

THE VOICE

MAGAZINE

Vol 25 Issue 06 2017-02-10

Meeting the Minds

Interviewing AU's New President

Passion and Profundity

The First Talk from AU's WiR

Against All Odds

The Big Game and You

*Plus:
The Lonely Student
Cyber-Security for All
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.

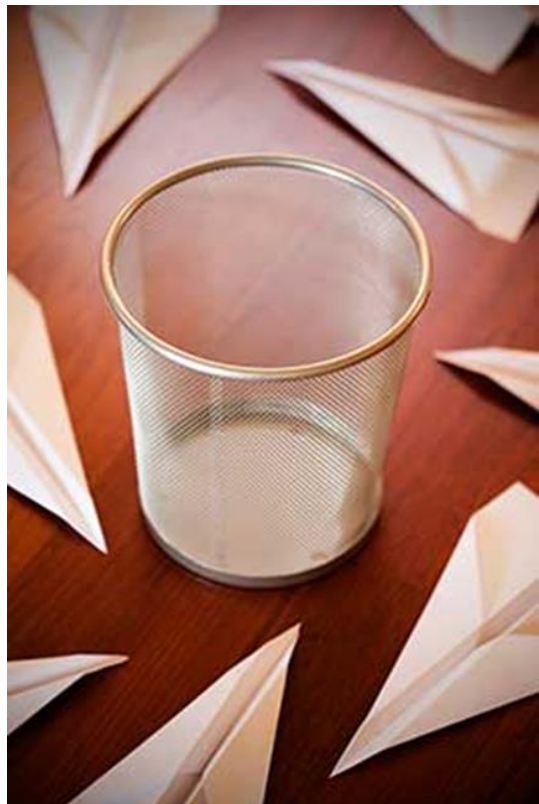
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

EDITORIAL

Taking Advantage

Karl Low



It's been quite the week. The AUSU mail-out featuring *The Voice Magazine* generated a lot of interest, both for the positions described as well as some ideas from students for new articles and columns in some areas that the Voice doesn't typically cover. I'm hopeful these will pan out and you'll start to see some new and interesting content in these pages over the next few months.

But that doesn't mean we don't have some great new content this week, starting off with the first part of our interview with Dr. Neil Fassina, AU's new non-interim (finally) president. Conducted before he was officially installed, writer Scott Jacobsen asked him about the impressions of AU he was coming in with, and what we might expect to see coming from his office because of it.

We also have one student's impression of the recent talk by AU's new Writer in Residence (profiled a couple of issues ago). I was lucky enough to find some time to attend this talk and I agree with the assessment. Fortunately, AU has made the video of the talk available, so you can experience the whole thing if you want. What's more, I would urge you to do so. One of the short-comings of a distance university is that, compared to traditional bricks-and-mortar schools, there are relatively few opportunities for AU

students to have shared experiences. Yet those experiences are typically some of the most memorable points for students in most other post-secondary institutions.

You might be the type of person who thinks that you're just here to get your degree, or even just that single course you're picking up from another university, so don't need to participate. And you'd be absolutely right. You can complete your entire degree without ever attending any of the talks that AU hosts, nor going to a student organized meet-up, attending an information session, or even convocation. But just because you don't need to doesn't mean you shouldn't. Going to any of these types of events will give you one thing that you'd be hard pressed to find elsewhere in your AU courses—a sense of passion. When you attend one of these events you suddenly realize how excited everybody at AU, even you, is about learning and expanding their horizons. It can be both eye-opening and inspiring. So I say to you, participate. Take a look at our AU-Thentic events column and pick something to attend. Go to a student meet-up. Maybe come and sit through a Council Meeting, just to get a sense of the community that surrounds AU. Or if that's too much, consider submitting your name for a student interview with *The Voice Magazine*, or, if you're having problems, write a question to Dear Barb. Not only will you get an answer, you might help other students out there who have the same question as you, but are worried about asking.

And then, push your tutors, your students' union, your university, for more of these opportunities. Because a first-class university is about more than just the courses it teaches, but about the opportunities it provides. We need Athabasca University to take advantage of new technologies in the web and streaming to ensure that AU provides as much opportunity for growth as any bricks and mortar institution.

Enjoy the Read!

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

MEETING THE MINDS

INTERVIEWS with AU's EDUCATORS



Dr. Neil Fassina is the 8th President of Athabasca University. He earned a BSc in Psychology from the University of Calgary and PhD in Management from the Rotman School of Business at the University of Toronto. He is an active researcher in the areas around applied decision-making. He was installed in mid-January, 2017 and works to remain connected to the communities that he serves. AU is no different. This interview was conducted in late 2016 prior to being officially installed as the 8th president of AU.

To set some groundwork, what is your family background – culture, geography, and language?

I am Canadian by birth. Born and raised in Calgary, I am a true bringing together of multiple backgrounds as a Canadian. I have some French Canadian. I have some East Coast in my family. I have some Polish. I have some Italian. It is a bringing together of European cultures. I grew up in an English household. My mother and father grew up in Montréal. So, while I love to claim we were a bilingual household, we were bilingual at certain moments in time, but I never claimed to be one of them.

It is one regret of childhood, not taking that side of the language, seriously. From there, when I started into my higher education, I did undergraduate at the University of Calgary in psychology. I moved out to Toronto from there to do doctoral work. I moved back to Calgary as a visiting assistant professor. I come from a dual academic family. My wife has her doctorate as well. From there, we ended up in Winnipeg for just shy of 8 years at the University of Manitoba. We found our way back to Alberta into Edmonton. This time, I made my jump to Athabasca.

Before coming into AU, what was your image of the university?

A little inside scoop of a process I was going through here. When I finally accepted the role, they said, "We made an observation. There's already a Neil Fassina in the system. We don't know why." I was a proctor for Athabasca University when I was at the University of Manitoba. So, I had an employee file in a way. There was a Neil Fassina in the system. Yet, there was only one Neil Fassina in Canada. So, it threw us for a loop. My image of Athabasca: it was a presence when I was at the University of Calgary. In that regard, my awareness of it as a learner was the same as visiting learners.

