are still left to chance. These skills are often not taught in schools, either at the grade school or post-secondary level. There is a high need for qualified career counsellors to teach these skills but this is a field that is just beginning to gain recognition and value.

In the meantime, Canada Career Month hopes to contribute to an open dialogue with workers and employers

about career issues both during this Career Month and throughout the year. Look for Canada Career Month events in cities across Canada, or you can follow what is happening on Twitter with @careermmonth. With the world of employment changing so rapidly there is a need to talk about the issues surrounding work. After all, work is a foundation of the human experience.

Carla would love to start her own typewriter collection and recently bought her first manual machine! She wonders what would happen if she were to submit a hand-typed essay to her tutors.

Women Of Interest

Julia C. Stimson was born in Worcester, Massachusetts on May 26, 1881, and died in 1948 in Poughkeepsie, New York. In 1920, Julia Stimson, one of the most significant nursing leaders of her era, was the first woman to be given the rank of major in the United States Army. In World War 1 she became the Director of Nursing Services in the Army Expeditionary Forces and managed 10,000 nurses during the last days of the war. Stimson received many honors and awards, including the Distinguished Service Medal, World War 1 Victory Medal, American Campaign Medal and World War II Victory Medal. Shortly before her death Julia Stimson was elevated to the position of Colonel. In 1976 Colonel Julie Stimson was inducted into the American Nursing Institute's Bicentennial Hall of Fame.

Additional information on this remarkable woman can be found at the following websites:

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

<http://www.nursingworld.org/JuliaCatherineStimson>

<http://history.amedd.army.mil/ANCWebsite/superintendents/stimson5.html> compiled by Barb Godin

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Mary posts a list of AU Communications course textbooks for sale. Veronica seeks info on the ANTH 402 field project. Megan is recruiting participants for a research project for ANTH 390.

Other posts include Terminator movies, late bloomers, studying while parenting, and courses BIOL 235, CMNS 380, MATH 216, PSYC 426, and WGST 310.

reddit

not_your_guru seeks a good resource for which AU courses can transfer to UofA.

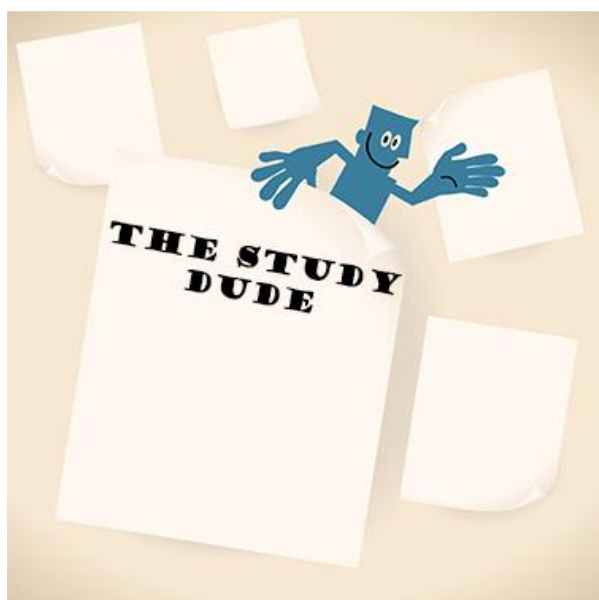
Twitter

@AthabascaU tweets: "#AthaU is now hiring a #WebAnalyst to join the Advancement team!

Know someone who would make a great fit? <http://ow.ly/F7Lj305WmBD>."

@AthabascaUSU (AUSU) tweets: "AUSU's November Executive Blog is posted, with info about an important survey & our upcoming trip to Ottawa - <http://bit.ly/2fASIAC> #abpse."





Study Tips from a Semi-Anonymous Friend

A Fool's Paradise

There is nothing more that The Study Dude wants for you than to write a cause-and-effect essay on coca cola and gas.

Well, in these articles, as The Study Dude, I'll try to give you the study tips you need to help make your learning easier. I'll also give you straight and honest opinions and personal anecdotes—even the embarrassing ones that you wouldn't ever dare read about from any other study tip guru.

This week's Study Dude further explores Michelle McLean's book *Essays and Term Papers*. She shows how to write cause-and-effect essays (coke causes gas) and critical essays (coke rots).

Essay 1: Cause and Effect

Has someone ever asked you why you overreacted, and you had not one—but many—reasons why?

I did. I hosted snacks and lunches for training for geeks. Yes, Einsteinian geeks. Who would have guessed, but these geeks ate organic.

