

# THE VOICE

## MAGAZINE

Vol 25 Issue 23 2017-06-09

### Left Behind

Waiting for Convocation

### The Importance of Asking

Get the Full Value of your Courses

### Convocation 2017

Getting there Without Quacking

*Plus:*

*A Chihuahua on Steroids*

*Review: Flower City After Dusk  
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](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****Now on Stage****Karl Low**

First things first, congratulations to the graduates up at convocation who have taken the time to travel all the way to Northern Alberta to walk across that stage. As for the rest of you, who've graduated throughout the year but couldn't or didn't want to take the trip, well, who cares. Just to be clear, that's not me. I very much care, as I was one of those people myself, but it's the impression I always get from AU's convocation ceremonies.

It seems strange how a university that prides itself on operating at a distance does so little to acknowledge those who've graduated at that distance if they can't eliminate it and show up at a certain time and place in early June. Would it really be so hard for AU to keep a list of names between convocations and, for those who aren't at the ceremony, at least run a trawler line at the bottom of the screen listing the names of all those who attained degrees but weren't there? It wouldn't be much, but it would still be better than what those students receive now.

Like many things with AU, there seems to be this dichotomy between whether it's truly a distance university, or simply a northern university that happens to operate by distance much of the

time. I fear that the newly released Third Party Report does not do a lot to dispel that dichotomy, even as it acknowledges it when it discusses some of the cost implications of AU operating in Athabasca and having multiple offices. My first impression of it is that it's a bit of a mixed bag. It doesn't seem to come to terms itself whether AU should regard itself as a premier distance organization and so should concentrate on it's flexibility or a northern institution and so should concentrate on those type of studies. It seems to be suggesting that AU should do both, even to the point of developing on-location courses to help out other northern and indigenous institutions, but personally, I wonder if that split in focus is really something that AU wants to pursue. However, next week we're going to have a student focussed look into the Third Party Report to see what it means for you.

My hope is that it means, if nothing else, that the Government of Alberta will finally see the funding disparity that AU has been dealing with for years, where we're educating more students than the University of Lethbridge, but receiving about half the government funding to do so, even while being required to operate in a remote community which forces higher expenses for many things, including wages for faculty and staff.

Meanwhile, this week, we've got a couple of articles on convocation, one from a student who's hoping to achieve it in the future, titled "Left Behind", and the other if our Fly on the Wall column, from a student who already has. This way we get a view from each side of the fence, but neither is quite what I'd call a traditional look. You'll have to read them both to find out. We also have our usual selection of unusual advice for your assignments and life, as well as what you need to keep up to date with what's going on in the student communities around AU.

Enjoy the read!

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

## Left Behind

Barbara Lehtiniemi



AU's Convocation 2017 is well underway. From Thursday, June 8, to Saturday, June 10, AU students are taking the final portion of their AU journey across a stage in Athabasca. They have come from all over Canada and beyond. For most, it is their first time on AU's campus.

I've watched each year's convocation ceremonies with interest. AU live-streams the action, and many students add their own photos and comments on social media. It's exciting to watch along as another batch of students reaches their goal and obtains their degree or diploma.

This year, it's different for me. For almost five years, my own graduation seemed far off in the hazy future. But now I've set a firm date: June 2018. My BGS degree isn't just something endlessly in-progress anymore. There is a plan, a commitment to be finished, a deadline to work toward.

The buzz in advance of this year's convocation seems bittersweet to me. The excitement of the graduands is palpable. While I'm happy for them, I'm beginning to feel left behind.

I've come to know many AU students over the years. Even though I've met only a few students in person, I've interacted with many on social media and through interviews for the Minds We Meet series in *The Voice Magazine*. I've connected with students by phone, e-mail, and Facebook. I've followed their struggles and frustrations and their moments of triumph.

Now they're leaving me behind. Their AU journey is coming to an end. They've submitted the final essay, wrote the final exam, and fulfilled the final requirements for their undergraduate degree. This week, they're taking that final step by participating in Convocation 2017.

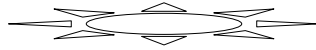
I am so pleased for them. It's exciting to watch the live-streamed convocation ceremonies and see students I've become familiar with finally reach their goal. All that time and effort has come to fruition.

But I feel wistful, too. I've still got a year to go, and it's not going to be an easy one. I'm a bit envious of the class of 2017, who can now move on to the next stage of their life. However, we've all started our journeys at different times and have followed varied routes toward our degrees.

