

THE VOICE

MAGAZINE

Vol 25 Issue 14 2017-04-07

Organ Donation

A Matter of Life and Death

Fly On The Wall

Escaping the Fandom of Academia

AU Student Holidays

Give Yourself a Break

*Plus:
The New Groovement
Weird Canada
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

Karl Low

A Bad Case of Gas



If you've been trying to avoid recent news about Mr. Trump's activities, I don't blame you, but it may be time to start paying attention again. The reason? Mr. Trump has done something I had previously thought unthinkable. He did something I agree with.

On Tuesday, April 4th, there was a release of the nerve-agent Sarin onto the town of Khan Sheikhoun in Syria, which is known to be a stronghold for rebels in the nation. The United States has reported that this was done by the government of Syria. Russian forces have reported that the agent was being made by the rebels and that conventional bombs of the Syrian government they are allied with disrupted their manufacture, causing the release.

Personally, I do not believe the Russians story on this for the simple reason that Sarin is not an easy chemical to make, and so being able to create significant quantities of the nerve-agent in abandoned schoolhouses and warehouses, as is alleged, seems highly unlikely.

What is known, however, is that on the night of Thursday, April 6th, Mr. Trump ordered a missile strike on the air-force based where the Syrian planes launched from. The US administration calls this a proportionate response. The Russian administration calls this unsanctioned aggression. Me? I call it about time. If a government is willing to use chemical weapons, particularly nerve-agents, on its own citizens to try to maintain power, that is clear evidence to me of that government needing to be removed from power.

Now, I'm not entirely sanguine about this turn of events. There are no good options in the region. Letting a government attack its own civilians is untenable. Yet should the Syrian government fall, there is a real danger of ISIL being able to step into any resulting power vacuum, which is part of the reason that the Russians are there in the first place. Then the thought of Jared Kushner, real-estate agent, attempting to negotiate with Vladimir Putin, FSB agent, is worrisome, to say the least. And the idea of both Mr. Trump and Mr. Putin, neither of which have shown themselves to be amenable to the idea of compromise or accepting a loss of face, facing off against each other while armed with nuclear weapons should terrify me. I can only assume that I'm currently in some sort of denial, as, I think most of the world is, about how fast this situation could come completely off the rails. You know it's an unusual time when you find yourself hoping the Russian president has blackmail material on the American President because that might be the only thing keeping the world from plunging into full-scale war.

As the Chinese curse goes, may you live in interesting times. And we certainly are. In the meantime, however, this week, the Voice Magazine has a look at organ donation as our feature article. It's our feature because how often do we talk about a matter of actual life and death in a student magazine? This is one of those times. We also have another Fly on the Wall, examining the connections between Fandom, Academia, and how AU students have an advantage escaping them.

And that doesn't even get into our news, reviews, interviews, and more. Enjoy the read! While you can.

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.

Organ Donation Is Worth Thinking About

Carla Knipe



An acquaintance of mine who lives a few streets over recently posted a desperate plea for help on Facebook. Her husband—a Type 1 diabetic for most of his life—suddenly became a statistic. He has suffered severe kidney failure because of his diabetes. The family is now facing a race against time to find a new kidney for him before his own gives out, and, in desperation, they used social media to appeal for someone to come forward so they can find a match. They are parents of three children, which brings an additional sense of urgency to the situation. But all the family can do is wait, hope, and pray that

a miracle happens soon.

This story puts a face to the issue of organ donation, but it is not unique. Currently, over 4,500 Canadians are waiting for an organ or tissue transplant. The demand is increasing due to the increase in the population and the percentage of aging Canadians, but the number of people donating their organs and tissues has not kept up with this. In 2014, the most recent statistic released by Health Canada, 278 people died waiting for a transplant.

But the issue of organ donation remains a taboo subject; 90% of Canadians agree that donating is a good idea, but only a small percentage give consent to become a donor. This creates a frustrating situation for the medical community as well as the families who are desperate to see their ill loved ones receive a new organ. No one knows the reasons why there is such a discrepancy between wishing to donate but not following through with those wishes. It is something that government, academics, and doctors are still trying to figure out.

Organ donation might seem straightforward, but it is actually a complex process. The largest factor in the low donation rates in North America is that there are inconsistencies in the legal process to give consent to donate. Particularly in the Canadian system, there is no uniform way that the organ donation system is managed, since the provinces are responsible for their own health care policies. There is no national registry of Canadians who wish to donate their organs and tissues, whether living donors or when they are deceased. Conversely, there is also no real-time national database of those who are waiting for a transplant. While a national list is a great idea, establishing one is complicated. The major impediment to creating a national system is Canada's vast geography. Organ donation is a race against the clock to keep the donation viable and in a transplantable condition. There are often only a few hours in which to harvest an organ from a matching donor, transport it, and then transplant it into a recipient. If, for example, an organ was found in British Columbia but the recipient was in the Maritimes or even in the Arctic, how could that organ be transported within the required window of time? Because of the logistics, organ donation remains a provincial—or even regional—matter.

And most people just don't like to talk about it. Donating body parts for transplant requires the donor to pass away before those parts can be used, so it is not an easy conversation to have. But this isn't always the case; living donors can donate a portion of their liver, a kidney, part of their intestine or pancreas, blood products, and bone marrow. Still, most donations are "deceased donations", that must be done within 24 hours of a donor's death. For families who are dealing with the raw grief that their loved one has passed away—often in sudden and tragic circumstances such as a motor vehicle crash—it is incredibly difficult to come to terms with that loss and then make the decision to release their loved one's organs to be transplanted in the time-frame required.

This is the reason why the issue of consent has become paramount. Right now, Canadian organ donation functions on an "opt-in" basis. This means that a person must provide express consent that they would like to donate their organs when they die. This is done by filling in a medical form or adding a clause to their will. In some cases, even if the donor has not expressed previous explicit consent, particularly in the case of child donors, families can agree to donate their organs and tissue on their behalf. Provinces are also starting to enable a provision that indicates consent through vehicle registries or when a person renews their driver's license. But medical professionals say even this is not enough to broaden the database of organ donors to satisfy the deficit.

Many countries are starting to take a bolder approach. European nations, including Spain, Sweden, France, and Poland are leading the way in "opt-out" consent, also known as presumed consent. In this system, it is assumed that a person consents to donate their organs and tissues after they die unless they specifically forbid it. The World Health Organization is monitoring organ donation statistics in these countries to see whether donation rates increase due to opt-out policies. It will then make recommendations and set guidelines for other nations. But this system has caused controversy among those who decry its heavy-handed approach, and religious groups have also expressed concern that this goes against principles of religious freedom and human rights.

In North America, it seems that the best plan that is available is to raise awareness of the issues around organ and tissue donation. There is a lot of misinformation that still circulates. Popular culture, including medical shows on television, is thought to be one of the main sources of incorrect facts. Health Canada has agreed in principle to launch public education campaigns to address the reality versus the myths of organ donation, but so far, putting awareness strategies into practice has been slow and sporadic. Unfortunately, unless someone has a personal experience with a loved one who needs a transplant to survive, the issue is rarely given a thought. Social media is a tool that is increasingly being used to raise awareness; families, like the one in my community, are often faced with little choice but to take matters into their own hands and launch social media appeals that will hopefully result in finding a matching donor. While some might view this approach as intrusive and unethical, families often don't know what other alternate routes they can take to tip the odds in their favour.