If you need find a course or two, and they aren't scheduled at your institution at the time, then you can go to Athabasca. Early on, in my academic career, it was from a more learner perspective. It was, "Wow! I can do that." Spending more time in Manitoba and Ontario, you change your lens moving into the administrative side

of things. You begin to see the mandate of Athabasca more publicly. The impression of it, if I might be so bold coming back into the province 5 years ago, it was a university facing a great deal of opportunity, whether or not you looked at it as an institution bringing learning to the learner rather than the learner to the learning.

Or whether or not you looked at its online presence and the strategic risk the university took when it made the move to an online presence, it took years for more residential universities to catch up. It had the perspective of opportunities sitting in front of it. As time goes on, I heard very much the same things that all of Alberta began to hear with the challenges it was facing. It didn't necessarily align with the perceived opportunities of the university in my mind. I could see why there was opportunity and challenge there. When I became part of the process, I became more aware of the nuance of it. Before, my general perspective was of a unique concept with so much potential. The duality of that in relation to some public challenges that were there.

What was your first priority when you took the position?

My main comment during the announcement process was to 'hit the ground listening.' That continues to be a priority. I am spending as much as I humanly can to listen to the Athabasca University community, whether face-to-face communication, over the phone communication, or some of the reports. Any information is a priority to me. Universities often share similar characteristics, but there's always nuances to each institution. It was important to me. It remains important to me how the different voices of Athabasca University come together to create the harmony of the university itself. What is its culture? Because it is the culture I am getting myself into, I am realizing that everything has to be done within that culture.

Speaking of listening to people and reading the reports, with the information you have so far, what do you see as the general perspective of the faculty of the university? Both its pluses and minuses.

That's a great question. If I had to pin down some broad perspectives, to a person, there is an unbelievable commitment to the learners of AU. There's a commitment to the mandate of AU and the ability to create that open, flexible, and accessible environment. There is a commitment to excellence at every corner in always wanting to make sure the learning opportunity we're creating is the highest quality, and the research we're doing is the highest quality. If I had to pinpoint a couple perspectives on the general perspective, those would be some of the strong points.

What about those in other administrative or leadership roles such as chairs or heads of faculty, deans, and associate deans, and so on?

There's a recognition that there are obviously challenges there. I don't think anyone is shying away from the fact that there are challenges. If I had to put the perspective on some of the voices that I heard, there is a commitment to reinvigorate around the academic mission of Athabasca University. At the same time, the attempt to find our path to a balanced point through some of our challenges, and always wanting to make sure we're pointing in the direction of our next vision. It is similar to the comment on the faculty voices. It is a commitment to our vision and what our role is, and focusing on what's possible and recognizing what we need to do to get there. So, as we start to look through some of the decision frameworks to overcome the challenges, we want to make sure we're purposeful in the decisions. So, they're moving into something else as well. It is the duality. Also, it is making the right decisions to move us into that future as well.

And students? Both groups such as AUSU and AUGSA, and of course the students themselves? What are you hearing is their perspective on the institution?

From the undergraduate and graduate student perspective, I am hearing things come back to the role of Athabasca University. They need to create that flexible opportunity. The students want to be committed to the future of this institution and the future success of AU. They want to make sure their learning opportunities continue. They want to make learning opportunities for our learners of today and learners of tomorrow too.

I had this pointed out in discussion with interim president of AU, Peter MacKinnon. We discussed some of the 2010/11 statistics about the undergraduate student body of AU. Some were that 2/3 of students are women with the average age being 28-29, and about 3/10 having dependents. Do you think we've tapped into something for single parents - the majority of which are single mothers – in terms of the ease of access to education through digital technology?

You know what, Scott, I am going to agree with you, and build on it. One step further, it comes back to the mission. Absolutely, we've taken a role in the postsecondary environment. It is unlike traditional residential university roles. In that we enable the opportunity for people who cannot, or choose not, to learn at a traditional 'bricks-and-mortar' university. So, whether or not it be their life circumstance that disallows them to learn in that environment, or cannot give up their commitments in life, or the idea of the learning coming to them as an individual is better suited to their learning style and enables them to learn in their community to leverage the community as a learning resources.

That's a huge population, whether by choice or by circumstance, which AU provides a unique learning opportunity to be able to access the university-level education for that group of people. If I might be so bold, we talk about traditional learners within the system being the individuals that attend a traditional residential university, but I might venture that the majority of the adult learning population that fits into wanting the learning to come to them because they are in a life circumstance where it better suits their current environment. I think it's a huge piece in front of us.

Look for Part 2 of this interview in next week's Voice Magazine.

Scott Douglas Jacobsen is an AUSU Councillor. He works with various organizations, and runs In-Sight: Independent Interview-Based Journal, and In-Sight Publishing.

Women of Interest

Sally Fox was born on December 30, 1955, in Palo Alto, California. Fox always had an interest in fabric and began her career in the early 1980's working for a cotton breeder in California. At that time, the only way to obtain colored cotton was to bleach and dye white cotton, which was not a practical option because it added a lot of pollution into the environment. In the late 1980's, after many years of breeding and testing cotton seeds, Sally invented colored cotton that is safe for the environment. She began by purchasing a small piece of land to grow the cotton and, by the 1990s, Fox had amassed a 10-million-dollar business. Sally Fox continues to produce naturally colored cottons.

"I never really planned to be an inventor, but my attitude toward life has always been inventive." Sally Fox

Additional information about Sally Fox may be founded at the following websites:

