

THE VOICE

MAGAZINE

Vol 24 Issue 46 2016-12-02

Campus Newspapers

Still Holding On... For Now

Lord of the Flights

Airport Survival of the Fittest

Just Breathe

Dealing with Burn-Out

Plus:

The Study Dude

AU-Thentic Events

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.

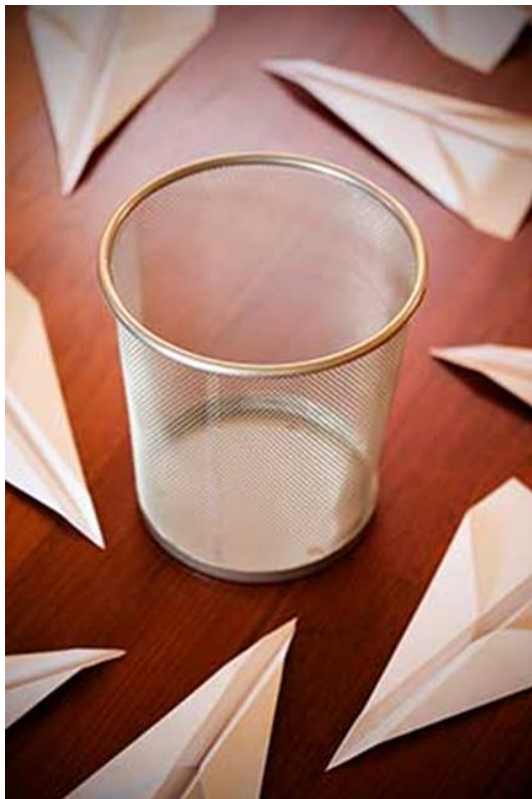
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

EDITORIAL

No News is News

Karl Low



This week, our feature article is Carla Knipe's report on her recent attendance at a Canadian University Press round-table discussion. It might seem like a little bit of "inside baseball" to many, but I think the article touches on several things directly relevant to Athabasca University students.

Specifically, it touches on the worth of a campus media even when there is no campus. As other universities embrace distance education, other campus papers are having to deal with the additional competition of the internet, but also with the changing interests of those they serve. Few students at AU, for instance, have any interest in the transit options in the town of Athabasca. Yet for campus based universities, a story about transit difficulties was sure to create interest in the community. As the number of students who do not set foot on campus increases, is there a role for student journalism? I like to think that, at the Voice, we've shown that there is. Although it may not be what many people consider a traditional role.

While we do have some reporting on events, most of our reporting is far more based on the experiential. We talk about what students can do and experience, rather than what is going on, largely because what's going on in a small town in Ontario is simply not going to be of much interest to the city dweller living in Vancouver.

Whether that's what happens when you try to board a plane, as Barb L. examines this week, or ways to deal with feeling burnt out, something that Deanna Roney is taking another look at, we try to concentrate on things that are likely to matter to you. Which brings me to my appeal. What does matter to you? Let me know by picking something you think should be in the Best of the Voice, or simply feel free to write me at karl@voicemagazine.org with your ideas.

And until then? Enjoy the read!

From the PSE News Desk

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



What happens off-campus stays off-campus? Some students who attended a private off-campus costume party in Kingston, Ontario, may be in line for some on-campus punishment. Queen's University is investigating the behaviour of some students, whose ethnic-themed costumes could have violated the university's student code of conduct. A CBC News article investigates the question of how far into students' off-campus personal lives can a code of conduct reach? AU students can take heart: AU's undergraduate Non-Academic Misconduct Policy specifies it applies only to activities on AU's premises or at events sponsored by AU.

Campus Newspapers Still Holding On...For Now

Carla Knipe



The Canadian University Press (CUP) is hosting a series of round-table discussions across Canada about the future of journalism and the role of student newspapers. As a member of the organization, *The Voice* was invited to participate. The goals of these discussions are to engage student journalists and invite their feedback on the challenges they face in producing student media in the current climate of blogs, click-bait and shrinking budgets.

This is the first time that CUP has invited feedback from its members. CUP wants to use its position as an umbrella organization for campus publications to advocate for student-produced media and to improve student journalism in Canada.

Although the number of attendees at the forums has varied, those who have shown up have been eager to share their experiences. A common point of discussion at the forums has been how campus publications are struggling to survive, which reflects the general trend of changes to the whole of the journalism industry.

The internet has been the biggest factor in these changes. The rise in blogging and the perception that online content should be free has changed traditional journalism, even among big media companies. Many campus publications still produce a printed newspaper, but readership of print issues is decreasing in favour of digital readership. While many campus newspapers struggle to convert to a digital format, there is a realization among them that to maintain or increase readership, they must either publish both in a print and a digital format, or convert entirely to digital. They note that the largest increase in readership has been among those who read the publications on mobile devices.