April is National Organ Donation Awareness Month in the United States, and Canada observes National Organ Donation Awareness Week during the last week of April. Canadian Blood Services and provincial organ donation organizations urge Canadians to take three important steps: to make the decision to donate organs and tissues, to register their intent to donate, and—perhaps most importantly—to have open and frank conversations with loved ones about organ donation. This is an issue that is, literally, life and death, but also one of tragedy and hope. Through great personal loss as well as the tragic circumstances that often accompany a loved one's passing comes an amazing gift of humanity; the selfless act of giving life to another person.

Carla is an AU English major who lives and writes in Calgary Alberta.

AU Student Holidays Give Yourself a Break

Barbara Lehtiniemi



One of the best things about Athabasca University is its courses run year-round. This is also one of the downsides of AU. With the ability to begin courses every month, students have no built-in holiday period. There are no fixed semesters and no fixed breaks. No summer holidays, no reading weeks, no year-end break—nothing.

AU students, if they want a break, have to build it into their own schedule. In theory, this is the ultimate benefit of AU's flexibility. In practice, AU students sometimes neglect to give themselves permission to take those much-needed breaks.

If you're taking courses every month of the year, there are still opportunities for holidays. You're in charge of your schedule. With a bit of planning and the discipline you've been practicing as an online student, you can give yourself a break any time during your studies. Here are three possibilities:

At the start. Just because your next course begins on the 1st of the month doesn't mean *you* have to. If you've been taking course after course without pause, the beginning of your next course may be an ideal opportunity for a break. Once you crack open the new course's textbooks you'll find it hard to stop, so take a break first. Plan to start your course on the 4th or even the 8th and use the extra few days to take a breather, take a mini vacation, or connect with friends. If you have other courses on the go, you could spend the time to shower some extra focus on them, but why not use the time to shower some extra focus on yourself? Motivation is high at the beginning of a course, so beginning a few days or a week later than you could won't set you back much.

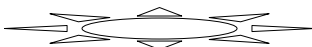
In the middle. A holiday in the middle of a course (or courses) can be the refreshing break you need. A few days away from the books gives your mind a chance to work out the organizational problems of that paper you're writing, wrap your head around a difficult concept, or gain some insight into a perplexing problem. Or you can just have fun! If you want a short break in the middle of a course, plan ahead to ensure your study plan incorporates some time away from the books. Make the break long enough to be relaxing, but not so long that you lose momentum in your studies. Even one day can feel like a holiday when you're studying the other 364 days of the year. And, who knows? The anticipation of a short break may just be the incentive you need to make it to the half-way mark.

At the end. There's always a delicious moment of euphoria when you click "submit" on the final exam or assignment for a course. The feeling is even better when you've left yourself time for a short break before beginning your next course. Even if you have other courses on the go, you'll notice that having one course off your plate frees up some time. Sure you could just plunge ahead into the next course, but why not take a well-deserved break to celebrate completing another step in your educational ladder. Plan to finish a course no later than the 24th and savour a week of full or partial downtime before your next course begins.

For students doing a whole program through AU, school can be a relentless multi-year pursuit. Studies are often piled on top of work and family obligations. leaving little time to even think about a day off.

However, if you plan your studies you can plan your breaks too. That's one of the AU student prerogatives. What gets scheduled often gets done, so put your holiday in your planner and schedule around it. After all, you've been working hard at your studies—you deserve to give yourself a break.

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



Fly on the Wall

Escaping the Fandom in Academia

Jason Sullivan



The quotable Steve Jobs once claimed that "it's in Apple's DNA that technology alone is not enough—that it's technology married with liberal arts, married with the humanities, that yields us the result that makes our hearts sing" (Jobs). *Variety is the spice of life* may be a worn-out aphorism but the positive results in terms of innovation are clear: "diversity unlocks innovation by creating an environment where 'outside the box' ideas are heard" (Stirrett). When we consider our lives as distance students, each of us lives in a few different worlds ranging from family responsibilities to entertainment fandoms. Not unlike an employer endorsing critical thinking, our

varied lives embody the Globe and Mail's theme that "as a consequence of different life experiences and training, a chemical engineer is likely to see an issue differently than an art history graduate" with the result being a balanced and creative approach to issues (Stirrett). Because we aren't students attending classes surrounded by others sharing our major, our non-academic lives are the backdrop of our existence in a unique way.

One can imagine chemical engineers and art history majors as two fandoms, nations akin to enthusiastic viewers of pop culture programs like *Game of Thrones* or *Star Wars*. They each have their own language and themes and may display a certain antipathy towards one another. We at AU inhabit the status of post-secondary students without necessarily enjoying the benefit of the safety net of a group of supportive peers. Where we lack the comforting feeling that we are enclosed in a worldview shared by our student peers, we also lack the sense that outside of our discipline there is a jungle inhabited by the *Other*.

The *Other* marks difference and differences can repel. In the late 1700s, Johann Gottfried Herder implored readers to resist judging foreign cultures by claiming that "each nationality contains its centre of happiness within itself as a bullet has a centre of gravity" (Herder). Every online fandom, every academic major, has its own world of thought and its own epistemological assumptions about how something *known* comes to be *known*. Think of how students in a chemistry classroom might feel about an English literature class discussing Hamlet and vice versa. The two classes might even mock each other. A daring perusal of online fandom

communities, including political forums, attests to the acerbic character in disputes between those holding different epistemological assumptions. Even as we live in progressive times and how, in terms of innovative business practices, this means staying ahead of the curve, there remains a distinctive aroma of insularity between worldviews and their certainties. Herder claimed that "you must first enter into the spirit of a nation in order to empathize completely with even one of its thoughts or deeds". Yet how often do lovers of pop science take off their Neil deGrasse Tyson swag and consider not only *how* the universe began but *why* it did?

Fandoms, in this sense, have their own cultures akin to traditional national cultures, each with their own peculiarities. Yet when we turn our gaze onto ourselves we realize, like the tech startup company exec who has hired a roomful of computer science majors, that our own diversity may be lacking. Herder summarizes this cultural narcissism by noting that "vague feelings, transient side associations, and perceptual echoes which arise from the depth of the soul...are so much in conformity with the manner of talking and seeing of the people, of the inventor, in a particular country, in a particular time, under particular circumstances, that it is exceedingly difficult...to strike them right" (Herder). We get used to things being as they are without realizing that everything could be done and seen differently.

As such, the genius of Steve Jobs was to incorporate a pastiche of elements into his creative stew rather than a steady diet of one outlook or worldview. Christopher Bergland states that productivity involves empathy such that "consciously seeking and experiencing something that is 'disagreeable' you become physically and mentally tough" (Bergland). For AU students, many of us liberal arts majors, our lack of physical classmates means we must be coarsened to the invariable criticism of our supposedly-useless major. At least now we have the words of Steve Jobs as a talisman of defence.

Diversity and openness is easier said than done. Distance students or not, we are all human. We tend to experience life according to our "distinct worlds, not merely the same world with different labels attached...because "the language habits of our community predispose certain choices of interpretation" (Herder). It turns out that we Homo sapiens are wired to agree with the group. Herder anticipated this by writing that "we see and hear and otherwise experience very largely as we do because the language habits of our community predispose certain choices of interpretation" (Herder).