My hosted snack platter? Diet coke, brownies, Nanaimo bars, and cake. The Montreal caterers had a bias toward junk, and secretly, so did I.

After days of munching on midmorning baked goods, one geek sputtered, “Why all the diet coke?”

I knew this geek, and all the others listening, would soon evaluate me in the post-event survey. So, I cited reasons from low-calories to fizzy taste to caffeine rushes.

The truth: I had a Coca-Cola addiction.

And as the event continued with the odd audience belch, I knew either McGill needed a better catering menu or I needed a new job.

When giving your reasons, make sure they're authentic. Michelle McLean tells you how to spin your reasons into cause-and-effect papers.

- Your essay can have (1) one cause for one effect, (2) multiple causes with one effect, (3) one cause for multiple effects, or (4) multiple causes for multiple effects: a smorgasbord!
- Cause-and-effect essays can also be persuasive.
- Your *topic* will have a cause-and-effect pattern such as eating excess sugar and fats, not exercising, and smoking can lead to obesity. Pick your best causes or effects if you have too many for one paper.

- You can even make a chain reaction paper: smiling can cause endorphins to shoot which can cause increased happy states which can cause increased door-time with Jehovah Witnesses canvassers. (I love Jehovah Witnesses. One unknowingly saved my life.)
- Don't just have one cause and one effect if your essay is more than two pages.
- Start by brainstorming the causes and effects of your topic.
- Back up your claims with external sources, such as citations, facts, statistics, surveys, interviews, objects, events. Stockpile more than you need.
- For introductions, start with a gripping opening statement. Then state your thesis. Then summarize your three key arguments. You can have two or four arguments; however, we humans psychologically prefer three, and any comedian would agree.
- For the introduction, the thesis could be your one effect, and the arguments could be your three causes. Or, the thesis could be your one cause, and the arguments your three effects. And so on.
- For the body, take each of your three arguments and provide all of your evidence. Make sure you've got a ton of evidence to back up each of your arguments; otherwise, you'll have a skinny essay.
- If your writing about a chain reaction, your essay body could have cause and effect events in chronological order with evidence for each stage. The author recommends chronological order, but you can also try order of importance.
- For your conclusion, restate your thesis, summarize your arguments, and end with a zinger. [Consider writing your ending first. Make it a roadmap of fun. You can always change it later. Also, to make a conclusion fun, cover patterns that you found. Every hobbyist loves a pattern; every prof does, too.]

Essay 2: Critical

Has something you bombed at become your vocation? I dreamed of a PhD, but sucked at writing.

You see, in grad studies, I underwent a Harry Potter-like initiation. I dawned a make-believe cyborg mask with magical powers: one that turned my writing into drivel. You know, academic writing.

But, my writing needed one ingredient: incomprehensibility. I wrote gobbledegook, and got a master's degree with no hope of a PhD.

AU-thentic events

Upcoming AU Events

Ottawa Meet & Greet

Sunday, November 13, 5:00 to 6:00pm EST

Bier Markt, 156 Sparks St, Ottawa, Ontario

In person

Hosted by Athabasca University's Students' Union

<https://www.ausu.org/event/ottawa-meet-greet/>

No pre-registration necessary. Just show up and maybe score some swag!

AU Faculty of Graduate Studies

Presentation: "What do Grounded Theory and Stand-up comedy have in common?"

Tuesday, November 15, 6:30 to 7:30pm MST

Online, Adobe Connect

Hosted by Athabasca University's Faculty of Graduate Studies

fgs.athabascau.ca/news/presentation-s/

E-mail fgseducation@athabascau.ca to register

Executive MBA Information Session

Wednesday, November 16, 10:00 to 11:00am MST or 6:00 to 7:00pm

Online

Hosted by Athabasca University's Faculty of Business

<http://business.athabascau.ca/event-details/executive-mba-information-session-10am-mst-online-9/>

Register online at above address

<http://business.athabascau.ca/event-details/executive-mba-information-session-6pm-mst-online-11/>

Register online at above address

Executive MBA and the Business of Hockey Info Session

Thursday, November 17, 10:00 to 11:00am MST

Online

Hosted by Athabasca University's Faculty of Business

<http://business.athabascau.ca/event-details/executive-mba-business-hockey-info-session/>

Register online at above address

Would I ever write again? Well, I mustered the courage to write book reviews, which led to writing for The Voice, which led to writing professionally for magazines.

And maybe for a PhD.

So, if critical writing rubbed the red off my face, what can it do for you?