The other major challenge facing campus publications is the decline of advertising revenue. This decline directly affects how many pages a publication can produce for each issue and the news items that the publication is able to cover. The decrease in page counts due to the decrease in advertising means that campus news is now becoming limited to covering a few news stories per week, along with basic campus sports coverage and a minimum of entertainment reporting. In-depth feature reporting and photo-journalism is now becoming a luxury that few publications can afford. While many campus publications are independently run, which means they are solely responsible for their budgets, even the ones that are attached to their university student unions are finding that their funding can be decreased or in danger of being eliminated altogether because of the squeeze on university budgets.

Despite the challenges that student publications face, students in general see them as a valuable part of their campus experience. There have been instances of student newspapers breaking major university-related news stories before the mainstream outlets. Also, because student journalists are often close to the hub of what is happening on campus, they can report on stories in ways that external journalists are unable to, often

questioning the decisions that the institutions make. Student publications are also viewed as slightly alternative media sources.

The current struggles of campus publications reflect the fight for survival that the entire news industry is struggling with, but how independent media such as campus news will weather these changes is difficult to predict. As for the CUP round-tables, the results will be compiled and presented to its members as a working paper to facilitate further discussion.

Closer to Athabasca University, the AUSU working committee on The Voice has recently wrapped up and has presented its finding to Council. The committee was set up to improve The Voice and make sure it remains relevant and responsive to the needs of AU students. Part of the committee's report is expressing the recognition that The Voice is a valuable part of the overall communication process at AU, even more than other universities, because it is one of the few ways that AU students can connect with the wider AU community. However, because AU itself is in a unique situation due to its distance learning format, publishing an AU student magazine also comes with unique challenges in terms of sourcing and reporting on the stories that matter. Council will take time to reflect on the committee's recommendations and decide on what actions to implement.

The news that campus publications everywhere are struggling to survive in a tough environment is not new. Several campus newspapers in Canada have folded in recent years and more are fighting to survive. The simple fact is that post-secondary institutions, and the faculty and students that are a part of them, must decide whether campus media is important and what role these publications have in a world filled with information. If they do decide that having a student-produced newspaper or magazine is important, then those publications must be supported. Otherwise, independent student media is in danger of completely disappearing from campus life.

Carla Knipe is completing her BA in English. She can be reached on Twitter @LunchBuster.

Women of Interest

Caresse Crosby was born Mary Phelps Jacob on April 20, 1891, and died January 26, 1970. Caresse was the first person to receive a patent for the backless brassiere. During the beginning of the 20th century women's undergarments were extremely uncomfortable and even unhealthy to wear. Crosby was a young socialite who often attended events where an evening gown was required dress. She became frustrated with how uncomfortable corsets were and decided to do something about it. Mary sewed two handkerchiefs and some ribbon together and came up with the backless brassiere. It was easy to wear and contoured to the recipient's body. After receiving a patent under the name of Caresse Crosby she began selling to family and friends. Her invention did not receive wide appeal until the beginning of World War 1 when the government, to conserve metal, suggested women stop buying corsets. Unfortunately, by this time Caresse had sold her patent to the Warner Corset Company, who over the next thirty years made \$15 million.

Additional information about this interesting woman and her "wild lifestyle" can be found at the following websites:

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

<http://www.women-inventors.com/Mary-Phelps-Jacob.asp>

<http://www.anb.org/articles/16/16-03508.html>

compiled by Barb Godin

Lord of the Flights Airport Survival of the Fittest

Barbara Lehtiniemi



Anyone who thinks "getting there is half the fun" doesn't travel by air. Surely the most loathsome aspect of getting from point A to a distant B is navigating an airport. From curbside to boarding gate, the whole process seems designed to bring out the worst in people.

And it does bring out the worst. Otherwise upstanding citizens, usually quiet and courteous, degenerate into snarling, shoving masses of irritated travellers.

Come along with me on our next flight:

The stage is set for societal meltdown. Before we even arrive at the airport, we've made an arduous journey. If we drove ourselves, we've battled congested big-city traffic, confusing airport access signage, and steep parking fees. If we persuaded a friend to drive us, we can subtract the parking fees and add the curb chaos of the departure drop-off. We envy the lucky travellers who live a short cab or public transit ride away. But, however everyone got here, the fun is only beginning.

Experiments in mass obedience. When the airline told us to arrive hours before our flight, they weren't kidding. From our arrival at the airport until we plant our bums in the tiny seats we've paid hundreds of dollars for, we'll be standing in line. First, we'll line up to check in. Even if we check in online or at a kiosk, we'll still have to line up to drop off our luggage. Then we'll line up to get into the line-up at airport security (Yes! Two line-ups! The second of which is hidden behind frosted glass so that we think we're getting to the front of the line when, really, we're just about to join the end of the next one.) Once we reach our departure gate, we can expect to line up to get coffee, a bite to eat, or to use the bathroom. And the mother of all line-ups is still to come.