What seems reasonable depends on our social and academic point of view. Recent studies show that "reason developed not to enable

AU-thentic Events

Upcoming AU Related Events

AU Student Town Hall with President Neil Fassina - Edmonton

Tuesday, April 11, 12:00 to 1:30 pm MDT
Edmonton Chamber of Commerce, 600-9990 Jasper Avenue, Edmonton AB

In-person/teleconference

Hosted by Athabasca University
news.athabascau.ca/news/student-town-hall-president-neil-fassina/
e-mail

EdmontonStudentRSVP@athabascau.ca
by April 8 to RSVP or request
teleconference option

BComm/CPA Info Session

Tuesday, April 11, 5:00 to 6:30 pm MDT
Online

Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/bcomm-cpa-information-session-4-copy/

register online at above address

AUSU Council Meeting

Tuesday, April 11, 5:30 to 7:30pm MDT
Telephone and online

Hosted by the AU Students' Union
www.ausu.org/event/april-council-meeting/

e-mail admin@ausu.org for meeting package

us to solve abstract, logical problems or even to help us draw conclusions from unfamiliar data; rather, it developed to resolve the problems posed by living in collaborative groups" (new yorker). One thinks of a French fable called 'The Wolf and the Lamb' where a wolf confronts a lamb who is drinking from a stream and, after rebutting the lambs verbal defence of his right to drink the water, eats him up. The poems first lines? "The strong are always best at proving they're right. Witness the case we're now going to cite" (La Fontaine).

To be part of strong communities means towing the line of the majority, and this is where confirmation bias kicks in. We humans tend to dislike new data that contradicts our expectations. As researchers Mercier and Sperber write "reason is an adaptation to the hypersocial niche humans have evolved for themselves." The "hypersociability" of our species translates into a stronger need to belong to an enclosed community of like-minded individuals than to question hegemonic beliefs within our group. No wonder young people who ask the wrong questions are sometimes falsely accused of having Oppositional Defiant Disorder!

In this sense, what seems merely to be leisurely entertainment or a good workplace culture is not as innocuous as first appears. Confirmation bias works to maintain stability just as the organs within a being produces comfortable homeostasis for the organism, but may be slow to respond to adapt to change or to compete with outsiders.

In previous decades, it seemed like everyone watched the same TV shows. Now, the online world provides countless archipelagos where individuals can find others of their ilk. Fan fiction, for instance, allows a degree of creative participation to the point where writers will create "headcanons" defined as "what an individual believes to be true about a character" even if this was never explicitly stated in the show or book (Norman). At AU our ability to write essays in response to course material also requires a certain creative use of the expectations of one's discipline in a way that makes out hearts sing a Steve Jobsian tune.

In the case of fandoms, the fictional nature of favourite characters may lead people down the road of alienation and isolation. Parallel to this is becoming so absorbed in one's discipline that it becomes difficult to relate to others in one's daily world. Abby Norman noted her surprise that "approaching fandom as an adult woman, was the depth of human emotion I became aware of" (Norman). A favourite character became like a long-lost friend and "we just really enjoy spending time with them" (Norman). This alternate

AU-thentic Events

More AU Related Events

Online MBA for Executives Info Session

Wednesday, April 12, 10:00 to 11:00 am MDT

Online

Hosted by AU's Faculty of Business

business.athabasca.ca/event-details/executive-mba-information-session-10am-mst-4/

register online at above address

second session: Wednesday, April 12, 6:00 to 7:00 pm MDT

business.athabasca.ca/event-details/executive-mba-information-session-6pm-mst-5/

Thesis and Dissertation Formatting

Thursday, April 13, 9:30 to 10:30 am MDT

Online

Hosted by AU's Faculty of Graduate Studies

fgs.athabasca.ca/news/presentations/

e-mail fgseducation@athabasca.ca to register

Online MBA for Executives & the Business of Hockey Info Session

Thursday, April 13, 10:00 to 11:00 am MDT

Online

Hosted by AU's Faculty of Business

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

register online at above address

second session: Thursday, April 13, 6:00 to 7:00 pm MDT

business.athabasca.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-2-copy-copy-3/

world where emotional needs are met might seem a bit disturbing, yet, in its defence, we can recall that the isolation of distance education also involves a relationship of sorts with our course material, such that the material itself fills an intellectual role in our lives. After all, we want to go back to school as adult students to achieve and gain something. In this sense fandoms function to achieve greater emotional wholeness although, considering Herder's earlier words, they can serve to atomize groups of citizens from one another.

What we learn as students is that our real life and our academic life must cohabitate; brick and mortar students experience this too, although perhaps it is easier for them to fall into disciplinary fandoms as they accumulate real-time acquaintances in their studies. Perhaps we at AU learn to avoid confirmation bias by necessity, by the fact that we don't have others around us who automatically agree with our assessments of the professor and the material. We have to think things through for ourselves, and those who we do bounce ideas off of aren't taking the same class. It's rewarding to know that, for instance, explaining course material to a friend who has no background is actually making us a better thinker and student.

The recent passing of the social theorist Zygmunt Bauman, who famously said "when elephants fight, pity the grass", provides a final consideration on the value of thinking outside one's normal boundaries (Davis & Campbell). Bauman's concept of *liquid modernity* suggests that the desire for inclusion is itself alienating. We spend so much time trying to fit in that, even if we partly have evolution to blame, we spend less time fulfilling our being for ourselves. Again, at AU we are situated to discover our destiny without excessive need to pay homage to the group or be drawn into confirmation bias. Bauman stated that the internet leads to "a matrix of the identity update required by the global world in order to 'be included', as the need for inclusion is nothing more than a legacy of the abandonment of the authentic sense of belonging ... the swarm tends to replace the group and its leaders, its hierarchy and its 'pecking order' ... They come together, scatter and gather again, from an occasion to another, every time inevitably for a different reason, and are attracted by changeable aims. The seductive power of mobile objectives is a rule sufficient to coordinate movements, and this is enough to render superfluous any other command or imposition from above. In reality, the swarms do not even have a high and low: only the momentary direction of flight to place the units of the swarm (working self-propelled) in position of leader or followers, usually only for the duration of a given flight, or even a part of it" (Bauman). Fandom, discipline, or swarm, too much belonging can lead us to trample the grass of our creative potential.

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Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.

The Social Student Perform Your Research

Marie Well



So, you want to perform in front of a crowd? Or earn cash presenting your research? Or establish yourself as an expert? If your pupils dilated at least once, then get cozy with Eventbrite online software.

First, ask yourself if you've got some expertise? If so, synthesize textbooks on your subject matter. Use the textbook information to create a PowerPoint written in your own words. Ensure you properly source your materials.

But PowerPoints that emphasize images and minimize text stir audience appeal. So add images to your PowerPoints, relying on low-cost services such as graphicstock.com. With graphicstock.com, you pay roughly \$100 U.S. for a full year's access to unlimited image downloads. I have full year memberships to graphicstock.com and videoblocks.com.

Next, contact a venue that hosts non-profits at discounted rates. In Calgary, the Kahanoff Conference Center offers low-cost facility rentals to non-profits—and to students (if you ask nicely). A venue might cost you between \$100 to \$200, but don't worry—recover your costs with ticket sales.