<http://www.women-inventors.com/Sally-Fox.asp>

<http://invention.si.edu/innovative-lives-sally-fox-colorful-cottons>

<https://www.youtube.com/watch?v=ryryABIFx98>

Passion and Profundity: John Vaillant's Inaugural WiR Presentation

Barbara Lehtiniemi

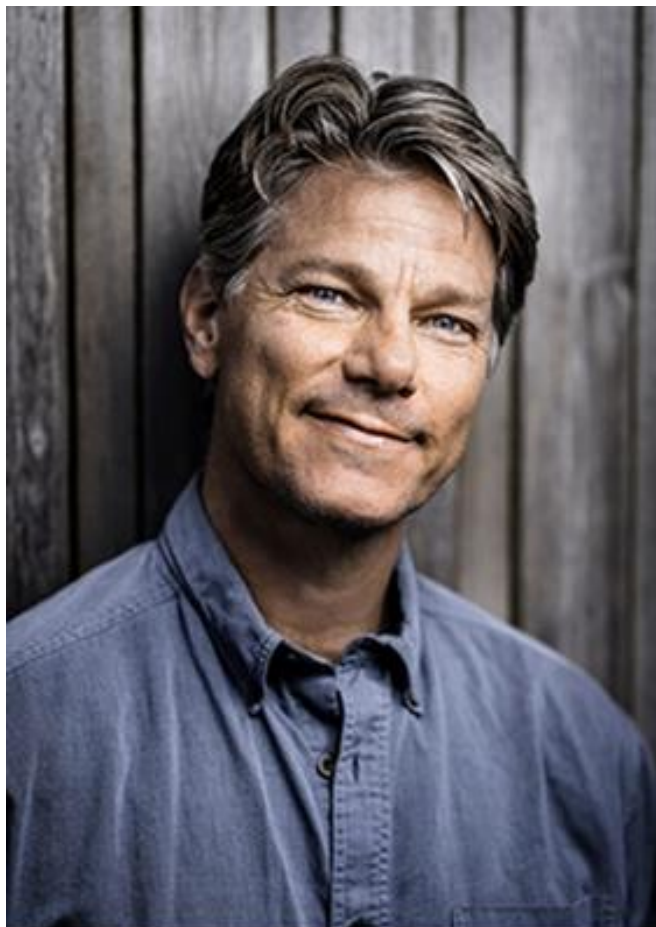


Photo by John Sinal

"In these unclaimed spaces, you get to know yourself...it's the hardest and bravest thing you can do." — John Vaillant

John Vaillant, AU's Writer-in-Residence (WiR) for 2016-2017, gave a spellbinding presentation at AU last week. On Thursday, February 2, dozens of AU students, staff, tutors, and others gathered for Vaillant's presentation at AU's Edmonton campus, or connected by internet or phone.

Vaillant is the award-winning author of two non-fiction books, *The Golden Spruce* (2005) and *The Tiger* (2010), one novel, *The Jaguar's Children* (2015), and numerous magazine articles. During his tenure as AU's WiR, Vaillant is working on his next book, a non-fiction account centred on the devastating 2016 Fort McMurray wildfires.

For his inaugural talk at AU, Vaillant spoke on "Reckoning the present: mediating the tension between the muse and the news." Although the writing process was a central theme, Vaillant's topic resonates with anyone who finds the external world threatening to interfere with or overwhelm their internal peace.

For thirty-five minutes, Vaillant invited those present into his "internal drama"—his everyday struggle to control the pull of opposing forces of what's without and within.

While Vaillant's twenty years of writing have been fueled by his interest in current events, there's a point where what's happening in the world serves to both distract and destruct the creative process.

Vaillant described the need to develop time and space for creativity and to guard it against the onslaught of daily life. Additionally, Vaillant recommended carving out mental space, blank time in which you can "take risks—creatively, emotionally, and intellectually." Creativity is stifled by 24-hour news. People need empty space to fill with their own thoughts. "It's in these unclaimed spaces," said Vaillant, "you get to know yourself...it's one of the hardest and bravest things you can do."

Ultimately, it's a constant balancing act, especially for writers like Vaillant whose books are founded on current events. "If I wasn't engaged with current events," said Vaillant, "if I didn't care deeply about the state of the world, I'm not sure what I would be writing about."

Vaillant put the crowning touch on his talk by setting aside his notes and relating his experience of beauty found in art when, in the militaristic madness that followed 9/11, he found himself immersed in the absorbing exquisiteness of a performance by cellist Yo-Yo Ma. Vaillant swept his AU audience along with him for that beautiful moment when the power of Yo-Yo Ma's muse became the antidote to the news.

That moment alone made it worth being there.

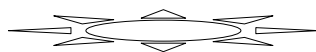
While I initially thought I was missing out by not attending in person, watching Vaillant's presentation online actually contributed to an atmosphere of intimacy. The camera's angle didn't show any other participants, so for almost forty minutes it was just John talking to me. Being jolted back to the here and now for the lively question period that followed was like having the theatre lights snapped on at the end of a mesmerizing movie.

I found Vaillant's presentation—so relevant for our times—insightful and compelling. So much so that I abandoned note-taking and just listened. Fortunately, AU has already posted a recording of the presentation online, so I was able to watch it—absorb it—again.

We at AU are fortunate indeed to have John Vaillant as our Writer-in-Residence this year. If you missed this presentation, which other audience members are calling "profound", "thought-provoking", and "inspiring", or, like me, want to watch it again, you can access it from [AU's Writer-in-Resident News & Events](#) page.

For information on John Vaillant's term as AU's Writer-in-Residence, visit writer-in-residence.athabascau.ca.

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



The Fit Student Passion

Marie Well



I got demoted at work.

Although I've been trying to keep workplace anxiety under control with Cognitive Behavioral Therapy (CBT), I didn't need less stress; I needed better skills. You see, I took a risk and went underqualified into a marketing position. Yes, I soon got demoted, but I also received a potential offer to teach those very skills I lacked—at a college level.

Moreover, despite working in a high-stress environment, I had not one panic attack. Sure, sometimes I would feel anxiety creep up, but I would talk myself down with CBT. Even better, I stumbled on my passion: marketing. I once learned that finding passion helps lower anxiety. So, CBT combined with passion creates a win-win stress-buster.

But if you haven't found your passion yet, then listen to the signals—even take risks. Do career tests always point to the same job titles? Do you love playing hostess and cheerleading people? Do you thrive on getting slugged in the face and responding with a jab-cross-jab-shin-knee? Then do those things!

Now that I've been demoted, I worry a little, but CBT and my unfolding passion keep me in the game. Now I spend my days getting certifications for the skills I need to succeed at my passion.

So, let's turn to the last bit of CBT insight in this series—with thanks to Gill Garratt's book ironically titled *CBT at Work for Dummies*. Garratt's tips are nuzzled in bold-font; mine puzzle in plain.

