

# THE VOICE

## MAGAZINE

Vol 25 Issue 11 2017-03-17

### **Minds We Meet**

Interviewing Students Like You!

### **The Return of Green**

The World of St. Patrick's Day

### **Toss that Monkey!**

The Social Student's Photo Feature

*Plus:  
Celluloid Psychology  
Convocate  
and much more!*



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***The Voice  
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## LETTERS TO THE EDITOR



**We love to hear from you! Send your questions and comments to [voice@voicemagazine.org](mailto:voice@voicemagazine.org), and please indicate if we may publish your letter.**

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

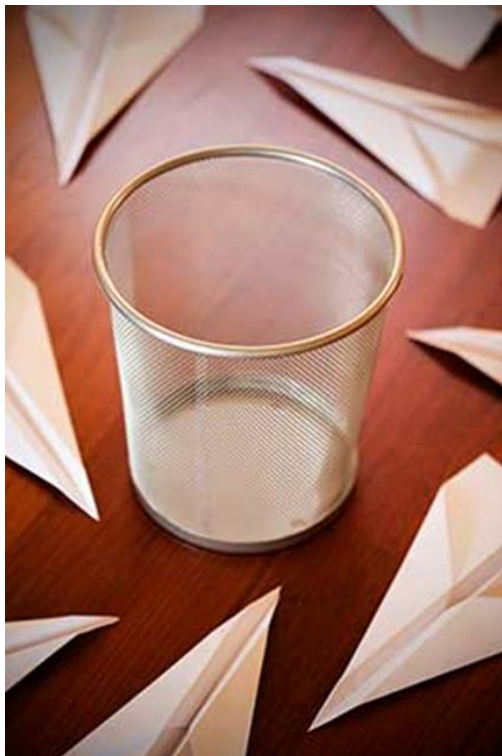
No kidding! We also do the [twitter](#) thing once in a while if you're into that.



## EDITORIAL

### A Pot of Gold

Karl Low



This was a busy week for Athabasca University and AUSU. If you're not already aware, the government has appointed a new chair for the AU Board of Governors. Join us in welcoming architect Vivian Manasc as the new chair of the university. Ms. Manasc, as pointed out in an [albertapolitics.ca](#) article, is the founder and principal of the Manasc Isaac architectural partnership, based in Edmonton, which has a focus on environmentally sustainable buildings. She has her MBA from the University of Alberta, and is an adjunct professor of architecture and the University of Calgary. Her appointment started on March 14th, and will last until 2020. We can expect this means good things for AU's RAIC center for architecture, as well as the environmental studies focussed courses at Athabasca.

Meanwhile, AUSU has elected its new executive and is saying goodbye to its latest Executive Director. Announced during the last Council meeting on March 14th (full coverage of that meeting will be available next week), Executive Director Sarah Cornett will be leaving AUSU as of March 22. AUSU President Shawna Wasylshyn will take on the duties of the position and has already started the process of finding a new executive director. This will be the fourth Executive Director for AUSU

in less than three years, which seems like a very high rate of turn-over for the senior staff of the organization.

When the new Executive Director is hired, he or she will be working with a slightly changed Executive Council team. Councillors Shawna Wasylshyn and Julian Teterenko retains their positions as president and vice-president external and student affairs, and Councillor Scott Jacobsen is taking over the position of vice-president finance and administration from Councillor Kim Newsome, who decided not to run this term.

Meanwhile, in *The Voice Magazine* this week, our feature article is a profile of a student who has just started writing for the magazine. Master's student Melanie Fuller-Brudersas talks about her family and education, and what AU has meant to her.

We also have a look at the unusual popularity of St. Patrick's Day. Most holidays based on a location, say Canada Day or the 4th of July, are rarely celebrated outside of that location. But St. Patrick's Day, with its ties to both a locale and a nationality, is celebrated around the world. It's amazing what beer can do.

This week also has a lot of entertainment for you. Celluloid Psychology finishes off its look at the new *50 Shades Darker* movie, we review Todd O'Keefe's new album, *Uptown*, and interview folktronica group, The Wynter.

Plus, Marie Well has found a new tool that beats Survey Monkey if cost is an object. And she brings us a photo feature to help guide us through using the free tool of Google Forms for your surveys.

And that doesn't get into all of our regular advice, news, events, and other tid-bits we have to keep you amused while you try to remember the words to Danny-Boy. Enjoy the read!

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

# MINDS WE MEET



*Melanie Fuller-Brudersas is a second-year master's student studying Counselling Psychology at Athabasca University. She lives in Ottawa, Ontario with her husband, 3-year-old child, and will add another member to the family sometime this month. Her passion for her studies and have inspired her to get involved with the Canadian Psychological Association as their webmaster, campus representative (for AU), and counselling psych committee planner. Her goals include the PhD program in Clinical Psychology at the University of Ottawa, and is engaged in the thesis route, with prospects of publishing research based on evaluating a program called New Ways for Families for families in high-conflict divorce with Dr. Jeff Chang.*

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

I like to enhance my professional portfolio by seeking out new opportunities, organising time with my family and enjoying the occasional spontaneous outing/activity.

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

I would like to have lunch with Picasso, Viktor Frankel, Tim Burton, Danny Elfman, Terry Gilliam. They are all unique, philosophical original thinkers

who inspire me to take the lead best for me in life. Having thoughts and ideas that are controversial or different can be incredible.

## **What would the meal be?**

Hard to tell. I may imagine a café in Spain, or France! Or just my art room... we may have tea or wine.

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

Hard to pin point exactly who it was. The drive came from inside somewhere.

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

I like that I can access it anytime without panicking that I missed a class or fell behind. What I dislike is not having a physical community to go to - that sense of belonging.

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

Somehow, I always knew it was essential. I went back to high school at age 22 and I remember one day standing on the street waiting for a bus ditching a class and thinking that's it, I can't take this anymore I feel so small. I realised I had no other option but to go back, as it was the only way up anywhere.

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

I would say culture infused counselling psychology. It made me realise how much of what I think is structured by ideas and influences around me and it blew my mind.

**What is most valuable thing in life to you?**

My daughter and husband (and baby on the way in March). Nothing matters more to me than to see them succeed and be happy.

**What have you given up to go to AU that you regret the most? Was it worth it?**

All I can tell that I have given up is making money. I don't regret that at all. Having less money to work with helps me appreciate things more and use my brain in cool ways to solve problems.

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

Maybe have more of a community involvement/ commitment- like maybe skype meetings to chat and meet with other students. I feel like I have this imaginary life at AU.

**What is the most important lesson in life?**

Life is always moving and you must move with it. Like a dance. Nothing stays still, for if it does you are crippled or non-living.

**What's something people don't know about you?**

Not sure. I am really an open book. Perhaps my ability to imagine stories with images as I listen to music is a real talent I possess. It's like a projector that explains what I am thinking and how I am feeling in a way that makes sense and does all the work for me. I listen to a song, I get images and stories, and at the end it all comes together in a way that perfectly explains what I am doing in my life, and why (purpose).

**E-texts or textbooks? Any particular reason(s)?**

I can adapt to e-texts for the greater purpose of protecting the environment. I do like books, but its necessary to shift to technology at this stage I think.

**How do you find the tutors?**

I'm in the Masters program and so far I have had trouble with one professor who I found unreasonable. Otherwise, good. I find students need more instruction on how to work in groups within an online environment. People tend to be too scared to "rock the boat" or displease members at the expense of using their critical thinking skills to build together and produce quality work.

**Where has life taken you so far? (travels for pleasure, work, etc.)**

I have gone to workshops and conferences with CPA, New Ways for Families and Alberta for a building working alliance class. This was all last year and it is the most I have travelled in 8-10 years. More travel is expected because I am on the committee for the counselling psychology summit (2018) and I am on the executive committee for counselling psych with CPA so must attend that convention again in Toronto this year.