Go to Eventbrite.com, register, and create your event. Eventbrite.com allows you to promote your event on their site—plus sell tickets. Yes, Eventbrite.com charges you a small percentage on each ticket sale. Simple.

Here is a look at one of the Eventbrite.com screens:

You can even integrate your event ad on your Website. If you have Wordpress, for instance, you can take the Eventbrite.com code for your ad and paste it into your Wordpress sidebar. Instant ad. But, if you lack Web skills, rest assured—you don't need a Website. You just need Eventbrite.

But do use social media. Ensure you promote your event through Facebook, Twitter, and LinkedIn ads. Yes, with ads you can reach a broader market than just your two social media friends. Cough.

Also use traditional advertising. Go to Fiverr.com to get a poster or flyer made for cheap. Or better yet, use a free online design tool like Canva.com to make your own posters. Once you do so, hang your posters throughout the city. I bought the paid version of Canva.com, which offers more features.

If you've got an interesting story or news angle, phone the local TV, radio, and newspaper stations. Pitch your story to the media contacts and request their emails. Then, email your press release. Alternatively, go to media Websites, and send your press releases directly through the posted emails. But be prepared to go live on the news. I got the spotlight many times using this approach. You can, too.

But don't stop there. Get someone to videotape the event—and post it on YouTube. You'll have a live version. But if you just want a rehearsed version, then use a setup like Camtasia screen capture software along with a Yedi USB microphone and your PowerPoint. Polished.

Congratulations, you just visualized the steps to hosting your event. Try now to imagine steak dinners, cinemas, and shopping sprees: the profits. Now, pick your preferred expertise and plan that presentation through Eventbrite.



The Creative Spark

Cash Cow Jam Session

Marie Well



Did you ever want to play the guitar or sing? Maybe you wanted the fast-track to fame. Well, you have the star stuff locked inside your brain. All students do. It's called knowledge.

So, package and sell your knowledge! By doing so, you get the reputation of an expert. And your pocketbook gets puffier. For instance, I bought a student thesis for over \$50 through Amazon's CreateSpace—well worth the price. Why not sell your knowledge as a book, an audio, or a video? This article will give you clues on how to do just that.

Randy Chertkow and Jason Feehan wrote a book called *The Indie Band Survival Guide: Remixed & Remastered*. They show you (in bold below) how to get your musical band in the limelight. I follow with tips on how to make, perform, and sell your intellectual stuff.

Plus, I end with a bonus on how to create a song, say a mnemonic song for anatomy. I'm geeky enough to consider doing just that—at least, once AUSU puts Voice Radio on the table.

Make and Sell Your Research

You now can record, distribute, and sell your music for low cost and no inventory. Similarly, you can market, record, and sell your research audio or video with ease.

You can run your own TV station through ustream.tv, livestream.com, or youtube.com. Get known as an expert in your academic field. Start making YouTube clips of the knowledge you've gained—and create a YouTube channel. You'll need something like Camtasia Studio for screen capture and PowerPoint—plus a good microphone and free audio recording software, such as ...

GarageBand (for Apple) or Audacity (for Windows) are great recording tools for making music. Audacity offers free audio recording with lots of online tutorials. I prefer to use Adobe's Audition, as Lynda.com provides tons of videos on how to use the software—and once you learn one Adobe platform, the others seem simpler.

Sites like Live365.com (for the U.S.) allow you to create a radio station. Universities throughout the states could host their own radio station with services like Live365.com. The fees to start a radio station are reasonable (less than \$100 US a month for the premium service). But, there you have it, a university radio station. But, as a radio producer, you wonder how you'll fit in all the content you'd need? Well, the service offers auto DJs during your downtime.

Sell your video or audio on Amazon. Make on-demand CDs or DVDs (with CreateSpace). With Amazon, you can upload your research audios or videos for sale—at no extra cost to you. You can sell digital files or CDs or DVDs. You just upload your files, and Amazon sells and ships them and takes a cut of your profits. No down payments. No inventory costs. No money up front.

You can even set up an Amazon author profile, kind of like a mini-Amazon-store, where you display all of your research books, audios, or DVDs.

And while you're getting your audio files ready, why not publish your thesis for sale on Amazon Kindle or Amazon Createspace? I purchased a motion parallax thesis sold on Amazon's Createspace—and I loved it. *(Ed. Note: Be sure to check with your advisor before doing this to prevent any problems. If some other student uses your material to cheat in an assignment, you may get charged with Academic Misconduct by aiding cheating)*

Even better, Amazon is now introducing a service to sell courses online. Why not capitalize on your academic knowledge? (You could easily make courses using Camtasia screen recorder combined with PowerPoint.) While this Amazon service is still in its infancy, I suspect sales will soon explode.

Offer live versions plus recorded versions plus "making of" versions. Similarly, have someone record you during your conference presentations. If you get a chance to present at a *creative* conference, record that, too. Even if you don't attend a conference, record insights on the "making of" your research—namely, how you approached your research along with the results—and include snippets of your research diary.

Go to freesound.org for background music for narration. If your goal includes making an audio recording of your research, then go to freesound.org. You'll find documentary filmlike background music that will make you sound like Spock. Make your narration go pro.

Write A Memory Song

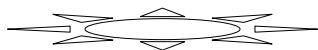
Jam live with other online musicians at ejamming.com. Most academics won't need to jam live with other musicians. But, if you've longed to shine in the musical spotlight, why not write and perform, say, an anatomy mnemonic song? If it helps anatomy students memorize bones, I bet it goes viral.

Get music loops for your intros or exits from drumsondemand.com. If you want to make your own music for, say, your anatomy mnemonic song, then get these low-cost drum tracks. With audacity, Adobe Audition, or GarageBand, you can use these drumsondemand.com drum tracks as the foundation for your song. Once you lay down your drum track, hire online professional musicians ...

Hire online professional musicians to record your music through Sessionplayers.com. Get an online professional musician to lay guitar or synth tracks to your synth beat—or even to sing your song. You wrote the songs. Ensure you keep the rights.

Play your music on blogs, radio, podcasts, YouTube. Submit your music onto Spotify, Pandora, Rdio, Last.fm.

Now you've got the secrets to academic indie stardom. So, let your brain play a smart ditty by turning your IQ into a cash cow jam-session. A paradox? I call it a creative spark!



In Conversation ..with Bat House

Wanda Waterman



Photo Credit: Alex Humphreys

Be Loud, Push Boundaries, Lash Out

On April 14, Bostonian rock band Bat House is planning to release their self-produced, self-titled debut album. (You can listen to "[Chemical X](#)," an early released track from the forthcoming album on Soundcloud and see their video "[Alright Spaceboy](#)" on Youtube.) Their sound has been categorised as "psych/math:" a wedding of the reflective introspections of psych rock with the innovative percussions of math rock.

Emmet Hayes (bass, vocals), Nicole Pompei (drums), Alexandra Juleen (guitar), and Shane

Blank (guitar) are all inspired by women's issues, nature documentaries, and space rock. Last month they were nice enough to answer our questions about their individual and collective musical journeys.

Can you describe your musical backgrounds?

ALEXANDRA: My parents are both lovers of music and would blast it in the car, around the house, and at get-togethers. Most of my childhood memories relate back to songs.