Big Brother is feeling you up. Let's back up a bit and talk about security. If we weren't in a bad mood when we started, we might be after passing through the security checkpoint. We arrive at security already anxious, because we can't possibly know what to expect. No matter how often we fly, the security regime varies by airport, and seemingly by day and by employee. We may or may not have to partially disrobe (jackets, footwear, devices that are holding up our pants), take certain items out of our carry-on for closer inspection (laptop computers, cameras, small containers of liquids even if they're obviously solids), and/or have our hands swabbed for reasons that are never explained. Then, we run the gantlet of the metal detector, followed suspiciously often by the "secondary inspection" including what in airport parlance is a pat-down but outside of an airport is called groping or worse, depending on the thoroughness of the action.

Everyone else is the enemy. After several hours of getting to the airport, shuffling in interminable lines, having our carry-on bags rifled through, possibly getting groped by people purportedly assigned to protect us, and then paying inflated prices for coffee or supposedly duty-free alcohol, we're feeling fractious. Now we're lurking near the departure gate and everyone else—even though they've gone through the same heartless process as we have—is an enemy. We know that every one of them wants to get on the plane before we do. (We also know

subconsciously that boarding order is irrelevant, because everyone has an assigned seat. But there's no reason to get all rational now, is there?)

We circle the desk at the departure gate like vultures, watching for signs that boarding is imminent. Another passenger casually stands near the gate, pretending to examine the departure info display. Ha! Nice try. We position ourselves just slightly between him and the gate. We've now established what other passengers perceive as a line-up, and they stampede to form an unruly line behind us.

Airport staff finally make the call—for pre-boarders only. A rag-tag collection of the weak and infirm must now push their way through the mob of healthy adults to get to the ramp leading to the plane. As the last pre-boarder disappears down the ramp, the line-up surges forward, pawing the carpet and steaming from nostrils.

The final meltdown. Passengers are released two at a time into the ramp. The stampede is on. Any hapless pre-boarders still hobbling down the ramp are pushed aside. It is survival of the fittest! It is essential we get into the plane first to establish our primacy! We push, push, push until we get on the plane and find our row.

Flushed with victory, we glance around to confirm that very few passengers boarded the plane before us. Heedless of the just-boarded passengers in the aisle behind us, we leisurely stow our carry-on luggage in the compartment above before settling into our seats. The crazy competition is over. We've survived the angst of the airport and incivility of civil aviation. Sanity returns to society as the last passenger clicks his seatbelt shut.

At last we can pretend we're nice, normal people again. Until the plane lands.

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

Nicole inquires if AU's nursing courses are only for those who have completed a nursing degree elsewhere. Colleen wonders if she's over-thinking exam prep for PSYC 323. Carla seeks feedback from nursing students affected by the program change.

Other posts include ProctorU exams, selling used textbooks, and micro and macroeconomics.

Twitter

@AthabascaU tweets: "Cardinal Essay Prize for Aboriginal Students focuses on Aboriginal & treaty rights. Apply today: <http://ow.ly/pJ8f306AVMT> #StudentAward."

@AthabascaUSU (AUSU) tweets: "We urge all @AthabascaU students to complete this survey. Your unique perspective is vital to AB Gov plans for tuition regulation. [#abpse](#)."

Youtube

A series of Undergraduate Student Profiles from the Athabasca University Faculty of Business.

Just Breathe

Deanna Roney



I have written about this topic before, but it is something that, unless we actively remember it, is easily pushed aside and forgotten. In our minds, we know that we need to do it for self-preservation, but it is the easiest thing to procrastinate on. That is, of course, time off. I don't mean taking a couple hours to recharge and refocus, but to take a day or two and let your mind turn off and really recharge.

It is important to let your mind "unwind" and not think about what needs to be done or what you should be doing instead. Be determined, work hard for your goal, but don't forget to

live a little too. The quickest road to burn-out is staying super focused on your goals and forgetting that there is a life beyond them. When you allow yourself to be swallowed by these goals, (be them finishing your course, degree, or other professional milestones) every set-back, lower-than-expected mark, rejection, or lack of recognition will feel that much more devastating. Because, when you make it your life, it feels like you are failing at living. When you don't, you are merely facing a set back in a professional/educational aspect of your life.

I find myself in a loop. It starts as I remind myself that it is important to not lose sight of things I enjoy doing. I make time to get away from the office and turn my mind off. This always allows me to come back reenergized and focused. In this part of the loop I am motivated and productive. The time I sit at the computer is well spent and I get lots accomplished. I feel good. But I always seem to find myself on the other side of the loop, even though I know better. On that side of the loop I am ultra-focused; my life revolves around my office, my computer, and my books. It starts by having something that "needs to get done" and so, I take my day off and get it done; I assure myself I will only bump the day off to another but that I *will* take it. It is sometimes a slow progression but eventually that day off is forgotten. I am focused, and for a while, I get a fair amount of work done.

But that side of the loop ultimately leads to burn out. I spend the days in my office, staring at my computer, I get a bit of work done, but most of it is spent in a frustrated haze. It is not productive, and it is not healthy. It takes some time to realize what I have done, to see that I have circled back to the other side. Sometimes I don't see it at all until it's pointed out to me. Generally, then I fight it. I tell myself I need to do this, I need to focus on only this, that when I accomplish X goal, then (and only then) I will give myself a day off again.