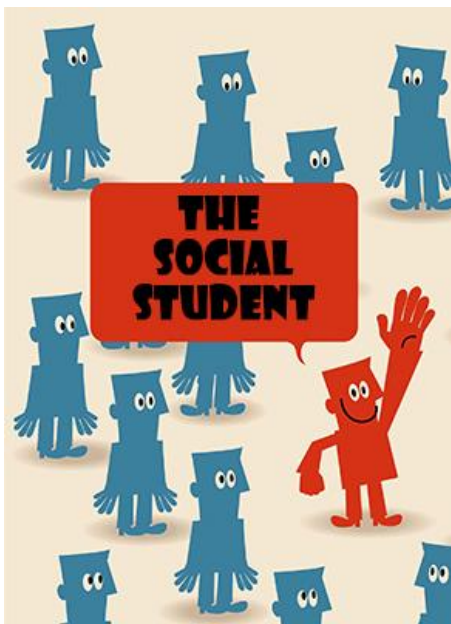
**What (non-AU) book are you reading now?**

Right now, I am slowly reading Viktor Frankel's *The Doctor and the Soul*. This is helping me beat procrastination and be active in my responsibility as a person to grasp my meaning and life's purpose.

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

The Social Student  
Toss the Monkey!

Marie Well



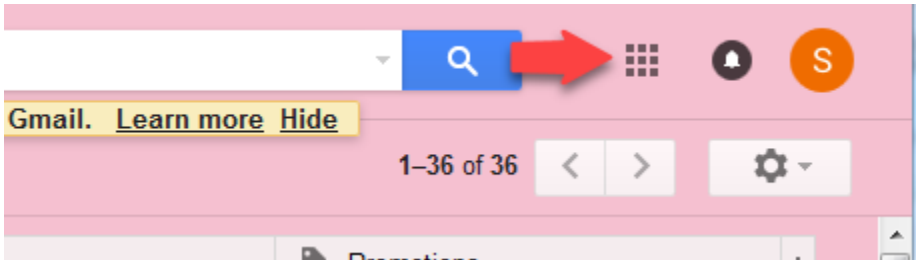
I misled you. In [a past article](#), I recommended using SurveyMonkey. Sadly, the survey beast costs \$35 a month—that is, if you want a survey with more than ten questions or a hundred respondents. So, I've found a free alternative: Google Forms.

As a caveat, respondents need to sign-in to Google to fill out your Google Form survey. Although the sign-in poses a proprietary pitfall, the surveys are free. (I prefer to spend \$35 a month on a dinner and show, not on surveys.)

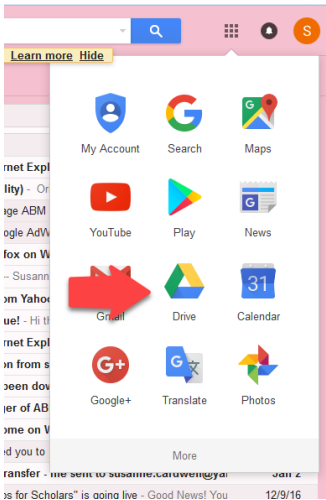
I'm going to show you the steps for making surveys in Google Forms. In the end, you'll wind up with a link to your survey that you can post and promote on social media. Here's a link to a survey I threw together in two days: <http://bit.ly/2mNpbZz>.

Below are the nine steps for making a free survey:

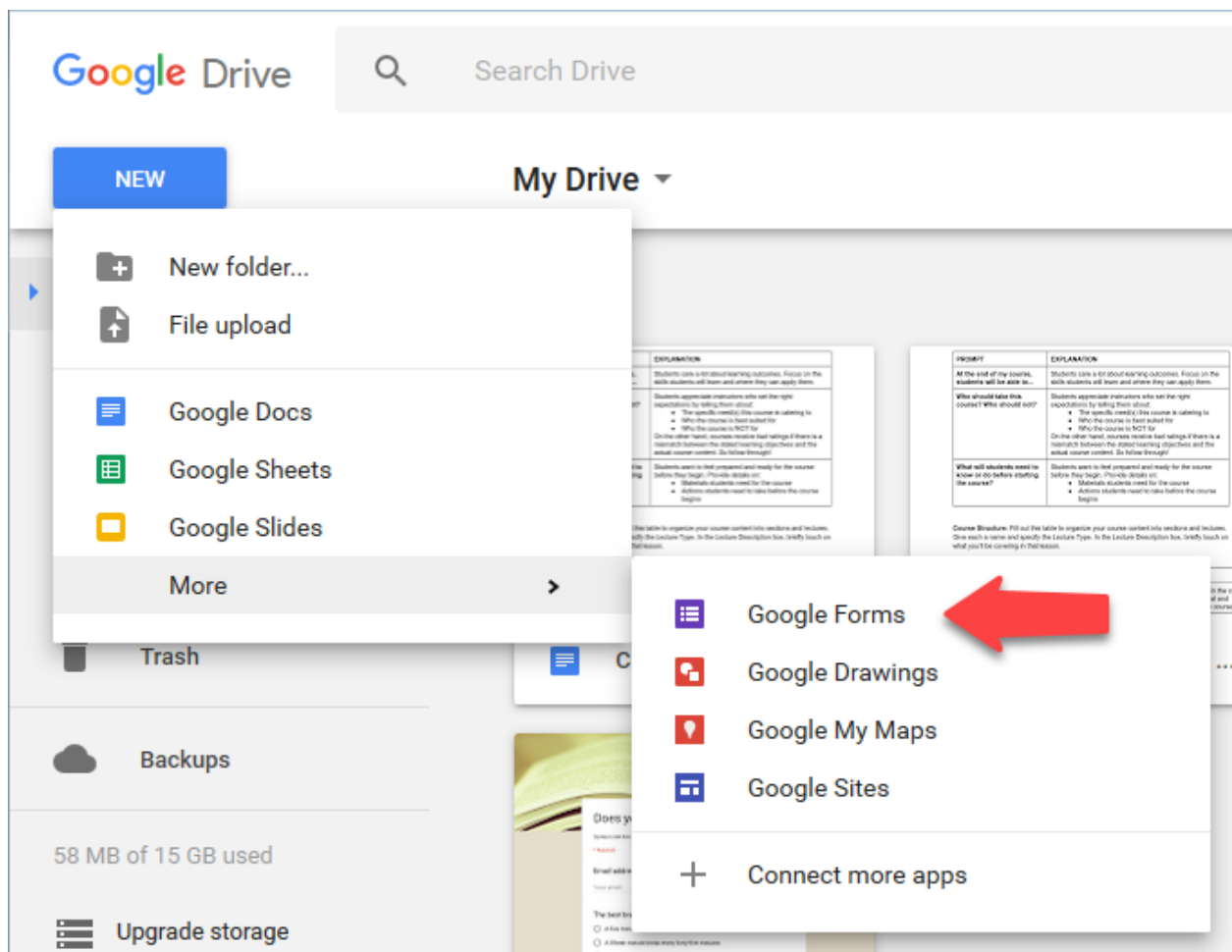
Step 1: Sign in to your Gmail account and click on the six squares on the top-right of your account.



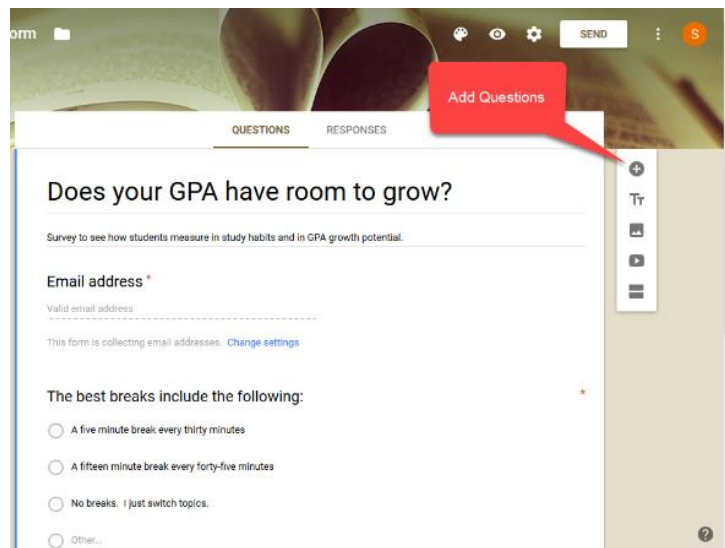
Step 2: Select Google Drive from the drop-down menu.