Michelle McLean shows you how to write a critical essay:

- Critical essays include book reviews and article reviews.
- You don't slam an author's work with a critical review; instead, you examine and analyze it.
- You need to summarize what you review with a topic. Then, you analyze what you review, using that same topic.
- Some profs just want you to use the book or article or film you are reviewing. Other profs will want you to use external sources. Check with the prof.
- To brainstorm your topic, break down the book or article or movie into headings. You might have characters, plot, setting, and themes as headings. Under each heading, jot down related ideas.
- To choose your topic, pick the angle that most excites you and has lots of citations in the literature.
- You can analyze the book or article however you want, just as long as you have lots of support from external sources or from the reviewed work itself.
- You could pick the theme of "excessive desire destroys lives" as your topic, for instance, if it applies.
- For intro, state your reviewed book's name and author and provide a summary. State your thesis. Provide any relevant background (such as an author bio bit if relevant to your topic) or summarize your arguments.
- For the essay body, find evidence within your reviewed book and external citations. If you talk about a theme for your thesis, then discuss elements such as symbolism, imagery, scenes, and character that advance your thesis.
- For conclusion, restate the book title, book author, and your thesis and cap up your arguments. Close with a zinger.

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.



From the PSE News Desk

What's making the news in Post-Secondary Education.

Strange Brew for Uni Class Project. Commerce students at New Brunswick's Mount Allison University have brewed up their dream job. According to a CBC News article, a class project has them setting up and running a nano brewery. Students are so committed to the venture, they'll continue this project into the next semester. Licensing for the brewery turned out to be a time-consuming hurdle (welcome to the real world, kids) but finding a location was not. The student-run Bagtown Brewing Company is setting up shop in the former Sackville RCMP detachment garage.



Precious Insight

I am now back at my desk and back in my 'real life' after a weeklong retreat. In late October, I travel the 500 kilometres to our timeshare unit in Canmore for a period of relaxation, reflection, and, hopefully, a boatload of work.

It's a comfortable space of about 365 square feet, but, over the years, I've figured out what I need to bring to make it cozier and more functional for my purposes. There's never enough light for late night reading, so I brought a book light. I bring a power surge protector for my electronics. This year I bought a paring knife and an extension cord at the thrift store because I needed both. I've already replaced the crappy little scissors (that make chewing seem an option) with a better pair for next year. I always bring a talisman or two, a candle or two in tins, and have relaxation music loaded into iTunes. Oh, and of course books, journals, projects-on-the-go. I buy fresh flowers for the vase I bring from home. Some blank paper and a wad of coloured felts came in handy for some impromptu sketching and mind-mapping.

On that same trip to the church-run thrift store I scored a nine- by twelve-inch acrylic landscape painting for \$2.25! It classed up the joint and made a fine focal point for meditating. I brought a beautiful scarf from home to drape over the couch. I bought a large red plastic magnet to remind me of the Law of Attraction. I love the cream coloured scrapbooking album I scored. With thirty pages and a grosgrain ribbon closure it can house all manner of dream images.

You wouldn't think it possible to over pack intangibles; but every year I do. I've got big plans and ambitious intentions. Far more than can reasonably be accomplished in one week.

This year was different in that I 'unclenched.' I slowed down and tried not to force anything. I did what felt right in the moment. When on my arrival night I couldn't make the DVD player get beyond eight minutes of previews I decided it was a sign from the universe that I wasn't to waste time on that. I did things I had no intention of doing and released things I had my heart set on advancing but couldn't.

I did morning pages (ala Julia Cameron). I made a daily gratitude list right in my Brownline agenda. I started a slush pile of blog posts for an as-yet non-existent blog. I ate my favourite Vietnamese meal on my final night, visited the library, had tea at Café Books. I didn't answer or send emails. I did no festival work.

Now, thrust back in my life, my challenge is hanging on to the good habits I created and staying aware of what I need to be doing moment-to-moment to move my life forward. Getting caught up in everyone else's 'shoulds' no longer interests me. What a precious insight, from where I sit.