After a bit of stubbornness wears off I remember that to produce the best work possible there needs to be time to recharge. A tired mind may be able to muddle through and get work done, but it is not the best work. And it often causes conflict, as the frustration needs an outlet: any outlet. Burn out is a dangerous thing, it sneaks up on us as productivity, and it will wear us down until we cannot function. The only remedy for this is to make time for yourself, to get away, and to recharge. After that you will notice a great improvement in both production and mental well-being. This goes not only for academic work, creative work, but all work. Everyone needs time to just be, to breathe.

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

The Creative Spark

Flick of Flaws

Marie Well



A You're about to star in a movie. In this movie, we stare at your scars. We quiver at your night terrors. We shudder at your darkest secrets. Yet, we want you to win big. That's because, when you're the star, we feel your pulse, your thrills, your fears. The movie is an autobiography about your leap from an F, D, C, B, or A student—to an A+ champ.

You see, every movie starts with a flawed star who has a goal. And we're all flawed. But the best movies—and the best life-stories—end with a shift: special-ed kid turns prof. Now, that's a true story.

So, what flaws stop you from scoring A+ status?

Well, let's find out from Angela Ackerman and Becca Puglisi's book called *The Negative Trait Thesaurus: A Writer's Guide to Character Flaws*. They (in bold below) list

flaws—and antidotes. I single-out the student-centric flaws and sprinkle them with star-student fixes.

Disorganized? Forgetful? Scatterbrained? If so, you may have poor time management skills. So, stop cramming!

To stop cramming, cut-away chunks of fun time. Fill them with steady schoolwork instead. But take breaks—a 15-minute break every 45 minutes: the simple one-hour rule, I call it. Use cooking timers from cookware stores. (I use Teavana timers.) And during your breaks, get healthy: read, meditate, exercise.

As for time management skills, spill thoughts in a daily journal, including deadlines and progress. Journal an hour-by-hour to-do list. Structure that scattered brain.

And you cannot be a top student without a granddaddy-sized calendar. Complement that granddaddy with a paper-planner tucked in your backpack.

Foolish? Foolish people get distracted easily.

And fools fall in love, don't they? So, first, look at your turn-offs. I mean those distractions you need to turn off: TV, loud music, cellphone. And, best of all, turn off the Internet. Just you and your work will go on dates. Pick the three top tasks for the day (like three top traits in a love interest), and focus on them. Fall in love with your work.

Irresponsible? Irresponsible people need rewards and self-esteem boosters.

Sometimes you take breaks. But sometimes you take—breaks. When you finish a paper or exam, see a show. Dine at a five-star steakhouse. Or if you're poor, splurge on ebooks or pour bubble tubs.

If you lack self-esteem (and who doesn't?), audiotape or journal kind words: "I am a worthy and smart student. I enjoy an intellectual challenge." Anything less is a lie.

Unintelligent? You may need pro help to kick-start your brain.

Pack your bags. You're now hanging out at the university student write center. Or the math help center. Free help will up your grades. Guaranteed.

And before every semester starts, read a grammar book and a how-to-write book. Kickstart your A+ semester.

And buy or rent extra books on your subject. Sometimes a question on a test will be in an outside book: word-for-word.

But don't forget to call either your AU tutor or a private tutor when you get stuck. Private tutors cost. So, stick mostly with your freebies: AU tutors and the writing and math help centers.

What is your life's purpose? To hone your flaws. And stars transform to perform. So, splash an A+ act on your flick of flaws.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Matinée Voice-over Scholarship

Sponsored by: Matinée Multilingual

Deadline: December 31, 2016

Potential payout: \$1000

Eligibility restriction: Applicants must be enrolled in full-time studies.

What's required: A completed application form, along with your blog post on the following subject: "the importance of being able to communicate in multiple languages for today's multi-national companies, and the benefits it can bring to those businesses that make the effort to localise their website content." Full requirements for the Scholarship here: www.matinee.co.uk/scholarship-requirements-application.

Tips: Number of views and retweets your blog post gets matter, so get your tribe together to pump up your numbers.

Where to get info: www.matinee.co.uk/matinee-voice-over-scholarship





Study Tips from a Semi-Anonymous Friend

An Indy 500 Nerd

There is nothing more that The Study Dude wants than for you to record bibliographies like an Indy 500 nerd: fast and formal.

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 looks at Charles Lipson's book *Cite Right: A Quick Guide to Citation Styles—MLA, APA, Chicago, the Sciences, Professions, and More*. Lipson lets loose on the

basics of citations. I zero in on his talk about MLA and Chicago.

Skinny on Citing

Did you ever wonder, *Why cite?* Or, *Why stare at style guides?*

To save you headaches, that's why.

As an undergrad, I dreamed of publishing. So, I interviewed community leaders and wrote my piece. Sadly, I sent my article to an editor who took a month to start, which sparked conflict between us. Although she finally delivered, I failed to complete my bibliography. But I also had a deadline.

So, I hired an eager friend to find the missing bibliography entries. Months went by with endless nagging until he finally let on—he hadn't started. And the deadline passed.