Step 3: In Google Drive, select "New" and then "More" and then "Google Forms" in the menu.

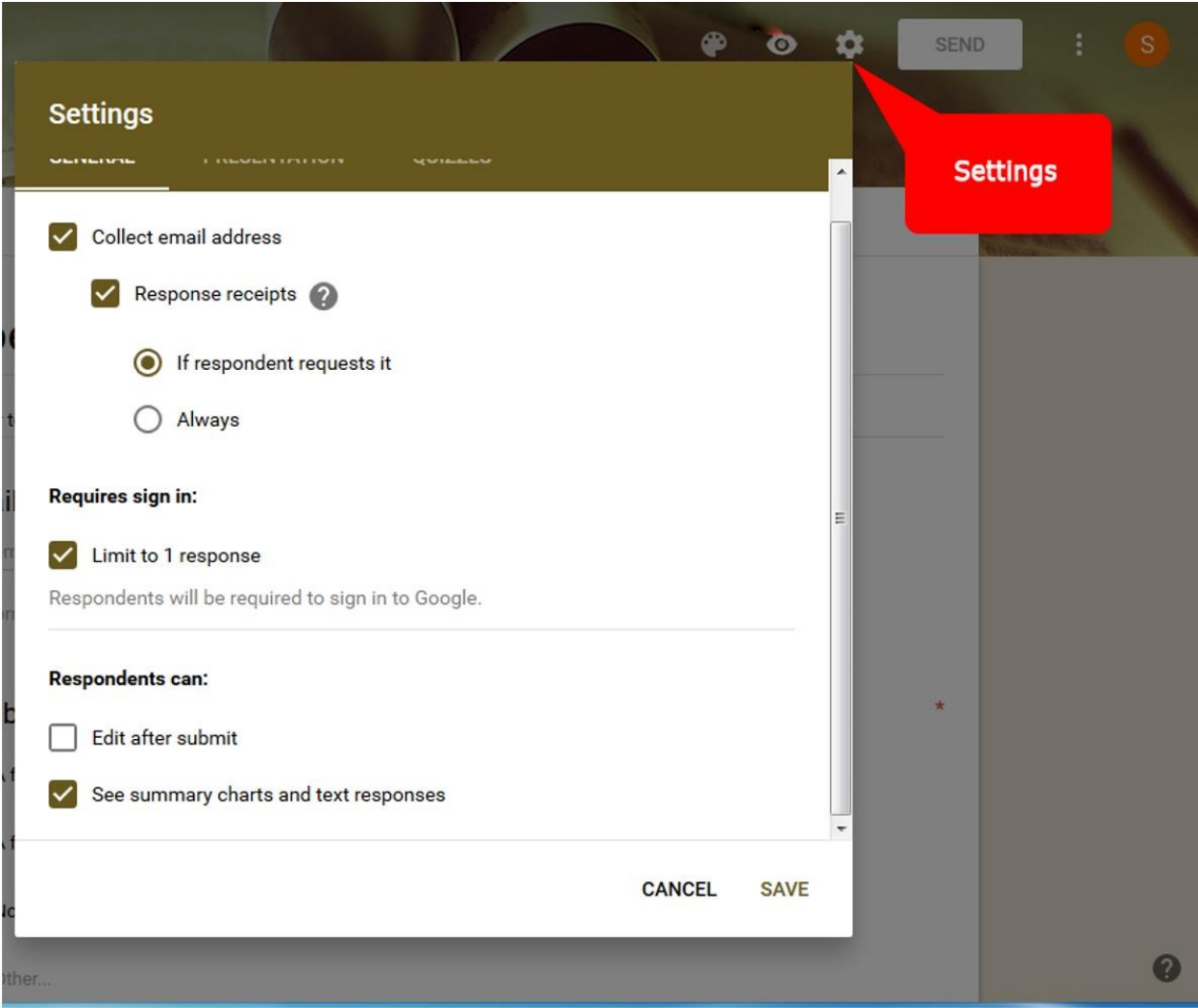


Step 4: Build your survey by adding questions, sections, and formatting.

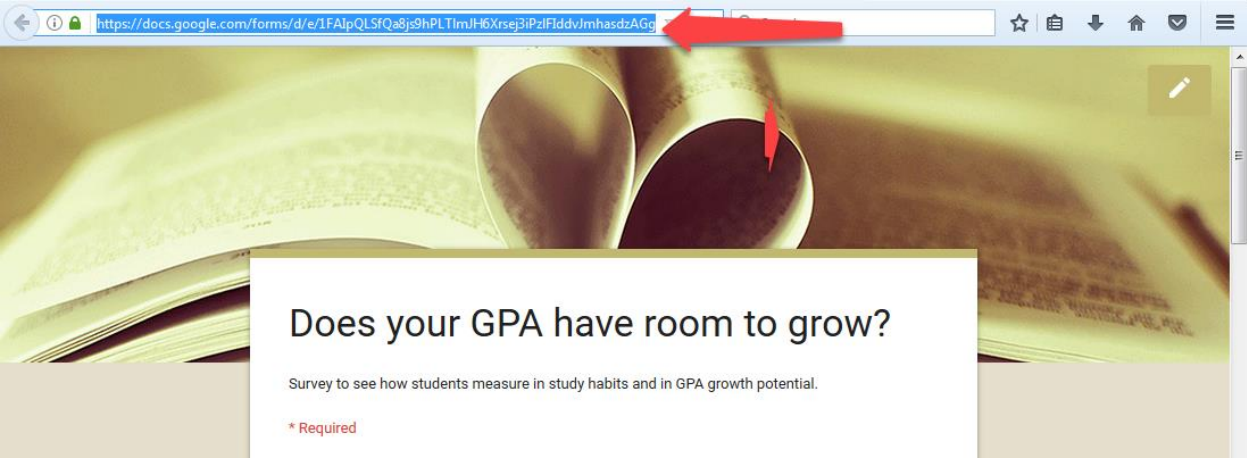




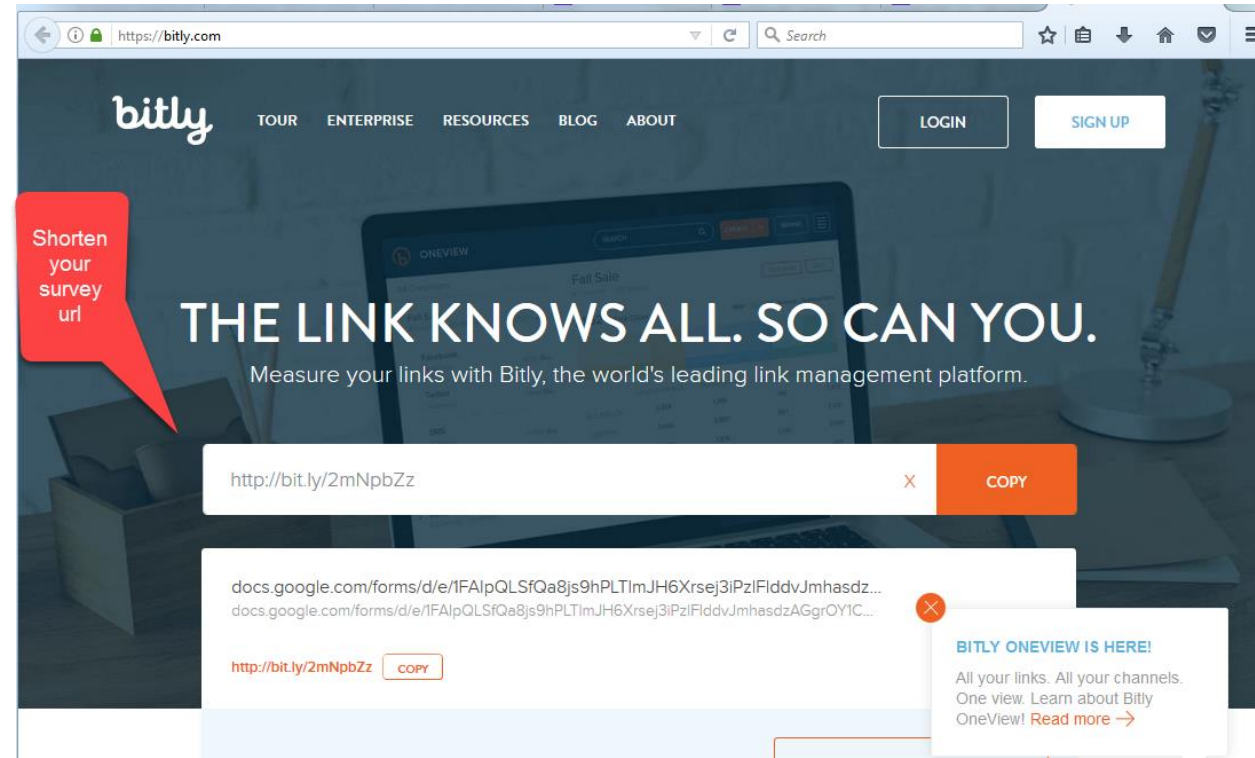
Step 5: Go into Settings to add whether you require emails, whether respondents fill out surveys once only, or whether to turn the survey into a graded quiz:



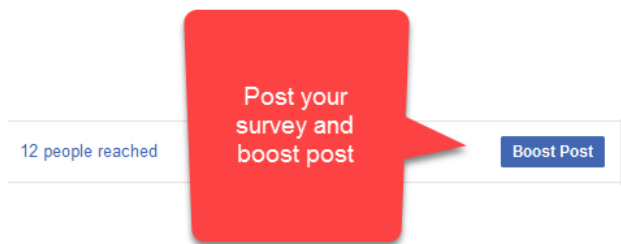
Step 6: Preview your survey to capture the URL.



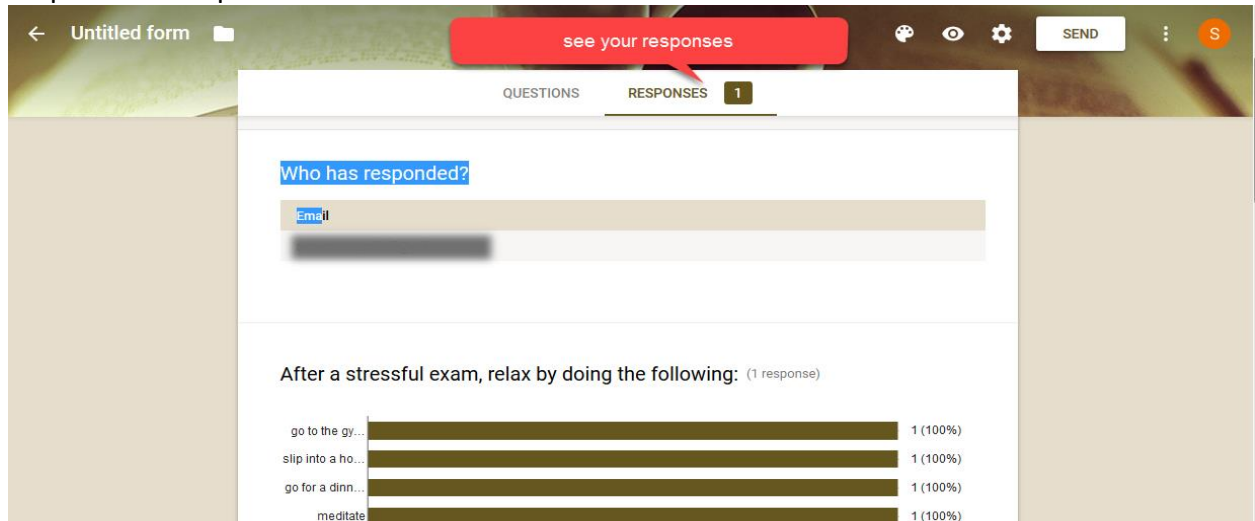
Step 7: Shorten your survey URL in bitly.com



Step 8: Post the link on social media. In Facebook, boost (promote) your post. In Facebook, you can advertise your survey based on gender, age, interests, and location.



Step 9: View responses.



Once you have your responses, you can download them as a CSV file or Excel spreadsheet. Still not convinced? Well, you can add questions about demographics as well as numerical responses. And if you can upload a CSV or Excel file to SPSS, surely you can upload a Google Form's Excel file—with some tweaking, of course.

On a final note, I promised some discussion of traditional surveys. Mail-outs, in-person surveys, mall kiosks, telephone surveys—these are all traditional options for passing around your survey. These traditional approaches take a great deal of time and money.

So, kick aside costly approaches (including SurveyMonkey). Instead, try out Google Forms. By doing so, you'll get unlimited questions and responses—for free. With that said, go treat yourself to a dinner and show—on my advice.

## Scholarship of the Week

**Digging up scholarship treasure for AU students.**

**Scholarship name:** Costcalculator Scholarship Program

**Sponsored by:** Costcalculator

**Deadline:** March 31, 2017

**Potential payout:** \$1000

**Eligibility restriction:** Open to senior high school, college, or university students.

**What's required:** An e-mail with your contact and student information and a 500-1000 word article on the Importance of Entrepreneurship in Economic Development

**Tips:** Essays are judged on creativity, value, and feasibility.

**Where to get info:** [costculator.com/scholarship/](http://costculator.com/scholarship/)



## The Return of Green

Barbara Lehtiniemi



On March 17, it is said, everyone is Irish. In Canada, it sometimes seems so. From Montreal to Manitoba, from Toronto to the Calgary Tower, green-attired St. Patrick's Day revellers will march in parades, wear shamrocks, and drink green beer.

The cross-cultural appeal of St. Patrick's Day celebrations is exceptional. Does anyone outside the Finnish culture celebrate St. Urho's Day on March 16? Unlikely. How about England's patron St. George on April 23 or Scotland's St. Andrew on November 30? Even with my mixed English/Scottish heritage, I had to look up those

dates. But on March 17, I always know what colour I'll be wearing.

Green may be the prime attraction of St. Patrick's Day. By mid-March, Canadians are tired of a colourless landscape. Sure we get some brilliant blue-sky days, but everything at ground level is grey, white, and washed out. Easter may splash out with colourful eggs and bonnets but its variable date makes it unreliable. March 17 arrives just when we've developed a longing to see green, growing things again. Conveniently, St. Patrick's gives us a reason to haul out forty shades of green to jolly us along until the real thing fights its way out of the frozen ground.

Another attraction of St. Patrick's Day is a pent-up need to indulge in a party. With March 17 sitting squarely between New Year's Eve celebrations and the May 24 weekend, St. Patrick's Day is a convenient mid-point in the party schedule. Even the education system recognizes this: March Break, anyone? St. Patrick's celebrations don't just involve green and/or Guinness beer, but enormous parades along with green-theme decorations, clothing, and food.

Ireland didn't pick up the St. Patrick party habit until North America proved how much fun it could be. St. Patrick's Day parades began as early as the 18th century in cities such as Montreal and New York, where great numbers of the Irish diaspora gathered to celebrate their heritage. Parades for St. Patrick's Day didn't show up in Ireland until the early 20th century. Celebrations in Ireland proved so popular that the customary Lenten prohibition of alcohol had to be lifted for the day.

The cross-cultural appeal of St. Patrick's Day has spread around the world. Countries as diverse as Russia, Japan, and Argentina mark the day with parades and festivities. March 17 is a national holiday in the island nation of Montserrat, one of only two countries in the world to make it so (the other is, not surprisingly, Ireland.)

In 2013, St. Patrick's Day achieved a new dimension when intrepid Canadian astronaut Chris Hadfield donned a green bow-tie and sang the Irish ballad "Danny Boy" while orbiting earth on the International Space Station.

Back here on earth, millions around the world are once again celebrating St. Patrick's Day. Whether Irish or not, celebrants enjoy the green-tinged festivities as a way to usher in the coming spring and the return of green.