EMMET: I started playing music at a very young age. My father died when I was eight, and I used music as a way to express my feelings and let them go. Music has an amazing potential for healing.

SHANE: My mom was an impassioned classic rock DJ who would play everything from Bon Jovi to Black Sabbath. I remember many rides to school and many family trips with Deep Purple's *Machine Head*.

POMPY: I definitely drove my family, teachers, and classmates nuts with my incessant tapping and fidgeting. I was always playing songs in my head and tapping and banging on whatever I could get my hands on.

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

ALEXANDRA: My grandpa. He played guitar in bands growing up and tried to pass the instrument on to my dad and his brother (my uncle), but it never stuck. Being the firstborn grandchild, I was next in. To his sheer delight, I ended being the one that took to it.

EMMET: I had a piano teacher at a young age named Anca Stefanescu. She was a wonderful Romanian woman with a thick Romanian accent, and she would always call me "pumpkin."

SHANE: I took guitar lessons from Jerry Outlaw. He's been the guitarist of several metal bands from Florida and is currently in a Zappa tribute band. My lessons for the most part were really just playing together and improvising off of each another, but they taught me to be creative and to follow where the ideas go.

POMPY: My drum mentor throughout middle school and high school taught me a lot of very valuable lessons about practicing, performing, and life in general. He taught me the value of working hard and remaining humble.

What brought you all together?

BAT HOUSE: Berklee and the drive to play and create. One of the first house shows we all attended pushed us to do what we're doing now. The Pigeon Coop, a former spot run by some of our best pals in The Skinny Pigeons, hosted a show featuring the Boston band Dent. The performance was raw, energetic, and the most totally wild amalgamation of musical performance we'd all witnessed. From that moment on, we knew that this was what we needed to be doing.

How did you come up with your band's name?

BAT HOUSE: The band name comes from a story Shane told us about an abandoned tower in an airfield in the Florida Keys. His grandfather used to take him to it when his family would take trips there. The tower was built in the '20s, when the Keys was a destination spot for the U.S. wealthy to live or vacation. The only thing that detracted from the beautiful weather and scenery were the mosquitos, and it was thought that building a tower would attract bats to devour the mosquito population. No such thing happened, but of course this tower is still referred to as "the bat house."

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

BAT HOUSE: Spooky Psychedelic Particle Punk.

What's the story behind your song "Viridian City?"

BAT HOUSE: Ally and Shane had concocted the main riff while practicing together one day, and they'd recorded it along with Pompy's drum part into this hard-disc recording machine Shane had. Meanwhile Emmet was on a plane back from California and by the time he got back we'd birthed the wonkiest riff. Sure enough, he speedily laid some phat bass over it. We handed him a microphone and just recorded whatever came next. The chorus was the first thing that came out of his mouth, and we kept it.

What do you like best about your debut album so far?

ALEXANDRA: It's something my friends and I brought to life, with the help of other close friends.

EMMET: I love that we were able to produce and mix it ourselves, and it gave us the opportunity to really create a new atmosphere on the record.

SHANE: The album gave us an opportunity to realize these songs to their full potential, allowing us to do things that we may not be to do live. It was a true creative experience to try to develop each tune into its own little planet.

POMPY: The fact that my best pals and I created something from scratch and saw it through from the very beginning stages to the final form with the help of a handful of other pals is beautiful in itself.

Did anything funny or weird happen while you were making the album?

ALEXANDRA: God, so much.

EMMET: Things got very silly when we borrowed some synths (thank you Peter Landry!) and spent a few days in the basement without sunlight or outside exposure.

SHANE: While we were tracking guitars our neighbor was using a jackhammer. We realized that the sound of the jackhammer was passing into our basement and was being picked up by Ally's guitar. The jackhammer is on the record.

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

ALEXANDRA: Living with and being surrounded by creative individuals is what inspires me every day.

EMMET: Step 1: Everyone is off of work and home. Step 2: Nobody has any money. Step 3: Just play instead.

SHANE: We've got to just be playing all the time, despite how hellish our work/life day may be.

POMPY: Constantly being around my creative partners pushes me to grow and expand every single day.

Is Boston a musically inspiring city?

ALEXANDRA: 100% DIY house and basement shows are what set the city apart. It fosters an incredible music community.

EMMET: I would say it definitely is. Have you heard some of the other local bands? There's a lot of awesome stuff going on especially in Allston; that's why we chose to put ourselves there.

SHANE: Absolutely. We definitely would not be a band or make the music we make if we hadn't seen bands like Dent or Hit Home at house shows.

POMPY: Boston, especially Allston, is an incubator for loads of creative talent. The DIY house and basement community is an incredible playground for musicians.

Tell us about the Sound Museum and the Banana Hammock.

ALEXANDRA: The Sound Museum is a damp rehearsal space underneath Boyston St. in Boston. It was where we began writing music as a band. The Banana Hammock was the band's rehearsal space and DIY venue. We rehearsed, recorded, and hosted shows for bands from all over the country.

EMMET: The Banana Hammock was our house from September 2014 to September 2016. We had tons of shows with local bands supporting bands from out of town, and it was awesome to meet people from the Allston basement scene and new people from other parts of the continent.

POMPY: The Sound Museum in all of its grimy glory was the birthplace of the early forms of a handful of our tunes. The Banana Hammock was instrumental to us as both a rehearsal space and a DIY venue.

What do you feed your muses? Are there any books, films, or albums that have deeply influenced your developments as artists?

ALEXANDRA: My own experiences as a human and the people around me are what inspire me the most.

EMMET: Miyazaki films, shows, and films about space, and books by Kurt Vonnegut.

SHANE: SPACE AND TIME.

POMPY: Adventures! Our crazy talented friends! Books by Ray Bradbury and Kurt Vonnegut!

As artists do you feel any desire to straighten out the world a little?

ALEXANDRA: In today's world I think it's far more inviting to lash out musically as opposed to playing it safe.

EMMET: Yes. We want all humans to be able to have the same access and privileges that we as Americans/whites have. I hope that our music will encourage open-mindedness and obstruct racism/homophobia/transphobia/misogyny.

SHANE: Yeah, it's an unavoidable reality that must be confronted and dealt with through the creation of art.

POMPY: All humans deserve equality. We strive to inspire and encourage open-mindedness.

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

BAT HOUSE: HONK.

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

ALEXANDRA: To push boundaries, be loud, and lash out.

EMMET: Our role is to defy bigotry and to stand with and protect Muslims, LGBTQ, and women from our new bigoted government.

SHANE: To be in opposition to hatred.

POMPY: To never stop making noise. Always push boundaries, ask questions, and support those around us who are at risk.

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

From the PSE News Desk

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



Mastering the moves at Dalhousie U. I dare you not to click on at least one of the videos in this story. Fourth-year student Hasmeet Singh Chandok demonstrates that sometimes hobbies can overtake educational pursuits. In a recent article from University Affairs, "A student-led bhangra group is dancing its way across the East Coast—and the internet", computer science student Chandok is revealed as one of the founders of the popular Maritime Bhangra Group. Chandok and his group began dancing as a way to teach people in Atlantic Canada about Sikh culture. The group's colourful and joyful videos, some of which were filmed on Dalhousie University's campus, have become an internet sensation, approaching 1 million viewers for the Snow Shoveler Bhangra. Just click it.