Don't just read about doing something stressful: make it reality. Did you long to master marketing, but felt shy about group work? Don't let group work—or any obstacle—stop you from trying. (Most everyone hates groupwork.) And if you find yourself reading textbook after textbook on theoretical math, then maybe it's time to pursue a math degree. Don't let fear, self-doubt, or stress hold you back.

But sometimes a task is out of reach. You may not have enough skills, enough money, or enough strength—at least at the start. Yet, if you want something bad enough, you'll either get your goal or get something closely related.

Life meets you where you're at—and gives you a push.

Imagine future outcomes and use CBT to address concerns. If you want to take nuclear physics, but feel your math skills need work, use CBT to overcome your fears. In other words, accept that you may need to take some basic non-credit math classes to gain confidence. Realize that you may feel overwhelmed with the learning curve, but you can cope. Imagine the best and the worst outcomes, and strategize for both. In short, look to the future and address your concerns—with CBT.

Combine CBT with massage, exercise, reading, music, spirituality, and social clubs. To overcome school-related stress, get a massage from a local massage school. Cheap labor. Also, exercise for an hour a day, at least four days a week. Even create a book club through Meet-Up to discuss academic theories in your discipline.

Create an action plan to get the skills needed for your dream job. If after taking career tests, you discover fund management feels fitting, then craft a plan: enroll in economics classes while subscribing to top-notch economics journals. Also, seek out conferences and professors in your ideal discipline. In other words, gear your education toward landing your dream job.

Read books about famous people who got beaten down but rose above. I know a person who had psychosis but ended up CIO at a bank. And JK Rowling went from living in a vehicle to owning more wealth than the Queen. What can you do? A lot!

A lot of high school dropouts end up grad students. I'm one.

Laugh at yourself. A little self-deprecating humor lowers stress. Try to find the funnies in both your failures and your fixed thinking. Laughter, like water, helps you grow.

So, find your passions and use CBT to calm the nerves. With persistent (but not obsessive) use of CBT, you may find yourself calm while getting an elbow-to-the-nose or a knee-to-the-rib.

In Conversation

...with Adam Christopher Moulton of Bad Cop

Wanda Waterman



Bad Cop founder, Adam Christopher Moulton of Nashville, had a troubled youth, but music proved his salvation. The indie band formed in 2009 and released their first album, *Harvest the Beast*, with punk label ROIR, then changed their lineup and evolved their sound to honour a variety of influences, including psych rock, art rock, and dream pop. They performed at Starry Nights Music Festival in 2012, the NYC festival in 2012 and 2013, and SXSW in 2013. They've toured Argentina, India, Canada, Mexico City, and Paris. They're now working on their second album, *Hello, Mr. Sunshine*, under the Frenchkiss label. Moulton recently took the time to answer our questions about his background, motivations, goals, and beliefs.

Describe your musical background.

My musical background is pretty diverse. Growing up my mother showed me all the Beatles albums, so that had a huge effect on me. I've been playing live since I was 12, so the past 14 or 15 years this is all I've really been doing. Music has been my life since I can remember.

Who had the most— and best— influence on you, as a musician, a composer, and a human being?

The person who had the biggest influence on me musically was my best friend and former guitarist, Alex Hartness. That kid could play the guitar like riding a bike; everything was so easy for him. He taught me how to write and how to make something simple sound big. He definitely influenced me to work on my craft and to be willing to sit on songs until they were perfect.

Also, Brad Shultz [producer] taught me a lot about being in music. He sort of showed me how music works outside of a DIY scene. I'm extremely grateful to have been able to work with both of them in my career.

Can you tell us about your troubled adolescence and how this prompted you to make music?

Growing up with a wild childhood showed me early on that music was an escape. It was an escape from bad energy as well as an escape from a bad environment and a way out of a negative lifestyle. Music taught me how to love, relax, and have faith when I was around a lot of dark stuff. It's my freedom.

What was the most mesmerizing musical experience of your life?

The most mesmerizing experience for me was playing on top of The Cosmopolitan Hotel in Las Vegas— on mushrooms. It was one of the craziest moments of my life in general, but that really enhanced it and made me have an introspective moment in front of thousands of people. It was awesome.

How did your band get its name?

"Bad Cop" came from making a play on how in America the people who are supposed to rule and protect us are often the most corrupt. It was also a joke, showing these people that we (kids born 1989-1999) are the creation of this deceptive and outlandish culture. We're born into this and shaped by it.

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

I would call our music "modern rock and roll." We've been trying to avoid the pitfall of sounding like a Rolling Stones or Nuggets tribute band, or overtly "retro." We'd like to think we're the sound of modern rock and roll.

What's the story behind your song "Dreamer Man?"

"Dreamer Man" is a tongue-in-cheek song about people coming to Nashville to "make it big" or be famous. It's about watching people come here and leave with either dreams crushed or life-changing experiences. Being a musician here is like being an actor or actress in LA, so the song is an expression of watching these scenarios all the time.

Do you have any advice for adolescents that you wish had been given to you?

If I could give advice to the youth or myself at 18 it would be to avoid drugs and to not be scared to ask for help and be vulnerable. We live in an age where getting help is not only accepted but encouraged if you feel you need it. Don't be scared to be vulnerable, and be a real person. Seek help, seek love, and avoid escapism through drugs.

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

I used to have a "live fast" mentality and through that had a lot of experience and emotions to produce what I felt like was my best art. Growing up and being 27 now, I've learned to draw inspiration from watching the things around me, just being silent and listening and trying to analyze everything going on.

I've been able to draw inspiration from the littlest things; it doesn't have to be so epic anymore; I don't have to go on a wild streak to be able to make a good tune. That works for a time, but like anything, eventually the juice runs out and you either find a new path or crash. I wanted to find a new path but continue to produce work that was equally as heartfelt. So far, so good.

What do you feed your muse?

Some albums that have greatly inspired me are *The White Album* by the Beatles and Elliott Smith's *Either/Or*. Both of these albums taught me a ton about structures and hooks—how to keep music catchy without having a specific method on every track.