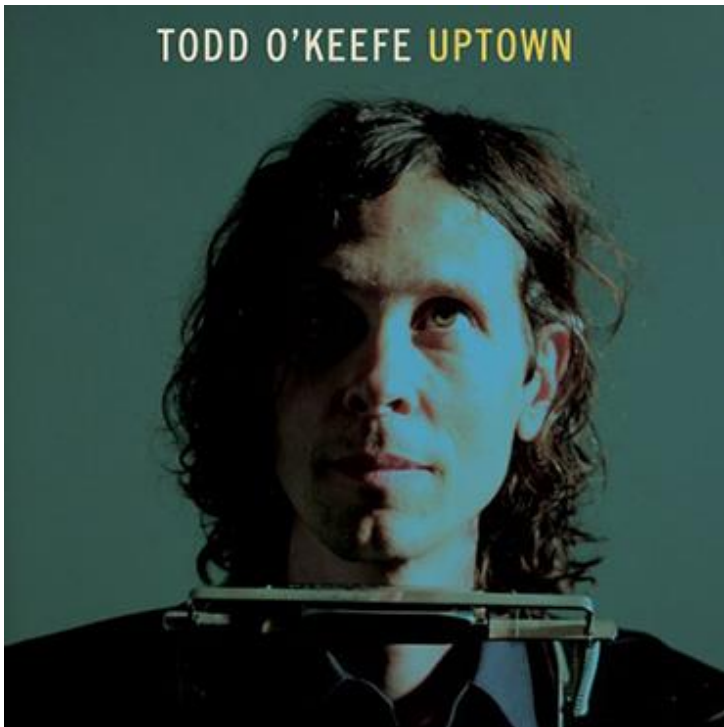
*Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario.*



## Music Review

Todd O'Keefe

Drew Kolohon



**Artist:** Todd O'Keefe

**Album:** Uptown

In his debut solo album, *Uptown*, Todd O'Keefe keeps it simple with a guitar, a harmonica, and his voice, but that doesn't mean this album lacks in substance. The bare bones aspect of it leaves us with no distractions and lets us focus on the strong vocals of O'Keefe. O'Keefe has recorded with great artists such as Jeff Beck, Ray Davies, and Elvis Costello. But he is not just a session musician, and, though a key member of The 88 and The Green and Yellow TV, O'Keefe gives us a rare treat with this solo album.

*Uptown* starts with one of my personal favourites on the album "The Man On The Mountain". This song's bridge is so catchy, not only does O'Keefe sing it but he plays it beautifully on harmonica. The next few songs, such as "My Hometown" and "The Day She Said

Goodbye", may have a sorrowful message, but O'Keefe blows them out of the water with his strong folk voice. With a change of pace "Laughing Gas For The Idle Class" hits you immediately with an energetic guitar sound backed up by his soulful harmonica. This song, which stands out from the rest with its fast tempo and spirited vocals, creates an interesting crescendo effect on the album, starting soft, moving to a more energetic feel, and then coming back down again. Closing the album with "She's Upstairs", O'Keefe leaves us with a comical lyrical scheme, playing with tongue twisters and befuddling story-telling that leaves a smile on your face. This album sounds like a mix between Bob Dylan's music and The Beatles' vocals.

O'Keefe has had a long and storied history in the music industry. After recording their self-titled album, The 88 had the chance to tour with Ray Davis. This eventually brought them to The Royal Albert Hall in London, England. After this O'Keefe and The 88 had the opportunity to record at the world famous Konk studios in Tottenham. The list of musicians that O'Keefe has toured with is a long one, from The Smashing Pumpkins to The B-52's and even recording songs for T.V. and video games, O'Keefe is no rookie in the music world. For a musician with such an illustrious past it is hard to believe that this is his first foray into a solo career, but he has definitely succeeded in leaving his mark.

While he doesn't usually play shows outside of California, but if you get a chance you can find his tour schedule [on his website](#). *Uptown* is available through O'Keefe's website as well as iTunes, and for streaming on Spotify. I strongly encourage you to pick up this album and share in the raw passion that Todd O'Keefe brings to his first solo venture.

*Drew Kolohon is an avid music fan who is finishing up his bachelors degree in English.*

## In Conversation

### ...with The Wintyr

Wanda Waterman



*The Wintyr is an alternative folktronic group based in both London and Cape Town.*

*Band members Evelyn Hart (songwriter, vocals/synths), Tristan Carmichael (synths/guitars), and Brendyn Rossouw (percussion) met in a studio session for Hart's solo career, and, after discovering how well they clicked, they decided to form a trio.*

*They released their first album, Fury, on March 10. In the video for the track "Followers" the gorgeous cinematic sound is matched with awe-inspiring*

*aerial photography. Evelyn Hart's strong, agile voice delivers lyrics that are both engaging and meaningful. The Wintyr's frontwoman, Hart recently took the time to answer our questions about the band's special sound and how it came about.*

#### **Describe your musical backgrounds. What role did music play in your childhoods?**

Our musical backgrounds are quite varied. I only started playing piano and writing songs in college. Tristan played classical music since primary school and had two musical parents. Brendyn began playing drums in high school and had several bands before the age of 18.

#### **How did you develop that unique sound?**

As a band we were lucky enough to work with an amazing producer from the song writing stage, a guy by the name of Jeremy de Tolly. He introduced us to some really interesting sounds and artists, and this stretched our musical capacity in huge ways.

From there we just experimented with tons of different instrumentations, building on my original songs. We delved deeply into Nordic and Icelandic producers, avant-garde electronic music, and loads of fringe performance artists.

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

We like to call it "cinematic electronica."

#### **What's the story behind "Dark Hill?"**

Much of my song writing is a plea for the listener to reflect on themselves and their lifestyles, to know and understand what they believe in and why. "Dark Hill" is a song about choosing to face your demons.

#### **How easy is it for a woman to break into the music industry—and stay there—these days?**

As a woman, I think it's about experimenting with your art and being able to stick to your convictions. There's no one like you on the planet, so don't imitate. Don't be too worried about being original or clever or impactful;

first, focus on being you. Everything you do will then be strong and have meaning because it's authentic to you. Tell your story and have a testimony. Don't be ashamed for having a different view on life. That's why we need art; it's about expressing how you see the world around you. It should challenge and also comfort.

**Which city do you find more creatively stimulating, London or Cape Town, and why?**

Coming to London is always inspiring, as the music scene is much bigger, more varied, and much more active. There's so much happening and so much talent that it really opens the doors to what you're also capable of. Cape Town is a small city in comparison, and the scene is also very small. But there's an edge about living in an African city that's also so stimulating; it's an energy and a buzz you can't describe. There's no comparison, really!

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

Time and space to sit and create. And good coffee!

**Are there any books, films, or albums that have deeply influenced your development as an artist?**

Music for film has always been beautifully motivating and inspiring. The love of cinema really drove us as a band! We also love Sci-Fi themes and all of the aesthetics that come from that; deep space, star gazing, retro '80's memorabilia.

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

Definitely! Though I think the greatest impact you can have is to help a listener to examine himself and ask the deep questions. If more people on this planet were aware of one another's pain, I think there would be less war and strife. I feel a particular calling to this. Listening to music is like deliverance.

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

To make people feel and make people see.

**Tell us about your current and upcoming projects.**

As a band, at this point we'll be doing more writing for upcoming singles and also prepping to play the new album to local audiences.

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

## From the PSE Newsdesk

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

**St Patrick's Day message from university to students: go to class.** Students at Wilfred Laurier University in Ontario received an email earlier this month from the dean of students reminding them that they are expected to show up for class on March 17. The Waterloo Region Record reported in a recent article, *Safety and respect are messages for students partying on St Patrick's Day*, that local authorities are being proactive ahead of the annual student-driven festivities. Past years have seen thousands of students celebrating St Patrick's Day by congregating and "openly drinking" in a nearby student-saturated neighbourhood. Meanwhile, at AU: crickets.



## Celluloid Psychology

### 50 Shades Darker



Melanie Fuller-Brudersas

### 50 Shades of—Not What I Expected Part II

*Last week we looked at the film 50 Shades Darker in the context of reviews of the previous film. Many reviews categorized it as glorifying abuse and dysfunctional relationships. But to those that want to look, there may be more to the story.*

When I gave the film a chance, I found it was an effective vehicle to tell a cautious story on the value of love and relationships. The film is a dramatic irony. We know what is happening to Anastasia is not healthy, and we know that she is struggling with setting her boundaries as an autonomous person. For example, we see

that Anastasia's need for personal autonomy clashes with Mr. Grey's sadistic tendencies that threaten her individuality and safety. This is what led her to leaving the relationship at the tail end of the first film. In *50 Shades Darker*, you also see her give in to Mr. Grey's orders and demands. She appears to be in a dream-like state or under a spell of some kind while the people around her warn her that she is entering a disaster.