To make matters worse, later, I contacted one of the community leaders I interviewed. I hoped to hire him as a comedian. But, because of my article flub, he didn't take me seriously.

So, I hired a dancer instead. After the event, the comedian phoned to see if my event failed—like my article failed. I told him the event rocked, which shocked him.

The moral? Record your citations the moment you pick up a book or download an article. Make sure you follow the citation manual's style—to the tee. And do it yourself—so you don't miss the deadline.

Charles Lipson gives the gist on citations in general:

- Citations give credit to authors, show support for your arguments, and help readers know what articles to chew-on for second-helpings.
- If you say Donald Trump is President of the United States, don't cite Yahoo as your source. Everyone on the planet knows Trump. [And cite Yahoo? You might as well cite the self-interest of Soros instead.]

- If you didn't read the book or article, don't slip it in your bibliography. If you just read a chapter, cite that one chapter. Honesty is integrity.
- You can use a secondary citation. A secondary citation occurs when you didn't read the actual source—you heard it second-hand. So, you bundle together in your citation mention of both the second-hand source and the actual source.

But which style guide is for you? Lipson gives a quick list and some advice there as well:

- Ask your prof which style guide is best for your discipline. And stick to that style guide, if you can. Make your style a fine wine.
- MLA is the style guide for English (the humanities).
- APA is the style guide for education, social sciences, and business.
- CSE is for biology.
- AMA is for medicine.
- ACS is for chemistry.
- Chicago is for social sciences and the humanities.
- AMS is for mathematics and computer sciences. (I never encountered AMS my entire time as a math undergrad. Not sure when it pops up.)
- IEEE and ASCE are for engineering.
- Footnotes and endnotes are the same cream puffs, just one's in the fridge, the other's in the breadbox. (Footnotes are at the bottom of the page; endnotes are at the chapter end or at the back of the book or article.)
- If your style guide fails to offer a certain citation rule (say, for podcasts), try to mimic similar patterns in the style guide while filling the blanks with your own version. Just be consistent.

The Road to A's: Chicago, MLA, and APA

Have you ever wondered which citation style is best?

I love APA. In Communications, profs always request APA. But, as a TA, I discovered a student's paper that shocked me. A beautiful paper. Much better than anything I could ever write. The paper used footnotes and a bibliography. The footnotes were comments, not references. Meaningful comments.

Later, I ran across a book called *Tibetan Yoga and Secret Doctrines* by Evans-Wentz. Like the student's paper, the footnote comments took up half each page.

AU-thentic events

Upcoming AU Events

Edmonton Meet & Greet

Sunday, December 8, 4:00 to 5:00pm MST
Boston Pizza, 11320 Groat Rd NW, Edmonton, Alberta

In person

Hosted by AUSU

<https://www.ausu.org/event/edmonton-meet-greet-3/>

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

Undergraduate Information Session

Monday, December 5, 5:00 to 6:00pm MST
Online

Hosted by Athabasca University's Faculty of Business

business.athabascau.ca/event-details/undergraduate-information-session

Register online at above address

AU Faculty of Business Kelowna Seasonal Cheer

Tuesday, December 6, 5:30 to 7:30pm PST
Salted Brick, 243 Bernard Ave, Kelowna, BC

In Person

Hosted by Athabasca University's Faculty of Business

business.athabascau.ca/event-details/au-faculty-of-business-kelowna-seasonal-cheer-2

Register online at above address

AU Faculty of Business Montreal Seasonal Cheer

Tuesday, December 6, 5:30 to 7:30pm EST
Industria Pizzeria + Bar, 100 Rue Peel #112, Montréal, QC

In Person

Hosted by Athabasca University's Faculty of Business

business.athabascau.ca/event-details/au-faculty-of-business-montreal-seasonal-cheer-2

2

Register online at above address

What citation style did they use? Maybe MLA or APA. Both work. You see, APA and MLA allow — but don't recommend — comments in the footnotes. Why? Footnotes are costly to publish (as cited in owl.english.purdue.edu).

Chicago style uses footnotes for citations—but allows footnotes for comments, too.

Now, here's my next question: *which citation style treats authors you cite as people with pulses?*

Well, APA is the least human. No first names. Just initials.

MLA is the most human: you're on a first name basis with the author. At least, in your bibliography. For this reason alone, MLA is decent to learn.

Similarly, Chicago style uses first and last names in the bibliography or notes.

Why care? Well, do you want to be known as S. Dude? Likely not.

Charles Lipson feeds us the how-to for Chicago and MLA styles:

- Chicago Style has two choices: (1) a full first reference in the note (such as the footnote) and shortened subsequent references in the note, or (2) shortened notes with a bibliography. You must stick with one of the two choices throughout your entire paper.
- For Chicago Style, you don't use in-text references, but you use superscript numbers like this: ².
- For MLA citations, you use in-text citations like this: (Dude 12).
- In MLA, you don't need an in-text citation if your sentence mentions the author and title. Why? MLA likes it brief.
- MLA uses the authors' full names in the "Works Cited" page.