AU-thentic Events
Upcoming AU Related Events

Executive MBA Information Session

Wednesday, Feb 15, 10:00 to 11:00 am MST
Online

Hosted by AU's Faculty of Business

business.athabascau.ca/event-details/executive-mba-information-session-10am-mst-2/

register online at the above address

2nd session: Wednesday, Feb 15, 6:00 to 7:00 pm MST

business.athabascau.ca/event-details/executive-mba-information-session-6pm-mst-3/

Executive MBA & Business of Hockey Info Session

Thursday, Feb 16, 10:00 to 11:00 am MST
Online

Hosted by AU's Faculty of Business

business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-10am-mst-online-3/

register online at the above address

second session: Thursday, February 16, 6:00 to 7:00 pm MST

business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-2/

AUSU Council Meeting

Thursday, Feb 16, 5:30 to 7:30pm MST
Telephone and online

Hosted by AU's Students' Union

www.ausu.org/event/february-council-meeting/
e-mail admin@ausu.org for meeting package

Master of Arts - Integrated Studies Information Session

Thursday, Feb 16, 5:30-6:30pm MST
Online

Hosted by AU

attendee.gotowebinar.com/register/1320001473047647234?utm_source=Hootsuite&utm_medium=Hootsuite&utm_campaign=Ongoing%20Social
register online at above address

AUGSA Meet and Greet

Friday, Feb 17, 7:30pm MST
Boston Pizza, 32 St at Gaetz Ave, Red Deer AB
In-person

Hosted by AU's Graduate Students' Association
e-mail lindsaym@augsa.com for more info

no pre-registration required; **undergrad students welcome**

Do you feel any desire to straighten out the world a little with the art you make?

I definitely feel the need to try to straighten out the world with my art, but not by imposing my beliefs. I want to show people the things I've done right and wrong and let it be a lesson. I hope to help people avoid bad spots and enhance all of the good ones.

If you had an artistic mission statement, what would it be?

Live of love. Anytime I'm living with love and faith in my heart things go amazingly. When I start to doubt myself and be selfish and negative, everything goes wrong. Continue to live of love, and have faith, and it will work out.

What do you think is your role in Trump's America?

This is a tough question. I have a lot to say on this but once again it's troubling that things are becoming like an Orwellian nightmare and there's "group-think" and "alternative facts." There are people waving the flag of unity who are being extremely divisive, and out of fear no one seems to notice or want to speak up; it's creepy. It's like an internet era witch-hunt.

To be honest, I think my job is to help people try to unite. Right now both sides have so much hate and contempt for each other; it's so unhealthy. There's such division and closed minds, on both sides. I guess I'd just want to encourage people to accept other people. Even if their beliefs are totally different or even offensive, remember, you can just ignore them.

No one deserves to hurt, not even people who make mistakes, because we all do. The current culture is too fixated on finding people who've made a mistake and just going for their throats; we have got to stop being so ruthless.

Tell us about your current and upcoming projects.

Right now we're just focused on "Hello, Mr.Sunshine." The album will be out this April 2017, and we're so excited! We worked on this from 2010-2015. We were releasing multiple EP's in this period, and we can't wait to see the reaction to a full album.

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

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Lindsay posts info for upcoming AUGSA Meet & Greet. Brian seeks details on challenging courses for credit. David posts a reminder for the weekly Calgary study group each Thursday at the Saddletowne library.

Other posts include lifelong learning, and courses ENSC 200 and IDRL 312.

Twitter

[@AthabascaU](#) tweets: "[#AthaU](#) is [#NowHiring](#) an Individualized Study Tutor for Women's & [#GenderStudies](#): <http://ow.ly/Bcpm308EN2L> [#Careers](#) [#TweetMyJobs](#)."

[@AthabascaUSU](#) (AUSU) tweets: "[@AthabascaU](#) Library holding virtual office hours every Thurs, 2-4pm MT through Adobe Connect at <http://bit.ly/2k5Ct1L> [#disted](#) [#AthaU](#)."

[@AU_Press](#) tweets: "This is a story of pain, suffering, resilience, and spirit.

<http://ow.ly/xDFe306WwZ1> [#Read4Reconciliation](#)."

Youtube

Enjoy Valentine's Day on campus with [Valentine's Day: Harvard Students Search for Love](#), posted by [OnHarvardTime](#).



Against All Odds

Deanna Roney



This Sunday was Super Bowl history. As the Atlanta Falcons led the game, stats scrolled along the bottom. One said that teams down by 19 points or more going into the final quarter lost every time: 93-0. Also, the Super Bowl has never gone into overtime.

With those kinds of stats, and the poor plays by the New England Patriots, it seemed like the game was over. The odds were stacked against the Pats; even if they managed to score a few touchdowns, no one thought they would come back to win it. But, they did. Which goes to prove that you never know. Just because it has never been done before doesn't mean that it is impossible.

This game shows that no matter what adversity you are facing, no matter the odds stacked against you, you can overcome them. Brady didn't throw the towel in, didn't sit back and try to play it safe, instead he chucked the ball, took risky plays, and as a team they pulled together and upset history. It was a beautiful thing to watch, even as a non-football fan. It illustrated how perseverance can overcome anything. It illustrated how those who work hard and take risks can achieve their goals over those who sit back and try to play it safe.

A friend we watched the game with called it, he knew that the Falcons would try to protect the ball and play it safe. He said that that would be their downfall. And it was. Playing it safe and following a path that, even if it isn't the one you want, is safer, won't get you where you want to be. It might get you close, but someone who is willing to dive in headfirst and ignore the odds is more likely to achieve their dream: the dream that seems so far-fetched that they barely dare admit it to anyone but themselves.

With Athabasca University, there were courses I wanted to take, but was hesitant because I wasn't sure how I would do in them. I wasn't sure if I should risk my GPA or stick with courses that were more familiar. I took the risk and enrolled in courses that might not benefit me, but intrigued me. They were not a sure choice, but one of those courses, led to my minor. Taking that chance shifted my entire outlook on what I wanted to do, my end goal didn't change, but how I was going to achieve it, and what I was going to do with it, did.

I try to remind myself that just because the odds look bad, doesn't mean it won't happen. When I read query stats from agents it is extremely disheartening, there are so many people chasing the same dream I am, my odds for standing out among them seem impossible. The chance for that query letter, those chapters, or the synopsis to grab someone's attention when the agency receives tens of thousands of others? Slim, exceptionally slim. But, 93-0? No, there are some that get through, it isn't a "never been done" so if they can come back from never been done, why can't we all achieve our dreams too? If we stay focused and work hard, employ the skills of those around us offering help, we, like Brady, will be unstoppable –and we don't have a clock running down on us.

Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>

The Lonely Student

Marie Well



Are you isolated as an AU student? Worse yet, are you lonely? I mean shut-out-in-the-woods-with-no-running-water lonely. Once, we went camping to find a run-down, vacant house, lived in by a scruffy, bearded man who threatened to fetch his gun. He was lonely.

Well, you're not alone. The common view is that many AU students live isolated lives. Sure, we have our children, our pets, and our YouTube, but do we have enough daily meaningful connections? The answer? Yes, we have human connection—far and wide—through social media.

And, if you're like me, you've started a Facebook page with no friends. But maybe you've got it better than I do. My mom unfriended me years ago. I've uploaded only one video to YouTube, and my twitter account ran out of content a decade ago. Yes, I'm

isolated. But, the irony? I've suddenly gained the job title of Digital Marketer.

So, what do I do? I write about how to fight social isolation through social media. AU students often live lonely lives, so while I figure out how to make a Facebook page pop, I'm going to help you make friends—and fervid fans—through social media. And if you're already swamped with party invites, I'm also going to show you how to get your hobby, passion, or small business some social media love.

Let's look to Andrew Macarthy's book *500 Social Media Marketing Tips* to give you tips on how to lure fans into your digital sphere:

- Once you get some Facebook friends, ask them questions requiring a response consisting of either *yes* or *no*, *a lot* or *a little*, or *good* or *bad*. If you are featuring your favorite hobby, say sculpture, ask your friends whether they like a sculpture you aim to mimic. If you're a songwriter, ask how much your friends like the latest lyrics you've drafted.
- On Facebook, talk about your successes and failures. If you love playing college sports, reveal how you kicked the soccer ball into the wrong net—a true story. Cough. Then, talk about how you went on to win a bronze medal in the athlete-of-the-year competition. Then, consider buying up all the sports drinks at the dollar store and retailing them in bulk through Facebook. There's nothing stopping your friends from instant messaging their plans to mail a cheque. Even reveal the last C on a math test and how you read the same topic in five different books just to up your grade to a B.
- On Facebook, give your friends tips on how to solve problems. If your page profiles your one-eyed pet, then give tips on pet toys. Reveal that a pet gets jealous when other animals play with its toys. Reveal that cats eating side-by-side often size each other up and fight. Then, give a solution: put the cat

dishes on opposite sides of the room. And of course, feature the cat biscuits you bake in bulk for ten-bucks-a-box.

- Use images and videos in your posts. We all love movies. Make your Facebook, Instagram, Twitter, Pinterest, or YouTube page a running profile of stunning pictures—about you. If you wish to promote your band, make a video for YouTube, Facebook, Twitter, and Pinterest. With your AU Lynda.com membership, you can learn video editing in a flash.

Voila! The magic spice for human connection: social media. So, make a page around your grumpy cat, your guitar solos, or your Picasso replica.

And finally, parting advice: don't camp in boarded-up cabins in the woods. Instead, use social media tips to fire up friends and fans from the comfort of your phone.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Walker Family Bachelor of Commerce Award

Sponsored by: Barry and Valerie Walker

Deadline: February 15, 2017

Potential payout: \$1000

Eligibility restriction: Applicants must be in the 4th year (final 30 credits) of AU's BComm program, have a GPA of at least 3.0, and (preferably) live in a rural or remote area of Canada. See [application form](#) for full eligibility criteria.

What's required: A completed application form including two maximum 300-word essays related to the Bachelor of Commerce program.

Tips: Read the conditions of eligibility and follow the application instructions carefully.

Where to get info: registrar.athabascau.ca/studentawards/undergraduate.php#133



Cyber-safety is Up To Everyone

Carla Knipe



Parents would never dream of handing a child or young teenager the keys to the family car and telling them to drive down a busy freeway, but when it comes to technology, they are doing exactly that. While kids and teens have a natural affinity with technology, letting them be in the driver's seat about it can be as—or even more—dangerous than letting them take the wheel of a car without a license.

And yet, there is no formal licence to prove that people are ready to handle technology. Even toddlers are using ipads before they can read. YouTube

is becoming the new television. But often parents and teachers do not know *how* to provide guidance about how to use technology safely. Information Technology expert Paul Davis has made empowering children, teens, parents, and educators across North America his personal mission. His message, that technology is amazing but it also needs to be used responsibly, has not been discussed enough. His aim is to get that conversation going.

Davis discovered that he had a natural talent for computers in his teenage years and entered the field of information technology soon after high school. But when he became a father and saw how eagerly and naturally that his children embraced technology, especially because of the internet, he realized that kids were growing up in a wired world without any safe guidelines or boundaries. He switched his career from the corporate world to giving seminars and presentations on internet safety and cyberbullying, which he now does full-time. He says that "it's not a job—it's rewarding."

He offers presentations for both parents and younger listeners, and speaks to both age groups separately. He uses liberal dashes of humour and a hefty dose of pop culture to make his points, but he also is not afraid to share truths that hit close to home, to the point where his audiences squirm uneasily in their seats. A key component of his talks involves discussing the effects of irresponsible use of technology and where it can go wrong. It is easy to do stupid stuff online, he says, but the consequences of doing that can often reverberate for years after—to the point where it can ruin entire lives.

Despite that technology is such an integrated part of life now that most people don't give online safety a thought, kids, teens, and even adults do not understand what online privacy really means. Davis talks about the trails and digital footprints that technology leaves behind. It comes as a surprise to a lot of his listeners that everything a user does can be tracked in some way. He discusses how apps like Snapchat and Instagram are extremely popular with young internet users (much more than Twitter and Facebook), but it is a myth that what gets posted with these apps completely disappears soon after posting. The apps that appeal to young users are also what are most often used to engage in sexting and cyberbullying.