An interesting similarity is noted between the *50 Shades of Grey* series and the film *Eyes Wide Shut*. Mostly, the dreamy blurred lights for each scene with Tom Cruise as he embarks on several *what if* experiences prompted by his desires were scenes that, if acted out, would destroy his marriage. Those dreamy possibilities were only dreams, but with very real and very abruptly shattering life consequences. How close is Anastasia to walking off a cliff blindfolded? This is why *50 Shades* is a suspenseful series stocked with dramatic irony. The story is dreamy, cautionary, and not what it seems.

The glamour within the scenes of the film are meant to draw the viewer into the moment of the movie. Sex and violence sell. Like Anastasia, we are drawn into the sensational depictions of erotica, sex, mystery, violence, and flashy things. In *50 Shades Darker*, however, there are moments that abruptly snap the viewer out of the dream but not Anastasia. This is the dramatic irony within the story; you see what is happening to the main character to her own oblivion. Could our internalised oppressive ideals be challenged by this story and the dramatic irony within it? Can this example of the distorted sensuous ideal of a relationship snap us out of what we consider a real relationship? Or do we continue to swipe right?

The relationship portrayal in *50 Shades* is very dreamy and surreal, similar to a nightmare. Soft, misleading, and terrifying. The main character is so infatuated within the erotic stages of love that she appears blind.

Theorist Viktor Frankl claims "just as there are three layers of the human person, so are there three possible attitudes toward it. [The] Most primitive attitude concerns itself with the outer most layer, sexual attitude. One step higher, is the erotic or erotically disposed person [who] penetrates deeper than the one who is only sexually disposed. Loving is the end stage of eroticism which surpasses time energy and space" (Frankl, 1986). The curtains of illusion behind Mr. Grey's and Anastasia's relationship are pulled back when you analyse the meaning



of true love, as you see that the loving stage is the unattainable for the main characters who remain fixed within the temporary sexual erotic stages. This is obvious by the number of sex scenes and eroticism which Mr. Grey uses to emotionally control Anastasia. For example, any time she wakes up and realises she could be in a trap, he guilts her with his tormented past, or he'll say things like "don't leave me" when she speaks up to say "I need time to think," or "this isn't a relationship, this is ownership". She does have her moments where she awakens to see the reality of their relationship, but gets dragged back into the emotions involved in sexuality and eroticism.

This is not love, as Mr. Grey's behaviour forces eroticism via fear of abandonment. As Frankl writes on the meaning of love, "The person who has a fixation on overvalued eroticism tries to 'force open' that door to happiness of which we have remarked with Kierkegaard, that it 'opens outward' and does not yield to violent assault "(Frankl, 1986). And in conjunction suggests, "pay attention when people act with anger and hostility to your boundaries. You have found the edge where their respect for you ends." Another remark of Frankl also notes how the person who confuses love with sex wants to be taken, but not taken seriously. This is echoed in a scene where Anastasia's boss tries to become sexual with her and asks her "do you want to be kept, or taken seriously?" This scene is clearly meant to be ironic, as no one who forces themselves on you against your will could have ever take you seriously. But it also foreshadows her struggles with conceptualising true love and seeing past illusive curtains.

Given these dynamics of the two characters; Anastasia, who confuses her boundaries (being taken with being taken seriously) and Mr. Grey, who is fixated on eroticism and uses it to try forcing the door to happiness, you see behind those illusive, dreamy curtains. Both are tragic characters who could not be further from true love, despite how physically close they are in nearly every scene of the film. Thus, this film is more complex than imagined. Human relationships are more complex than imagined, and the artists portrayal attests to this.

Thus, the relationship between Anastasia and Mr. Grey fools you into thinking the author intended to present this couple as *relationship goals*. This is evident by the outrage sparked on social media, reviews, and other journal articles. The

## AU-thentic Events

### Upcoming AU Related Events

#### **AU Open House Info Session - Calgary**

Sunday, March 19, 1:00 to 3:00 pm MDT  
Arts Commons (The Hub), 205 8 Ave SE, Calgary AB  
In-person  
Hosted by AU  
[athabascau.ca/discover/open-house/](http://athabascau.ca/discover/open-house/)  
register online at above address

#### **Executive MBA Info Session - Winnipeg**

Monday, March 20, 5:00 to 6:30 pm CDT  
Delta Hotels by Marriott, 350 Saint Mary Ave, Winnipeg MB  
In-person  
Hosted by AU's Faculty of Business  
[business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-winnipeg/](http://business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-winnipeg/)  
register online at the above address

#### **Faculty of Business Mixer - Winnipeg**

Tuesday, March 21, 5:00 to 7:00 pm CDT  
Corrientes Argentine Pizzeria, 137 Bannatyne Ave, Winnipeg MB  
In-person  
Hosted by AU's Faculty of Business  
[business.athabascau.ca/event-details/au-faculty-of-business-winnipeg-mixer/](http://business.athabascau.ca/event-details/au-faculty-of-business-winnipeg-mixer/)  
register online at the above address

#### **Research Ethics Review "Surviving the Ethics Approval Process Unscathed"**

Wednesday, March 22, 1:30 to 2:30 pm MDT  
Online  
Hosted by AU's Faculty of Graduate Studies  
[fgs.athabascau.ca/news/presentations/](http://fgs.athabascau.ca/news/presentations/)  
e-mail [fgseducation@athabascau.ca](mailto:fgseducation@athabascau.ca) to register

#### **Welcome to CFL Week from AU - Regina**

Thursday, March 23, 11:30 am to 1:30 pm CDT  
Crave Kitchen + Wine Bar, 1925 Victoria Ave, Regina SK  
In-person; limited space  
Hosted by AU Recruitment Team  
[www.eventbrite.ca/e/cfl-week-athabasca-university-lunch-reception-tickets-32196089370](http://www.eventbrite.ca/e/cfl-week-athabasca-university-lunch-reception-tickets-32196089370)  
register online at above address

#### **Bannock and a Movie "People of a Feather - Part 1 of 2"**

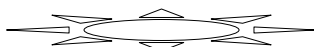
Friday, March 24, 12:05 to 12:50pm MDT  
AU, Peace Hills Trust Tower, 12th floor, Room 1222, 10011 - 109 Street, Edmonton AB  
In-person; limited seating  
Hosted by AU Centre for World Indigenous Knowledge and Research  
[indigenous.athabascau.ca/documentation/People.pdf](http://indigenous.athabascau.ca/documentation/People.pdf)  
Register by phone (780)428-2064 or e-mail [ivyl@athabascau.ca](mailto:ivyl@athabascau.ca)

romantic glamorisation of an abusive relationship? Or a tale or lesson to people to be aware of the non-lasting or temporary gratuitous things so often confused as signs of a real relationship? The fact that I hear so many comments about the relationship between the characters as glamourized may indicate incomplete awareness of internalised values of an oppressive dominant societal ideal. However, the outrage of recognition over an unhealthy relationship being present in a film is a positive sign. This is the point and message behind this tragic film. These flashy gratuitous components are not the real pleasures of a true relationship. You can have all the objective values of what people consider pinnacle to achieving happiness, but, even with those things, anyone in this relationship would be absolutely miserable. Thus, there is a message behind this story if it is given the chance to be taken seriously.

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*Melanie is a second-year Masters student studying Counselling Psychology at AU. She is fascinated by pop culture and uses a critical lens of examining its meaning in the context of modern psychology.*



## The Creative Spark! Dig Deep

Marie Well



Do you ever wonder what lurks behind your hidden madness? Well, the subconscious mind will bring you closer to your unbridled truths. And these truths don't add up to logic—at least not in this crazy world. What makes sense to one era is irrational in another.