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



Remembering PTSD

Dear Barb:

I guess I have more of a comment than a question. As Remembrance Day is approaching I think about my grandfather, who was a soldier in the war. He passed away a few years ago, as did my grandmother. My mother often told stories about how difficult it was for her family after her father returned from the war. She said when he came home he was a changed man and this impacted the whole family. My grandfather suffered from PTSD but I don't believe they knew what it was back then, or even how to treat it. My mother said her and her brother had to stay quiet most of the time, as loud noises would bother their father. Grandpa preferred to spend a lot of time alone in a darkened bedroom. My grandmother struggled to maintain some happiness in the home. Mom remembers birthday parties when she would have some friends over and her dad would seem to be okay and sharing in the festivities and then suddenly his whole demeanor changed. He would put his head in his hands and seem disconnected from his surroundings. My grandma would try to take him out of the room while the children were busy with games. Sometimes he would go quietly and other times he would fly into a rage. My mom's little friends would become scared and want to go home. Birthdays and special occasions were very difficult in the family and eventually they stopped celebrating. I can still see the effects of this trauma in my mother when birthdays and Christmas comes around, as

she begins to get anxious and fears that something will go wrong. Even though my mom understands what caused my grandpa to be that way, she still has some resentment and wishes someone could have helped her dad. When my mom hears about soldiers being deployed to Iraq or wherever, I can see the concern in her face, as she knows how traumatic it is for that person and their families to experience the ravages of war. My only question for you would be, probably one that you cannot answer and that is, "when will people learn that war is not the answer?" Susan.

Dear Susan:

Remembrance Day is a day for all of us to remember those who lost their lives in the line of duty. Thank you for writing in Susan and you are right I cannot answer your very important question, what I can do is provide a bit of information about PTSD and some of the progress that has been made with this debilitating condition. Initially, when your grandfather was a soldier, PTSD was labelled as war neurosis and it was thought to happen to weak and cowardly men. We have come a long way from that thinking. Post traumatic stress disorder is a result of experiencing a major trauma or life threatening event. Serving during war times, a soldier not only experiences other soldiers and friends being physically injured or killed, often they are seriously injured themselves. Their situation is out of their control and there is nothing they could do about it. Also, research has shown that head injuries and concussions, which soldiers often experience as a result of explosions, may lead to PTSD. Most likely your grandfather received no treatment for his condition because at that time men were just expected to be a man and cope. Today there is treatment for PTSD, both with medication and counselling. It may take a few months to tweak the medication to be able to receive the best outcome. Also support groups allow men and women to share their feelings and experiences and realize they are not alone and that they can get through this. Often it is important to begin with one on one counselling before going into a group.

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.

That's cheating. My time in the clink is a matter of public record.



Yes, but only you experienced it.



"Only you know how angry you were the year before you got arrested."



"It was an unconscious reaction to having been molested by a trusted family friend. It made you mad at the world. It was easy for extremists to talk you into abandoning your values. You became a monstrous version of your former self, in the name of an ideology you didn't understand."



"Finally the law caught up with you. For six months they tried to break you, with no luck."

"In the sixth month you woke up on your own. After that you became a model prisoner. You even started a program of growing sprouts to feed the homeless."

"It wasn't long before you were back in the Inland Empire with a cushy government job."

[Sigh.] If anything proves the integrity of your program, this does. Thank-you, Helmi pekannen.

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The fiercest anger of all, the most incurable, is that which rages in the place of dearest love. —Euripides, in Medea

The Doppelgänger Cure, Wanda Waterman



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IMPORTANT DATES

- **Nov 13:** Ottawa Meet & Greet
- **Nov 15:** December degree requirements deadline
- **Nov 30:** December course extension deadline
- **Dec 10:** [Deadline to register in a course starting Jan 1](#)
- **Dec 13:** [AUSU Council Meeting](#)
- **Dec 15:** January degree requirements deadline
- **Dec 25 – Jan 3:** Holiday Closure (AUSU and AU)

Eyewear Discounts!

AUSU has teamed up with [FYidoctors](#) to bring our members discounts on eyewear! FYidoctors has over 280 locations across Canada, and believes in patients first!

How to Access the Discount

- 1) Email 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.



Ottawa Meet & Greet!

AUSU invites any students in the Ottawa area to come out to our Meet & Greet! This is a great opportunity to meet all three AUSU executives and other AU students in your area!

Place: Bier Mrkt - 156 Sparks St

Time: Sunday, Nov 13 @ 5pm ET

If you have any questions or want to RSVP (optional), email president@ausu.org.



Course Evaluations!

If you have completed any AU courses in the last year, fill out an **AUSU course evaluation online** [here](#). The evaluations are completely anonymous, but you can review completed course evaluations online as well!



CLASSIFIEDS

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

Help a Fellow Student Out!

Are you a mom? And are or were you a student within the last two years?

If both, I hope you can spare 10-15 minutes to take a survey that will help me research how student moms balance those two different roles, navigate the challenges of them, and help me find common themes in the group. The survey questions are anonymous and the results could help universities be more accommodating to your needs. Please email me at megan.camp@hotmail.ca with any questions or if you'd like the link to fill out the survey!

THE VOICE

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