Davis relates the statistics that sexting is now so common among teenagers that it is the norm, not the exception. Davis says that 90% of sexters are girls, 10% are boys, and the overall number of people who engage in sexting is getting out of control. Davis also says that revenge porn, another damaging use of technology, is so prevalent

that California legislated a state law against it. He says that new laws are needed urgently in other jurisdictions, including Canada, because current laws cannot keep up to the new reality of cybercrime and are often inadequate to deal with these crimes. Child luring, grooming, data theft, and "sextortion" are all too common, to the point where police forces across North America deal with daily incidents and it is impossible to keep an accurate account of how many people are involved in them.

The question is how did society get to this point? Davis is quick to give an answer. Much of the problem, he says, can be traced back to parents giving technology to kids before they are ready for it. A rough estimate from Davis' younger audiences breaks the numbers down as follows: roughly 40% have a Facebook account, 25% have their own smartphone, 90% use technology alone in their bedrooms, and 90% view YouTube videos. What is striking about these numbers is that these young users are underage, according to the terms and conditions of the websites and applications they're using.

The solution for this, Davis says, is simple, but it is not a popular option. It is up to parents to act as the gatekeepers with technology. He suggests the biggest way that parents can do this is to keep devices out of kids' bedrooms and to not let them use it in their rooms alone (especially overnight). Parents are also urged to not let kids use technology while wearing headphones so that adults can listen in on, and be aware of, what they are doing. Also, parents should not let kids and teens access technology if they are younger than the suggested age guidelines. This also applies to purchasing gadgets and media for children. He says that kids are not allowed to purchase violent video games or smartphones on their own; parents must buy them—but then they must also shoulder some of the burden for responsible use of those devices, and the consequences of that technology. Davis said that enforcing "no tech" times and zones, such as at the dinner table, is also crucial for not letting kids turn into what he calls "cyberzombies." Of course, teens especially will call their parents mean for being strict, but Davis says that police forces agree with him—this is the best way that parents can protect their kids from the dangers of being exploited online.

Davis does not let parents off the hook either. He says that adults are just as guilty of not knowing how technology truly works. For example, smartphones can track their every move. Even the vacation photos they post on social media can unwittingly open themselves up to too much information being shared, which can then leave them open to cybercrime, such as data theft, or even physical crimes, such as when opportunistic thieves burgle their houses while people are on vacation. He tells adults not to tag photos on Facebook; of either themselves or their children; not to share too much information, including employment information; and to keep privacy settings tight. One tip he tells his audiences is to periodically search for their names to see what information comes up. If they don't like what they see, then they need to take steps to have that content removed from search engines. Information can be shared effortlessly, and there are countless ways to exploit that information that privacy is now a scarce commodity and should be guarded.

Davis points out that the dark side of the internet is always out there and is always finding new and inventive ways to get at users' personal information. He says that people need to always be vigilant and not take their online privacy for granted. People need to be smart about using strong passwords and to learn the intricacies of their devices so they can be in control of them. So far, he has spoken to over 350,000 people in schools and communities but has also given workshops to the RCMP, the Canadian Border Services Agency, and the Department of National Defense. His presentations are always well-received, but he knows that his work needs to carry on. The message on how to be safe in our digital era needs to be heard by everyone.

To get a taste of Paul Davis' presentations, view his TEDxTalk on YouTube: <https://www.youtube.com/watch?v=zaEn0BQS0vY>
You can also follow him on Twitter, @pauldavisSNS and <https://www.facebook.com/pauldavisips/>
Booking information can be found on his website: <http://socialnetworkingsafety.net>

Carla loves all things paper. She has a habit of impulse buying washi tape, patterned cardstock and other crafty items. She swears she will get around to using her stash...one of these days.

Canadian Education News



Scott Jacobsen

Research Chair announced for STEM Teaching and Learning
Simon Fraser University has announced that Rina Zazkis, Associate Dean of Education at Simon Fraser University, has been appointed the new Research Chair in STEM (Science, Technology, Engineering, and Mathematics) Teaching and Learning. The announcement was made by the Honorable Kirsty Duncan, Minister of Science.

Canadian government and educators want more students in these four, key academic subject areas. Zazkis will focus research in the area of improvement of "training for high school mathematics teachers."

"My research program will help strengthen the preparation of high school mathematics teachers," says Zazkis. "The Canada Research Chairs program will provide an innovative contribution to mathematics teacher education, which in turn will contribute to the quality of mathematics teaching and the successful experiences of learners."

Internships and Startups combine

The Globe and Mail reports that the provision of internships at various startup companies will provide students the necessary opportunities for the demonstration and identification of the students' interests, skills, and talents.

Within their post-secondary education, Canadian students acquire "both fundamental expertise in their subject areas and a competency for learning and acquiring new skills." The core knowledge tied to flexibility makes students better suited for the knowledge economy.

Minister of Innovation, Science and Economic Development, Navdeep Bains, made the recommendation for "educational institutions and businesses [to] 'expand work-integrated learning programs...for Canadians at every stage of their careers.'"

Students and faculty being helped by Canadian universities in light of immigration ban

The Globe and Mail said, "The American immigration ban that is the subject of a battle between Donald Trump and the country's courts has mobilized universities around the world because it strikes right at the heart of the principles of higher education."

Based on an executive order from America President Donald J. Trump, seven predominantly Muslim countries' citizens have been barred from entrance into the United States, but a federal judge has suspended the order from the President.

Canadian universities have rapidly mobilized to open admission or research labs for students and faculty that have been left 'high and dry' by the ban from the United States. This has been seen as a "fundamental threat to the free exchange of ideas."



Shit Happens

Last Tuesday morning I left my house to head into Edmonton for a day of errands. I never made it. A skiff of snow covered an icy patch on our sidewalk, and in a nanosecond I was lying on the ground stunned.

In trying to understand how badly I was hurt, or if I'd be able to get up and back into the house, I didn't even cry. I did think this is how people die; falling down and not being discovered for days. Falling down outside in winter has the added threat of death by hypothermia.

Roy was at an Edmonton conference. I'm always carrying something, and that morning was no exception. I could have gotten my cell phone out and called someone. I didn't. I was able to get up. The pain in my left knee and ankle was unreal. And I'm no stranger to pain. I had to gimp about twenty-five feet to the house, climb up a couple of steps outside, and more inside. Then, I had to struggle down and back up a flight of stairs to get the ice packs from the basement freezer. I elevated my leg, iced the sore areas, and texted Roy and Hilary.