For instance, in biblical times, pagan believers sacrificed their children in fires. Children often didn't have names for the first several years as their mortality rate was high. So, ritual sacrifices of children seemed somewhat acceptable.

Not in this era! This era has its own craziness. And our subconscious minds busily percolate these absurdities of normal life. So how do you understand your subconscious mind? One way is to crack the code of subtext. Subtext forms a big part of how actors interpret scripts. Subtext consists of subconscious drives and unstated thoughts. Subtext is often

some secret that shows up in body language.

But how does subtext apply to academics? Subtexts make for deeper, more creative analyses. Subtexts dig through the clichés and norms to get to original ideas. In short, subtexts trigger breakthroughs.

Judith Weston, author of *The Film Director's Intuition* connects subtext with intuition. And many authors connect intuition with creativity and originality. I offer Weston's insights on subtext in bold below, followed by my musings.

**Try to imagine another person's experiences as a door opening to your own subconscious.** Imagine a researcher reveals that her studies on sibling death originated from her own guilt over her brother's death. Let your subconscious mind take over. In other words, let suppressed associations come to mind. For instance, did you ever rescue someone inadvertently? Did you ever plead with a friend not to fly with a drunken pilot the day before the plane crashed? And did you wonder if your pleading caused the crash? Turn your inner thoughts into subtexts.

**Don't label a character with a shallow adjective like "angry" or "jealous." Instead, look at the character's experiences and subconscious drives.** The wiser I get, the more I look at things from others' point-of-view. For instance, mom and I fight. But lately, I try to reason our conflicts from her point-of-view. When I do, forgiveness comes easily. Similarly, don't label an author as selfish or shallow or misinformed. Instead, identify with the author's complex inner world. Expand your perspective.

**Use metaphors ("as ifs" and examples) to suggest subtext.** If you don't want to state outright an author's subtext, then imply it—with a metaphor. If an author says a perfect being would not have created imperfect beings, suggest that the author makes this claim as if perfection comes without its own problems. In my view, the opposite of ideal perfection is human perfection—and human imperfection is closer to ideal perfection. Just ask anyone with anxiety.

**Whenever you see something as unquestionable "truth," think of its opposite as truth.** If you think that people with psychosis end up in jail cells, then think of the outlier who was hired as a CIO of a bank. True story. So, fake it until you make it. Whatever you've failed at, the opposite may too be true.

**Avoid cliché notions.** Recently, the quote "fake it until you make it" seemed wildly original. Now, it's cliché. So, use your own experience to veer away from the cliché: "Once you make it, bulletproof your fake." Or, simply stated, "Justin Bieber it."

**Make firm subtext choices based on your personal experiences.** Similarly, with the authors you cite, make firm subtext choices based on your worldview. If an author thinks optical illusions are not illusions, but relative and contextual realities, then how does that fit in with your experience?

From my experience, an optical illusion of a line with inward versus outward arrow endpoints do appear to have different lengths. Yet, measurement shows the line lengths are the same. But, from my *personal* experience, the Cartesian coordinate system doesn't account for motion parallax. A grid on a window reflecting moving cars while I moved told me a surprisingly different story. In other words, I believe our measurements of the world are as stupid as robots designed to burp.

Add subtext based on your personal experiences.

*Now that you know how subtext impacts your academics, unleash your intuition. As Dr. Yunus once said, "Morality is time and space bound." What makes sense today is senseless tomorrow. A paradox? I call it a Creative Spark!*

## Convocate!

Deanna Roney



It is getting to be that time of year when students nearing the end of their program are trying to decide whether to make the pilgrimage to Athabasca for convocation or not.

I decided early that I wanted to make it there, I wanted to walk that stage and be handed the degree I had worked so hard to earn. As the date neared, and I added up the kilometers, the hours, the money, I wondered, is this going to be worth it? Should I be making this trip for a symbolic walk across the stage when my degree had already been mailed to me and the folder we are handed is all but empty—symbolic. Still, I decided to go, I had worked hard to get the courses finished in time to make it there last year, it seemed silly to waffle.

And, I am so glad I did. It was an amazing experience. It was the perfect way to put a period at the end of the chapter. It topped it off and made it feel done, finished,

achieved. If I hadn't gone I think it would have felt like it had just faded off, there would have been no closure. In the weeks that followed my final assignment it felt incomplete. I received final grade, even the degree in the mail, and still somehow it felt unfinished. But, going to Athabasca, *seeing* the university, walking through the library I had called so many times, made everything feel solid, real, and finished. I was surrounded by classmates I had never met and I was amazed at the connection I was able to find with them. I saw students that I chatted with many times on the Facebook groups, and I heard the stories of everyone as they walked across that stage, everything they dreamed of, from running a bee farm to the struggles they overcame to be standing on the stage to hold that degree—dhow that was instrumental in realizing their dreams.

So, if you are able, I would strongly suggest going to convocation. I came away with such a feeling of accomplishment. Something I *should* have felt even without it, but there was just something about being there and being a part of the buzzing of excitement. AU does an amazing job in organizing convocation. There is no time for a rehearsal, like other schools do, but they have it down; it's done with such precision that it doesn't matter if you know where you're going or not, there is someone at every turn, every moment to guide you or show you where to go. I was anxious about this part of it, how do I know what to do, when to do it, but they have put this on so many times it is seamless and stress-free, the only thing I had to worry about was tripping on my way across the stage, and I am sure if that happened, they had someone ready to make it feel not so embarrassing.

But, if you can't go, (after all, AU students are rather spread out across the world) I would suggest doing something to celebrate your achievement, even just watching the livestream of convocation. Achieving your goal, finishing your degree, is a huge step. Finishing it through distance education is even more of an accomplishment and shows your level of commitment to yourself and your dedication to your studies. Don't let the completion of that go unmarked. Celebrate yourself, celebrate your classmates.

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



## Women of Interest

**Ruth Wakefield** was born June 17, 1903, in East Walpole, MA and died January 10, 1977, in Plymouth, MA. She was the creator of the world-famous Toll House Cookies. Wakefield began her career in 1924 as a dietician and lecturer. Eventually she and her husband bought an inn, which they named the Toll House Inn. She accidentally discovered the recipe for her famous chocolate cookies which she later named Toll House Cookies. As a result of her recipe the sales of Nestlé's chocolate chips increased, thus Andrew Nestle approached Ruth Wakefield about a business arrangement. Wakefield sold the rights to her cookie recipe to Nestle for one dollar and a lifetime supply of Nestle's chocolate, as well they both agreed that the recipe would be printed on the back of chocolate chip package. Wakefield's Toll House Cookie recipe continues to be the most popular cookie in America.

Following is the recipe for Toll House Cookies:

<http://www.seriousseats.com/recipes/2011/11/original-toll-house-chocolate-chip-cookies-recipe.html>

Additional information about the life of Ruth Wakefield can be found at the following sites:

<http://www.women-inventors.com/Ruth-Wakefield.asp>

[https://en.wikipedia.org/wiki/Ruth\\_Graves\\_Wakefield](https://en.wikipedia.org/wiki/Ruth_Graves_Wakefield)

## Student Sizzle AU's Hot Social Media Topics

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

### AthaU Facebook Group

Stefani wonders if students can take the full RN program through AU or only as a bridge from an LPN. Tom shares his take on the student teleconferences relating to AU's third-party review. Nicole asks how long it takes for a final course mark to be posted.

Other posts include ProctorU, why cats make poor study buddies, and courses ENGL 255 and PSYC 333.

### Twitter

@AthabascaUSU (AUSU) tweets: "What would like AUSU to advocate to AU about?"

Email ideas to [augoals@ausu.org](mailto:augoals@ausu.org), text to 780-900-0908, or post to social media with

#AUGoals."

@AthabascaUBiz tweets: "Attention all Thesis-route Master's & Doctoral Students! The 3 Minute Thesis competition is coming, learn more: <https://goo.gl/0YOpYQ>."

@AU\_Press tweets: "Mark your calendars, #yeg! We're partnering with @RISEdmonton for their next book club. Launch is March 30. <http://ow.ly/jr8C30927vo>."

### Youtube

Get your Irish on with St Patrick's Day Songs 2017 - Irish Songs Playlist - Part 1, posted by Arran Records.