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Samroon queries whether it's possible to get into a Masters program with a 3-year BMgmt degree. Holly seeks advice on the Certificate in Counselling Women program. Sarah wonders how much time others spend studying for an exam.

Other posts include reading for pleasure, referencing course materials, maple syrup spills, and courses ADMN 232, COMM 329, ORGB 300, and SOCI 305.

Twitter

@AthabascaU tweets: "Are you interested in exploring the world of 'post-truth' and 'alternative facts'? Join us this fall: <https://t.co/kaHeA8mTiJ>."

@AthabascaUSU (AUSU) tweets: "Get discounts on software through @AthabascaU, including Office, Windows, Adobe, Norton, VMWare, SPSS, and more! <https://athabasca.onthehub.com>."

Youtube

Achieving greatness and overcoming obstacles in Athabasca University Achieving Excellence Panel, from Mark's CFL week Mar 21-25, 2017.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Senior Care Scholarship

Sponsored by: A Place for Mom

Deadline: April 15, 2017

Potential payout: \$1000 (5 awards)

Eligibility restriction: Applicants must be a citizen or permanent resident of Canada (excluding Quebec) or the U.S., enrolled in a program with a medical, nursing, or social sciences related major, and must planning to pursue a career that involves working with senior citizens. See the full [eligibility requirements](#).

What's required: An online application form, an essay of 400-700 words on life lessons learned from a senior, and a signed award agreement form.

Tips: Read the [five winning essays from 2016](#) to inspire you.

Where to get info: www.aplaceformom.com/scholarship



Women of Interest

Dr. Temple Grandin was born August 29, 1947, in Boston, Massachusetts. Dr. Grandin is widely known as a spokesperson on autism as well as a prominent consultant for the humane treatment of livestock for slaughter. During her childhood, Grandin was diagnosed with various conditions, however when her mother came upon a paper written by a renowned psychologist, she discovered her daughter's symptoms were those of autism. The official diagnosis of autism wasn't received until Dr. Grandin's was in her 40's. She is one of the first individuals to publicly share her knowledge on living with autism. Grandin received her Bachelor's degree in psychology from Franklin Pierce College and went on to earn a Master's degree in animal science from Arizona State and her Doctoral degree from University of Illinois in 1989. She has designed livestock handling facilities which facilitate reduction of stress for the animals as they are being transported to slaughter houses. Dr. Grandin has been on many television shows and wrote many articles and books on the topic of humane handling of livestock. Her experiences of living with autism she shared in a book entitled "Thinking in Pictures." Her life story has been made into a movie titled "Temple Grandin" starring Claire Danes. Her work has received many awards, far too many to list here. In 2016 Dr. Grandin was inducted into The American Academy of Arts and Sciences.

Additional information about this extraordinary woman may be found at the following websites:

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

<http://www.grandin.com/>

<http://www.grandin.com/temple.html>

Canadian Science News

Scott Jacobsen



Canadian federal budget might be used to lure foreign scientists

The Globe and Mail states, "Minister of Science Kirsty Duncan is touting this week's federal budget as a positive one for Canadian researchers." There is a commitment to the updates of government labs, renewals of stem cell and quantum computation research, and utilization of Canadian artificial intelligence experts.

This federal budget might be used to lure foreign scientists too. In particular, those scientists uneasy with the situations in Britain – Brexit – and the United States – Trump Administration budget. In the U.S., the federal budget reduces or eliminates research funding of particular areas.

For example, in the U.S., the "areas such as climate science and renewable energy if permitted by Congress." This can include the National Institutes of Health (NIH), which has been supported across party lines. However, the White House made statement about a \$6 billion US funding cut to the NIH.

Trump travel ban might make for Canadian brain gain

Not only with the Canadian budget being attractive to U.S. and British scientists and experts, CBC News: Politics reports that the travel bans coming from the U.S. could make for Canadian brain gains. That is, the Trump administration's travel ban from six Muslim-majority countries could benefit Canada.

President of CIFAR, Alan Bernstein, said, "This is Canada's moment. I think it's a time we should be bold." Canada, Bernstein argued, becomes more attractive as the political situation in the U.S. becomes worse, especially with the travel bans of U.S. President Trump.

Bernstein said, "It used to be if you were a bright young person anywhere in the world, you would want to go to Harvard or Berkeley or Stanford, or what have you...We have pretty good universities here. We speak English. We're a welcoming society for immigrants."

Gairdner Awards for medical science contributions given to two Canadians

CBC News: Health states that two Canadian medical scientists have been awarded Gairdner Awards, which are considered 'baby Nobels.' The Nobel reference is to the Nobel Prizes. Some consider the Nobel Prizes the highest honors in science, among other areas of human endeavour.

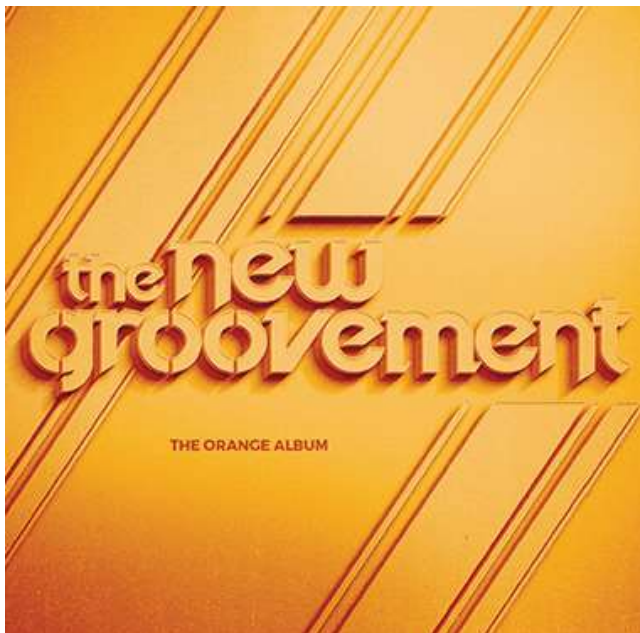
University of Ottawa's Dr. Antoine M. Hakim was one awardee for 2017. Dr. Hakim is a professor emeritus of neurology whose work contributed to the foundation of the Canadian Stroke Network. In coordination with the Heart and Stroke Foundation, he helped develop the Canadian Stroke Strategy.

The other Canadian awardee is Lewis Kay, a senior scientist in molecular medicine at Toronto's Hospital for Sick Children. He "is being honoured for his work in the field of biomolecular nuclear magnetic resonance (NMR) spectroscopy, and the development of methods used to "visualize" protein molecules."

Music Review

The New Groovement

Drew Kolohon



Artist: The New Groovement

Album: *The Orange Album*

A band name has never been more appropriate than The New Groovement. This nine-piece band has given us a gift with their record *The Orange Album*, as well as an extensive western Canadian tour. In the age of music where electric and pop are usually chart toppers, it is refreshing to hear a band with real instruments getting their due. *The Orange Album* recently won the Vancouver Island Music Awards. When combining so many instruments it can be easy to get lost in the many sounds, but The New Groovement have it down to a science with their catchy drum beats, funky brass section, and smooth guitar and bass licks. Not that we're forgetting the outstanding vocals of Steph Wisla and the cool tones of Danimal House. The New Groovement is an excellent example of a large piece band.