But the reference below? That's in APA style. The one I love and the one that *The Voice* uses.

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

Lipson, C. (2001) *Cite Right: A Quick Guide to Citation Styles—MLA, APA, Chicago, the Sciences, Professions, and More (Chicago Guide to Writing, Editing, and Publishing)*. 2nd ed., Digital., University of Chicago Press.

Even More Upcoming AU Events

AU Faculty of Business Ottawa Seasonal Cheer

Wednesday, December 7, 5:30 to 7:30pm EST
Sidedoor Contemporary Kitchen Bar, 18B York St, Ottawa, ON

In Person

Hosted by Athabasca University's Faculty of Business

business.athabascau.ca/event-details/au-faculty-of-business-ottawa-seasonal-cheer-2

Register online at above address

AU Faculty of Business Vancouver Seasonal Cheer

Wednesday, December 7, 5:30 to 7:30pm PST
The Refinery, 1115 Granville St, Vancouver, BC
In Person

Hosted by Athabasca University's Faculty of Business

business.athabascau.ca/event-details/athabasca-university-and-au-faculty-of-business-vancouver-seasonal-cheer

Register online at above address

Athabasca University MBA Information Session

Wednesday, December 7, 10:00 to 11:00am MST

Online

Hosted by Athabasca University's Faculty of Business

business.athabascau.ca/event-details/executive-mba-information-session

register online at above address

(also at 6:00 to 7:00pm MST:

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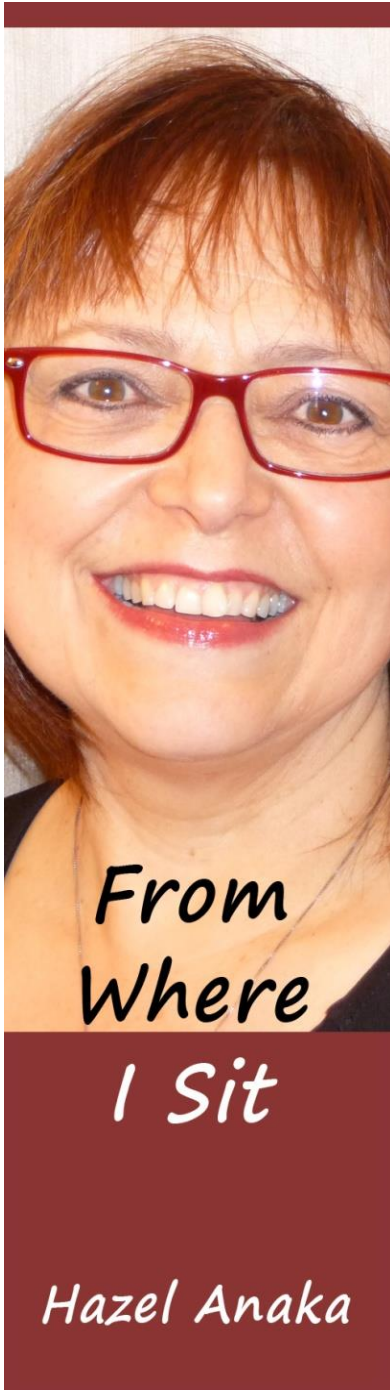
Wikipedia and Academic Research Webinar

Wednesday, December 7, 6:00 to 7:00pm MST
Online

Hosted by AU Library & Scholarly Resources

athabascau.adobeconnect.com/library

No pre-registration necessary



A Great Place to Visit

After a quick junket to Victoria, BC, and Seattle, Washington, I'm back. What was to have been a proud moment for parents became a mother-daughter trip. Roy ended up staying home to babysit the propane heaters and electric fans trying to dry our damp canola.

I was there in Victoria to see Hilary convocate from Royal Roads University with a Masters degree in Professional Communication. After a couple of days exploring the city we boarded a Clipper ferry to Seattle because I'd never been there.

In both cities, we explored huge bookstores, small eateries, unique wharf markets, high-end jewelry stores, and nice restaurants. We burnt up a lot of shoe leather climbing hilly downtown streets. I wish I had had my Fitbit on to rack up some impressive numbers. We also saved cash by using hotel shuttles in each city. Is there anything better than being dropped off at your destination whether it's a fancy eatery or a shopping district?

And contrary to stereotypes, it was not raining. Seattle is, according to promotional myth busting, the 41st wettest city in the States. The sun shone in both cities and the temperatures were comfortable for our explorations.

When necessary we used a cab and Uber cars. We encountered restaurant servers, retail clerks, hotel staff, and fellow shoppers. Quite a few of the Americans were snarky and short. Not an attractive feature in people reliant on tourists for their livelihood, I daresay.

Then we guessed that maybe these people personified the new post-Trump reality. They were scared and angry. The west coast traditionally votes for Democratic candidates so that alone might explain things. Add in the insanity Trump represents and the worry is likely justified.