## A Deeper Dimension

Is there some activity you engage in that makes time stand still? Something that so clearly grabs your heart and mind that hours pass unnoticed. Something that pulls you in to that meditative blissed-out place where life is good and all else falls away.

In my case, it's always a solitary one. And maybe that jibes with the whole introvert thing I've recently awoken to in my own life. Maybe for others, it takes others to get to that state.

I spent a wonderful few hours on Sunday making jewelry. It wasn't the first time, won't be the last. It felt special though because I "chose me." I carved out the time to do it, assembled the supplies I needed, left the dirty dishes in the sink, and did what pleased me. It's not a particularly straightforward process for me because I'm allergic to nickel. The jewelry I buy or make has to be either gold or stainless steel. Using beads made of wood, glass, or acrylic also solves the problem providing I don't use findings made of offending materials. Strands of beads without clasps that are long enough to loop over my head works. I've also wound ribbon over metal hardware on purchased pieces to prevent them from touching my skin.

Using crystals like amethyst, sodalite, moonstone, fluorite, carnelian, peridot, and turquoise to make bracelets and necklaces allows me to combine my love of colour and jewelry making with the healing properties of the stones. Sometimes it's as simple as adding a leather cord to a purchased jasper or aventurine pendant. Voila.

Like many hobbyists, I've gone off the deep end studying, reading about, and buying, buying, buying the requisite (and some that aren't!) tools, supplies, and accouterments to feed the habit. Multiply that by the number of interests one has and you've got some serious coin and time invested.

So, if you don't go overboard reading, restoring cars, knitting, baking, bird watching, golfing, or whatever your vice, you don't know what you're missing. To be caught up in a creative or other pursuit that nurtures your soul, builds your

expertise, exploits your talent, and often produces something tangible is a gift. To become so engrossed in the project at hand as to forget your troubles is a small miracle.

As I write this it occurs to me that maybe I've made a terrible assumption. Just because I've been obsessed with things over the course of my life, doesn't mean anyone, everyone else has. As a young wife I got into needle arts (petit point and cross-stitch). I stayed up into the wee hours thinking I'll just finish this section or this colour. I worked til my eyes burned and my butt was numb. Nuts, huh?

Maybe. But if not, it's something to consider. Searching for that which speaks to your heart and creativity. Finding ways to add another deeper dimension to our lives. And if that means, a funky chunky new bracelet better yet, 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

## Crash Course

**Dear Barb:**

*My wife and I have been married four years and our marriage has been happy for the most part. Unfortunately, we were broadsided by a drunk driver one evening. I had some cuts and broken bones, nothing I won't fully recover from. My wife was not so lucky; she received a brain injury and was in a coma for ten days. She also cracked her pelvis bone and broke her leg. It was a traumatic event for both of us but more so for Rebecca. It's been a year since the accident, but she's not the same person. She is short tempered, forgetful, and quickly goes into fits of rage. I am having a hard time dealing with her. I feel guilty for saying this but some days I wonder if we will ever be happy again. She has gone to a couple of support group meetings, but she doesn't feel comfortable leaving the house. We rarely even go out to a movie or dinner. I know I married in sickness and health, but this is too much. I don't even think we will be able to have children. I can't imagine Rebecca dealing with a crying baby. I really need some advice!*

*Thanks, Craig.*

Hi Craig:

I'm so sorry to hear of your accident. Being hit by a drunk driver is an accident that easily could have been prevented by choosing not to drink and drive. I assume the person responsible has been charged and is in prison. In Canada, there are 160,000 brain injuries

each year and half are from falls or car accidents, and over a million caregivers and family members are trying to cope with the effects of these brain injuries. Obviously you are one of them. Your life has changed and your only option is to accept it, but you don't have to do it alone. There are support groups for you and your wife, where you can both get the assistance that you need. It's important that you try to be patient with your wife; sometimes the recovery after a brain injury is a long slow process. I'm sure you have had to take on responsibilities and duties that were previously your wife's. Remember this is frustrating for her as well. If you don't have a social worker or counselor, I would suggest you see one. A visit to your family doctor should be able to direct you to the professionals in your area. Also you can check online, there are various sites that offer advice and even online support groups. Here is an example of one site: <http://braininjuryhelp.ca>. As far as having children, you need to discuss this with a physician who specializes in brain injuries. This is can be a very difficult time in your lives and it's important to take time for yourself. Don't feel guilty because you are getting frustrated. It would help if you had a confidant you could speak to and who would understand. This is your new normal Craig, and don't hesitate to use all the resources that are available to you and your wife.

Thanks for your letter.

*Follow Barb on twitter @BarbGod*

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



*After that the only thing Emma wanted was to get to Alan. We'd tried to warn her.*



*A member of the radicalised Marginal Underground who'd been on the Flotsam . . .*



*. . . had told her comrades that Emma passed secrets to the pacifists . . .*



*. . . so when one of them was captured he offered his torturers a name.*



*When Emma made her way to the tunnels, they were waiting.*

*After a brief trial she was sentenced to death, by direct orders of Generalisimus Donald Trump IV.*







This space is provided free to AUSU: The Voice does not create or edit this content. Contact [services@ausu.org](mailto:services@ausu.org) with questions or comments about this page.

## AUSU wants to get Results! #AUGoals

Are there things you would like to see Athabasca University do differently for students, or goals you feel they should pursue?

Do you have ideas for topics you would like your AU Students' Union to advocate to AU for?

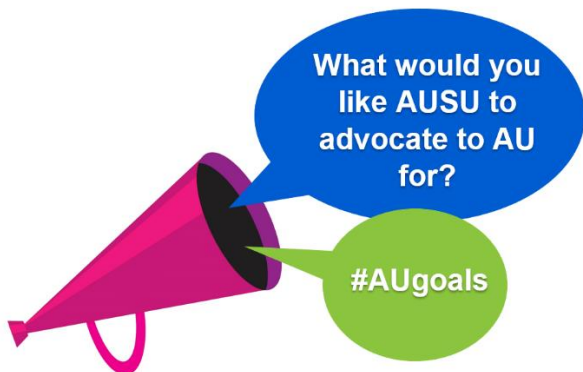
**AUSU wants to hear from you about your advocacy priorities for AU!**

### How to send us your ideas:

- Email ideas to [augoals@ausu.org](mailto:augoals@ausu.org)
- Text ideas to 780-900-0908
- Post ideas to social media with #AUGoals

### The deadline to respond is April 1, 2017.

In the past year, AUSU has advocated on behalf of students for improved communications from AU, removal of retroactive program changes, revisions to the academic misconduct policy, e-text choice and cost-savings sharing, shorter marking times, improved contact with tutors and academic experts, and more. To read more about our most recent advocacy efforts, visit our website [here](#).



## IMPORTANT DATES

- **Mar 15:** [April degree requirements deadline](#)
- **Mar 31:** [Deadline to apply for course extension for May](#)
- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 11:** [AUSU Council Meeting](#)
- **Apr 28:** [Deadline to apply for course extension for June](#)
- **Apr 30:** [Deadline to apply for 2017 Convocation](#)
- **May 10:** [Deadline to register in a course starting Apr 1](#)

**To form our advocacy goals for the upcoming year, we need feedback from our membership!**

Here are some examples of ideas we have received from students like you!

*Tired of staring at my screen all day because of etext. Wish I could choose a real textbook #AUGoals.*

*Loving the flexibility with AU exam options. Looking forward to seeing what is next. #AUGoals*

*It would be great if my tutor ever got back to me. #AUGoals*

*I wish all my courses looked the same in moodle. #AUGoals.*

**Make your voice heard. Drop us a line, or a text, or a tweet, and AUSU will bring your feedback to AU!**

## Eyewear Savings

AUSU has partnered with FYidoctors to bring some great eyewear savings to our membership. FYidoctors has over 300 locations across Canada and growing.

Discounts include:

- Select brand name frames starting at \$200
- Everyday value packages starting at \$159
- 20% off upgrades, lenses, and non-scrip sunglasses
- 10% off contacts

**Find out more on the AUSU website [here](#).**



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# CLASSIFIEDS

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

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## THE VOICE

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