The Orange Album gives us so much in the way of upbeat songs but is also full of meaning and purpose. It kicks off with the "Law Low Master". This song is a great start to the album as it gives each member of the band a time to shine, especially the brass section. Wisla blows this song out of the water over an extremely catchy brass beat. Not only does Wisla get a turn on the mic, Danimal rips a sweet rap verse which you don't often hear in this style of music but it works perfectly. Slowing it down with "Dance Heavey Master" we are treated to a more Latin music vibe that you can picture listening to in a dimly lit salsa club. Then "Mr. Smooth Master" is not only a catchy song but also hilarious. The lyrics from Danimal keep a smile on your face while still keeping in line with the addicting feel of this album.

"Bad News Master" is my personal favourite on this album. This song is great to me on so many levels. Everyone in the band has their time on the song, which is what makes this band so unique. This song also has politically charged lyrics, which is perfect timing with the state of the world we are in. Not only is this song a great hit with awesome lyrics but it has a really cool music video that you can find on their [YouTube channel](#).

Closing off this album is "Sleep Talkin' Master". It gives Danimal a lot more time on the mic. And it has an interesting effect near the end, where each member gets their own time to shine, ending with everyone playing together in harmony. It's a perfect send off to this album. This song perfectly encompasses what The New Groovement is all about, which is all of these instruments complementing each other in the best way possible.

The New Groovement is hard to nail down as any specific style of genre but from the vocals of Wisla and Danimal to the large selection of instruments The New Groovement sound like a mix of The Kunxs and Tower of Power. You can find their album on [BandCamp](#). I strongly recommend picking up this amazing album.

Drew Kolohon is an avid music fan who is finishing up his bachelor's degree in English.

Hey graduate students, don't forget to download the AU app for even more chances to network, set up study dates, ask questions, stay in touch with your AUGSA council, and more!

Canadian Education News

Scott Jacobsen



Religious nations "likely" to perform worse in science and mathematics education

The [Irish Times](#) reports that religious nations are "likely to perform worse in science and maths." 76 countries were examined by the researchers in the study. The "five least religious countries" were the Czech Republic, Estonia, Japan, Norway, and Sweden while the most religious countries were Egypt, Indonesia, Jordan, Tunisia, and Qatar.

The "analysis allowed conclusions to be drawn about international levels of religiosity, schooling and educational performance." The [Daily Mail](#) reports that Canada is in the

upper end of the middle of the ranking at 36th, where 1st is the least religious and 82nd is the most religious.

The researchers combined a number of datasets from the [OECD](#), [PISA](#), [TIMSS](#), the European Social Survey, and the United Nation's Human Development Report to come to the conclusion of the higher likelihood of worse performance in science and maths in more religious countries.

Canadian education is great for business

Stu McNish in the [Vancouver Sun](#) reported on a Conversation That Matters (a partner program between Simon Fraser University and the Centre for Dialogue) feature with Diana MacKay, who is the executive director for the Global Academy of Carleton University.

MacKay argued for Canada being a place that offers a lot for students and educators from around the world. About 245,000 international students, MacKay says, have been attending Canadian universities at any one time with the targeted goal of 450,000 by 2020.

MacKay thinks Canada can do even more to make the educational system even more marketable. "What happens if we expand our offering, if we were to package up the expertise of our universities and colleges and start selling it to audiences around the world in the business sector for one?" MacKay asked.

Largest donation ever to an Alberta College

[Canadian News Wire](#) states, "Acclaimed Canadian entrepreneur, oilfield industry leader and dedicated philanthropist, David P. Werklund and his partner, Susan Norman, have gifted Olds College with \$16M, the largest ever personal donation to an Alberta college or technical institution."

Over time, as a "tiered donation," the "cumulative impact" of the donation will be \$32M. The first part of the donation is \$2M in cash, "supplemented by a matching component where Werklund will provide one dollar for every three raised, up to \$4M."

Lastly, there will be a \$10M "estate gift" for the institution's sustainability. The point of the donation is to incentivize the donations from others. This donation will be used for the foundation of the Werklund Agriculture Institute (WAI).

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

Spoiler Free—Canada Reads

Deanna Roney



CBC's Canada Reads debate is upon us again. I love listening to books being debated and the conversations that flood social media after each elimination. There is something wonderful seeing a love of literature flood social media. It may only last for a few days, but it is fantastic.

Not everyone agrees with the execution of Canada Reads, I have read comments from viewers that love the premise but the tactics have gone astray: voting for the best book first to increase its odds instead of voting on merit of the book. Some people disagree with the reasons a book was voted off, and often I read

why people disagree with the winning book. Opinions on books are varied, as are opinions on the method of debate or strategies used during the debate, however, the result is people are talking about books, issues within the books, and problems with their presentation. And isn't that the point of books? To stir conversations?

Canada Reads is a popular debate. It is televised, streamed live, available online after airing, and as a podcast. I prefer to watch live, or stream online after, because it is here I see the Q&A period after the official debate, and here is where the audience engages as they ask questions, where I have an opportunity to ask questions myself, via twitter, and where panellists have let their guard down and allow themselves to speak freely about why they chose the book they did. In one case, I found that had one panellist spoke about why the book meant so much to them earlier, then that book probably would have made it through the second round.

A comment I read recently about these debates is they have become too political. I find this idea, especially in this context, troubling. The theme of Canada Reads is "what book should every Canadian read, right now?" These books, while entertaining, are meant to affect Canadians. Books. Art. Everything is ultimately political: making a statement on society. These books raise questions and highlight issues—this is political. It would be impossible for the debates to exist free of politics.

Listening to these debates has emphasized that everyone is affected by different stories, different authors, and in different ways. I considered what they meant when they said that the debate has become too political. Is it that the issues being brought up are ones they don't believe in? Are the issues too personal? Every story has a message, even the most lighthearted book can have a political edge. What is too political?

These debates bring many of the issues facing Canadians to light. We can see ourselves in the literature, in the debaters. We can witness people standing up for books they believe in and having a healthy discussion about disagreements within the context of novels.

To paraphrase something Jody Mitic said on day two of Canada reads, it is awesome that we live somewhere where we can debate books, and when we disagree with each other we are able to settle those disagreements with words, not weapons.

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



Dear
Barb

Barbara Godin

Getting Under My Skin

Dear Barb:

Hi, my girlfriend and I have been dating six months. We have a lot of the same interests and get along remarkably well, except that she's extremely jealous. Her last boyfriend cheated on her, so I understand being cautious, but this is extreme. Everywhere we go she seems to pick out some woman in the room and accuse me of staring at her. She watches to see where I am looking and if it happens to be in the direction of the woman she accuses me of flirting with her, then we end up in a big argument. I find this so stressful. I really love her, but I don't think I can live with this. Do you have any suggestions on how I can help my girlfriend to feel less jealous? Thanks, Paul.