Plus, there is no escaping the media coverage. Everywhere we turned (bars, hotel lobbies, airports, stores) televisions were tuned into CNN. Story after story, pundit after pundit, panel after panel of talking heads were discussing every move, every word, every nuance of the transition process. Ditto for newspaper coverage. There is some unnatural (and unseemly) pull to stop and stare, to get sucked in, to cringe at the latest development. This inability to turn away is akin to the rubber-neckers

driving past a horrific collision or watching an inferno. And I count myself among them.

Most of us understand that Trump was able to identify, tap into, and exploit voter discontent. America is not the first or last place that this has played out lately. Despite some softening (or flip-flopping or reality checking) of Trump's campaign rhetoric, I believe there is reason for concern. If you are black, Hispanic, handicapped, female, Muslim, immigrant, you have reason to fear what comes next. I heard one female mid-west university professor say that many women voted to protect their whiteness more than their gender. So far, Trump's short list of powerful top advisors includes primarily cranky old white men with extreme views. Hardly a President for all.

America, a great place to visit but I wouldn't want to live there, 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

Trumping the Christmas Gathering

Dear Barb:

Christmas is just weeks away and I can feel anxiety building in me! I'm one of the middle girls out of six in my family, and when we get together it is chaos! Some of us live halfway across the country, and the only time we all get together is Christmas at my parent's home. It starts good, we say our hellos, get caught up, have a few drinks and then it starts. It's almost like we revert to when we were kids. We start competing about who is doing the best, whose house is the biggest, who has lost the most weight etc. Sometimes our significant others get involved and things escalate. I feel sorry for my parents, well, mostly my mom, because my dad escapes to the garage. I am sure we love each other, but something happens to us when we get together. I'm dreading Christmas and I'm not sure what I can do about it. I have tried not participating in the banter but the others carry on and nothing changes. I need some advice! Tormented Tina.

Hi Tina:

With the nice weather, I'm not sure Christmas is foremost in people's minds, however it is approaching. The scenario you describe is familiar to many families. It is difficult to change the family dynamics unless everyone is on board. Getting together at your childhood home can trigger old memories, some happy and some not so happy. Perhaps you could change things up. For example, try taking turns getting together at each other's homes, or maybe a weekend getaway. Put some distance between yourself and those unpleasant childhood memories. Also, you could all agree before you meet that you will only discuss pleasant, happy childhood memories. I'm sure this is not enjoyable for your parents either. I assume they are getting on in years and these

gatherings will become increasingly difficult for them. Open the discussion with your siblings by forwarding this letter to them to see what kind of reaction you get. Let us know how you make out. Thanks Tina.

Dear Barb:

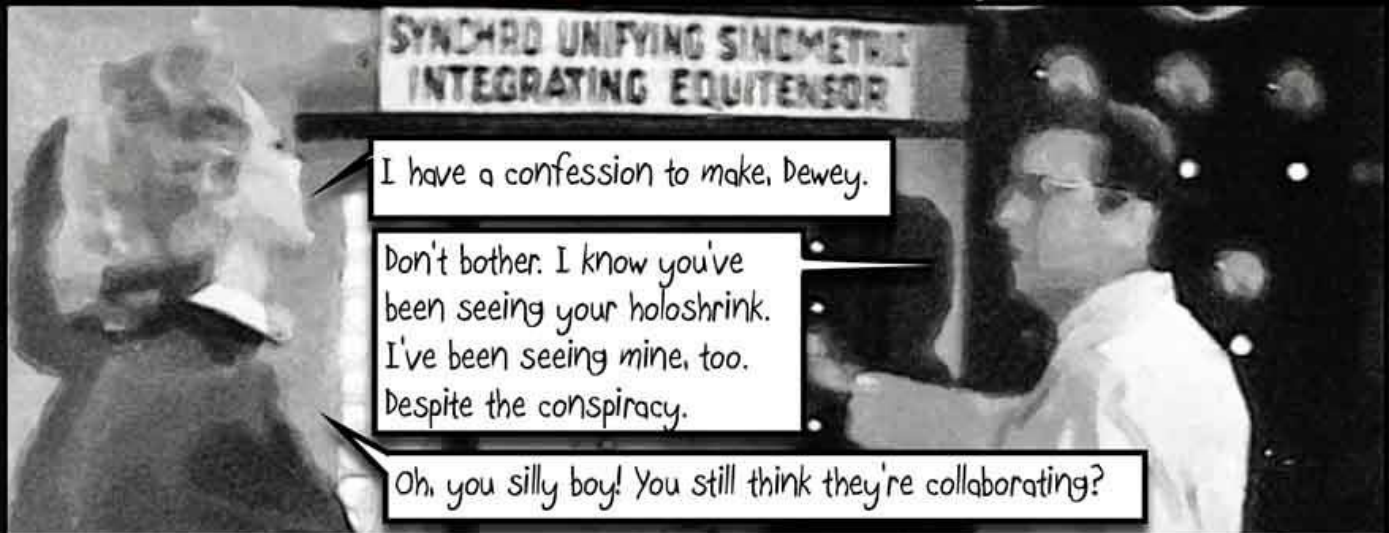
I am saddened by the results of the American political election and that Donald Trump is going to be the new president. I can't understand why the American people would choose someone like him, so rude and ignorant. I understand Hilary wasn't a good alternative, but at least she had some experience. It feels like the country is going into an abyss! I am not an American, but whatever Trump does will affect Canada. Why are people so uninformed? Just saying. John.