Because the pain was so intense I called Healthlink. When I mentioned I am osteopenic (the stage before osteoporosis) she suggested a visit to an emergency department. Roy left the conference to pick me up. He also tried to get me to use crutches. Either I don't have the upper body strength or was just plain stunned, but I couldn't make them work. At the hospital, I used a wheelchair.

Unlike *Grey's Anatomy*, you can be in a hospital for hours and see virtually no sign of activity. Yeah, yeah, I understand triage. Eventually I was x-rayed (and wasn't that fun—twisting, turning, holding still). No broken bones, doc says. Why the hell does it hurt so hard, I say. Soft tissue injury.

Seven and a half hours later, I'm home with two different pain meds using an office chair as my wheelchair. The Fred Flintstone style of propulsion hurt but it was all I had until my sister brought me a walker on Wednesday afternoon. I come to understand the problems of accessibility. I call the pharmacy for info.

Why two pain meds? Do I take them together or stagger the doses? (Doesn't matter.) Is the narcotic one contraindicated because of my sleep apnea? (Did you have shallow breathing or difficulty waking up? No. Then it's okay.) A few days in, I find that one nauseates me. Lie down for an hour or two with minimal head movement is the advice.

So, instead of being at the Banff Centre for the Arts doing the Writer's Guild of Alberta ten-day retreat, I was praying there was a waitlist so I could get a refund. Instead of meeting with writer-in-residence, Kimmy Beach, to discuss a book project, I am in pain, in pyjamas, wondering what the hell is next. In the meantime, I (try to) count my blessings, see the bigger meaning, read, and wonder why shit happens, from where I sit.



Dear Barb

Barbara Godin

Visual Libido

Dear Barb:

We have a charming sister-in-law and I respect her opinion. One day me, my wife, my sister-in-law, and her husband were discussing different things and the subject of porn came up. She is sixty years old and I am seventy-seven. She is a very liberal person. I told her I look at porn all the time and she was very surprised and told me I shouldn't be watching it. Is there something wrong with watching porn? Big Red.

Dear Big Red:

Great question! I'm not sure I would be able to get into all the issues surrounding pornography within this venue. You did not mention how your wife feels about you watching porn. Perhaps your wife has spoken to your sister-in-law about her feelings on you watching porn and that is why your sister-in-law said you should stop watching it. Many people have strong feelings about pornography because often young girls and boys and women with addiction problems became involved in pornography against their will. Often the men watching pornography choose not to see this reality, but rather convince themselves that the women on the screen are enjoying what they are doing. For the most part this is false. If these women were happy about what they are doing, why would they be hiding this from family members? I believe given the opportunity most women would get out of porn. Ultimately it is up to you and your moral compass whether you watch porno or not. Ask yourself how you would feel if your

daughter or granddaughter were involved in pornography? Given a choice I don't think it's a profession most people would choose. Thanks for your question Red

Dear Barb:

My boyfriend and I have been together for about five years. We love each other and get along great except for one thing, sex. When we first got together everything was great and we had sex pretty regularly. Over time it seems we are having sex less often. I am okay with that, but my boyfriend wants to do it more often. He has said he is afraid I'm falling out of love with him, but I'm not, I still love him tremendously. How can I convince him I love him as much as always, but just don't want sex as much as him? Thanks, Jackie.

Hi Jackie:

Sex is a big issue in relationships and people are rarely on the same page all the time. Some people want more sex than their partner and some less. The main thing is to come to a mutual place where you can both be satisfied. Sometimes planning to be intimate on a certain night or afternoon will create some anticipation and increase your desire. For some people spontaneity works better. This is definitely something that you can work out together. Sit down together and discuss your desires and try to come up with a compromise, if you can't then I would suggest you see a couple's counsellor. It's important to be attentive and affectionate towards your boyfriend, so he will still feel loved and appreciated. Thanks for your letter Jackie.

Follow Barb on twitter @BarbGodin

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.



You've changed as well, Dewey! Should we thank Dr. Ekberg?

Absolutely!
I've never
felt so
joyful and
balanced!



There, now, Alan,
aren't you sorry for
thinking holotherapy
was just decadent
bourgeois self-
indulgence?

After seeing
how you've
blossomed—



Hi, gang! Hey, Alan, I
found some old platters
you'll love! Want to come
down to the rec room
and check them out?

Not now, Serena. My wife and I
have a scheduled date night.

We do?

Yes. I just
scheduled it.



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IMPORTANT DATES

- **Feb 10:** [Deadline to register in a course starting Mar 1](#)
- **Feb 15:** [February degree requirements deadline](#)
- **Feb 16:** [AUSU Council Meeting](#)
- **Feb 28:** [Deadline to apply for course extension for April](#)
- **Mar 10:** [Deadline to register in a course starting Apr 1](#)
- **Mar 14:** [AUSU Council Meeting](#)
- **Mar 15:** [April degree requirements deadline](#)

Who Goes to AU?

AUSU's most recent [Executive Blog](#) dives into the question about who AU students are. In the blog, the AUSU President states:

"The AU students that I have met are successful, intelligent, entrepreneurial, self-motivated, and driven toward success. We have experience and knowledge beyond what we learned in a textbook and the learning we do at AU is enriched through that experience. While AU is our institution of choice for a variety of reasons, we are not without choices."

Let's talk about it – who are the students at AU? What defines us?"

Check out the full blog post online [here](#), and join in the discussion!



AUSU E-Newsletters

Did you miss an AUSU e-newsletter? Want to know what else is going on with your AU Students' Union?

No problem! All of AUSU's newsletters are archived online [here](#)!



AUSU Council Meeting

AUSU's next council meeting is scheduled for **Thursday, February 16 at 5:30pm MT**. Meeting are held by teleconference and all members are welcome to attend.

The meeting package and teleconference instructions will be posted online [here](#) at least 3 business days prior to the meeting. Email services@ausu.org for the complete meeting package.

AU Quick Links

Check out AUSU's "[AU Quick Links](#)" page for a quick and easy way to locate services and resources at AU!



Athabasca University
Quick Links

Courtesy of AUSU



AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

Council Meeting



CLASSIFIEDS

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

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