Hey Paul:

There isn't a lot you can do to help your girlfriend become less jealous, providing you are not doing anything to cause it. If you are not flirting with other women, or going out of your way to be overly friendly, then it is not your problem but rather your girlfriend's. The only person who can fix this problem is her. Often jealousy is the result of insecurity, fear, or anxiety. You said your girlfriend's previous boyfriend cheated on her, so I would say that could be the trigger. She has to resolve this issue within herself. Have you told her how upsetting this is for you? It would help for your girlfriend to speak to a professional who would be able to guide her through this issue. It seems like you have a good relationship otherwise, so I do not see this as an insurmountable issue. Thanks for writing Paul.

Dear Barb:

Recently I met this great guy. We had both been alone for a long time, so it feels good to connect with someone. The only issue I have is that he has tattoos, lots of tattoos. They are not offensive tattoos, just mostly family members and his kids, stuff like that. When we are out in public, his tattoos always draw attention and I feel uncomfortable. I guess I have this negative vision in my mind of what a guy with tattoos is really like and I fear others are seeing my boyfriend in that way, but he really is a sweet guy. Would I be out of line to ask him to get his tattoos removed? Sherry in B.C.

Hi Sherry:

I hear what you are saying, but I don't believe tattooed people conjure up the same judgements as they used to. Today many people have at least one tattoo. Moms, dads and even grandmas have tattoos. A tattoo can be removed, but it is a painful and expensive venture that often requires multiple sessions by a laser to remove. It might be worthwhile to accept your boyfriend as he is and that may help others to do the same. Thanks Sherry, for your great question.

Follow Barb on twitter @BarbGod

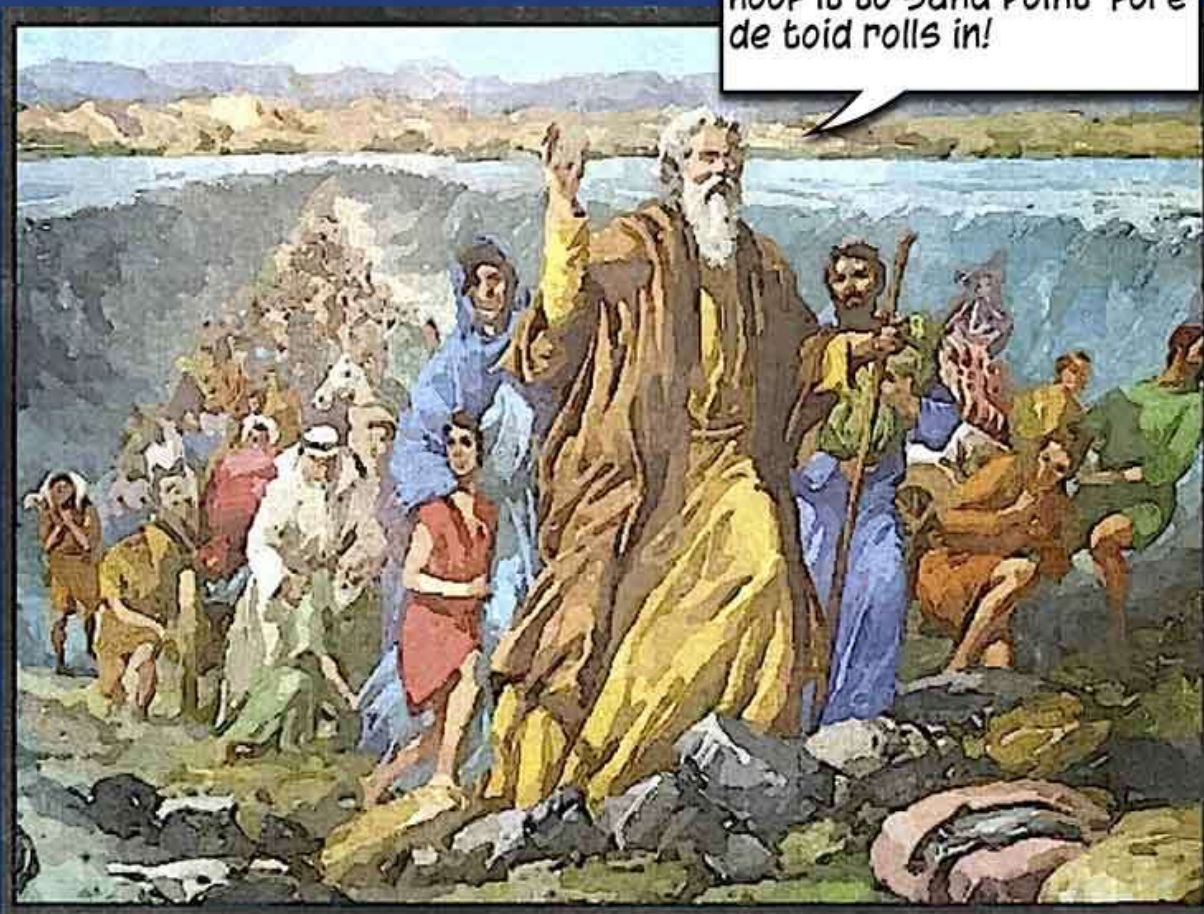
Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place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

Weird Canada

The "Not Since Moses" Annual Race Along the Bay of Fundy at Low Tide

Every year near the Glooscap Trail in Nova Scotia participants pay to race along the muddy floor of the Bay of Fundy after the tide has gone out. The race is against the tide itself, in a way, because as soon as the tide has completely receded— a process that takes at least six hours— it starts coming in again.

Come on, Fullers! Burn 'er!
We'se only gut an hour to
hoof it to Sand Point 'fore
de toid rolls in!



WRITTEN BY WANDA WATERMAN



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AUSU Annual General Meeting

AUSU's Annual General Meeting will be on **May 23, 2017 at 5:30pm MST**. Click [here](#) to add this to your calendar.

Please consider this notice an invitation for members to add an item to the AUSU AGM Agenda. Simply email your proposed agenda item to ausu@ausu.org by April 24, 2017. If you are not sure how to put together a motion, feel free to email AUSU for assistance.

The complete agenda and teleconference instructions to join the meeting will be posted on our website [here](#) at least 3 business days prior to the meeting.



AUSU Council Meeting

AUSU's April council meeting is coming up on **Tuesday, April 14, 2017** at 5:30pm MT.

Council meetings are held by teleconference and all members are welcome to attend. The agenda and teleconference instructions are online [here](#).

Email admin@ausu.org for the complete package.



IMPORTANT DATES

- **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 5:** [Deadline to finish courses for 2017 Convocation](#)
- **May 10:** [Deadline to register in a course starting Apr 1](#)
- **May 14:** [AUSU Council Meeting](#)

Teaching Award Nominations

Do you know any outstanding AU tutors, academic experts, or faculty? The AU General Faculties Council is now accepting nominations for the following academic excellence awards.

Craig Cunningham Memorial Award for Teaching Excellence (CCMATE)

The CCMATE is awarded annually to one Academic Staff member in recognition of excellence in teaching at Athabasca University.

- The CCMATE award policy is online [here](#).
- The nomination form is online [here](#).

President's Award for Tutoring/Mentoring Excellence (PATME)

The PATME is awarded annually to up to two Tutors or Academic Experts in recognition of outstanding instruction to Athabasca University student – one in undergraduate programs and one in graduate programs.

- The PATME award policy is online [here](#).
- The nomination form is online [here](#).

The nomination deadline is April 28, 2017.

Academic Excellence Teaching Awards



CLASSIFIEDS

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

THE VOICE

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