Hi John:

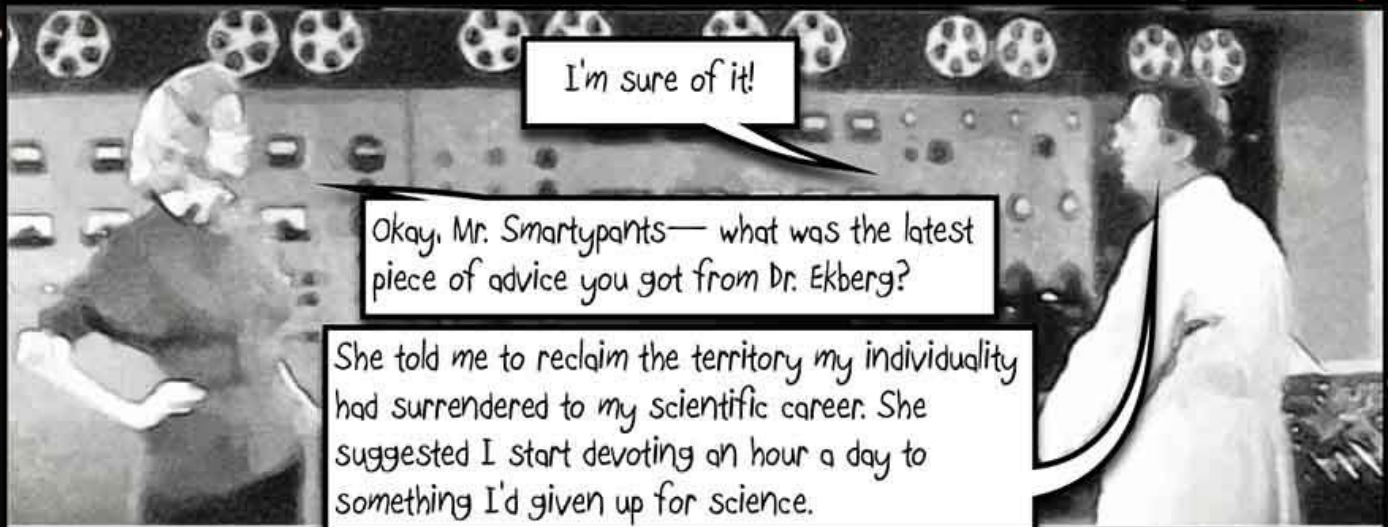
Thanks for taking the time to write. It is unfair for you to assume everyone who voted for Trump is uninformed. We can't assume they did no research before deciding to choose Trump. A lot of American citizens were unhappy with the present system and, to them, Trump represents a much needed change. The American people have spoken and now we have to give Trump a chance.

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.



No man is an island, entire of itself . . .



. . . every man is a piece of the continent, a part of the main. – John Donne



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The Doppelgänger Cure, Wanda Waterman



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IMPORTANT DATES

- **Dec 10:** [Deadline to register in a course starting Jan 1](#)
- **Dec 13:** [AUSU Council Meeting](#)
- **Dec 15:** January degree requirements deadline
- **Dec 24:** January course extension deadline
- **Dec 25 – Jan 3:** Holiday Closure (AUSU and AU)
- **Jan 10:** [Deadline to register in a course starting Feb 1](#)
- **Jan 10:** [AUSU Council Meeting](#)

AUSU in Ottawa for Advocacy Week

All three AUSU Executives headed to Ottawa from November 14 - 18 for Advocacy Week with the Canadian Alliance of Students' Associations (CASA).

During Advocacy Week, CASA delegates met with 160 Members of Parliament, Ministers, Senators, and public servants to advocate for post-secondary education in Canada. The focus of the meetings was primarily about changes to the Canada Students Loans Program, increasing support and funding for indigenous students, and investing in student employment.

Our own AUSU Executives met personally with MP Rona Ambrose, MP Larry Bagnell, MP Michael Cooper, MP Colin Fraser, MP Garnett Genuis, Senator Elizabeth Hubley, MP Matt Jeneroux, MP Pat Kelly, MP Mike Lake, MP Kevin Lamoureux, MP John Nater, MP Raj Saini, and Senator David Wells.

We are looking forward to what improvements the government makes to Canada's post-secondary system!

Check out our website [here](#) for more info & pictures!



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get quick access to programs,
links, services, and deals, and
stay on top of your classes!*



Edmonton Meet & Greet

AUSU is hosting a Meet & Greet in Edmonton! This is a great opportunity to meet AUSU council, get to know other AU students, and get some free AUSU swag!

When: Thursday, December 8 at 4:00pm MT

Where: Boston Pizza, 11320 Groat Road, Edmonton

Help us plan - please RSVP to services@ausu.org.



CLASSIFIEDS

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

THE VOICE

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