Now I can set my sights on Convocation 2018. I can anticipate the excitement of seeing Athabasca University for the first time. I look forward to the pleasure of meeting staff and students who are now represented by little more than e-mail addresses.

I offer my hearty congratulations to AU's newest graduates! You're leaving a trail of inspiration for the rest of us to follow. Savour each step across the stage as you claim your parchment. As for us, the class of 2018: we're right behind you.

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



## Fly on the Wall

Jason Sullivan

### Convocation 2017: Making it Without Quacking!



Graduation is something that can never be taken away from us. Attaining a Bachelor's or Master's degree means so much more than just receiving a piece of symbolic paper: it represents the adoption of a new social role. I learned this firsthand in 2014 when I attended my own convocation in Athabasca. Upon donning my pink 'social sciences' robe I felt myself literally enrobed with the status of university graduate. Countless hours of labour had paid off. Having chosen to work rather than attend my high school grad I'd never been up there on stage for something like that. It felt good. And, speaking as a 'Fly on the Wall', I realized just how unique the distance

education part of my life had been. Jennifer Ratner-Rosenhagen once wrote an article "*urging intellectuals* to consider what they would want written over their dead bodies" and, despite mortality hopefully still far over the horizon, it occurs to me to consider how we may utilize our hard-won academic victories in as many life contexts as possible.

We are each not one, but many. We live many lives and embody many roles. Yet, at AU, we also inhabit the somewhat obscure niche of distance student, which many of our friends and family may only dimly be aware of. And, as AU students, it can feel like we lead a secret life as we toil in relative solitude. This can be fun in the way hidden codes, inside jokes, and bonding with friends over mutual outsidership can be, yet surely there is something to be said for incorporating that which seems abject and foreign into the objective realm of our daily life. I wonder, then: how can we express ourselves to others as graduates?

Following Aristotle's famous injunction to *know thyself*, the Scottish philosopher Alasdair MacIntyre believed that to attain virtue we must feel our identities as a coherent whole. For MacIntyre, "human life is often stripped from its context, or else contexts become meaningless, playful, ironic, and interchangeable" (Maizlish, 2007). As it is, we invariably feel some unease between our mental selfhood (ipse) and our physical body (idem) (Snaevarr, 2007). Almost anyone realizes this when trying to slam dunk a basketball or learn a dance routine. Our mental life often is detached from physical reality. For his part, MacIntyre claims that we must live our mental life virtuously by embodying a "concept of a self whose unity resides in the unity of a narrative which links birth to life to death as narrative beginning to middle to end" (Maizlish, 2014). The idea is to bring unity to our many selves; as graduates this means infusing our schooling into our whole lives.

Meanwhile (they were both writing circa 1981) others such as Jean Baudrillard were extolling plurality and play as a means to gain the creative freedom to define ourselves with many identities. With his book titled *Simulation and Simulacrum* Baudrillard claimed that "the simulacrum is never that which conceals the truth--it is the truth which conceals that there is none. The simulacrum is true" (Baudrillard, 1981). Was the world now all playful pastiche and coquettish cosplay, or was this sensibility a mask for a deeper malaise? If I "drop my g's" when hangin' out with friends is that akin to "passing" as a non-intellectual, becoming a true *fly on the wall*? Are we at AU condemned to leave our learning at our desks and our diplomas on the wall?

MacIntyre opposed the postmodern patchwork model of personal identity. Far from an age of whimsical adoption and abandonment of identities, MacIntyre believed that we live in an "age of fracture" (Maizlish, 2014). "The unity of a human life becomes invisible to us," he explains, "when a sharp separation is made ... between the individual and the roles that he or she plays." (Maizlish, 2014). So much for forgetting our academic selves to adopt our pre-AU social roles. MacIntyre would have looked askance at AU studenthood as an aspect of our lives detached from the rest of our living. He would have asked us how we can live as a whole like this, how we can attain virtue out of incommensurate shards of self. Perhaps he would have suggested that we find a golden thread running through our education that ties it into the rest of our existence. We grow personally as well as scholastically at AU, to be sure, and in this sense our graduation represents a monumental achievement. Accomplishing anything to completion is incredibly satisfying and invariably increases our virtue. In this vein, MacIntyre may well have challenged us to find means to translate our learning more and more into our everyday lives. We didn't spend all this time and money only to attain a better job or private fulfilment; we also sought to attain personal satisfaction that invariably we share with, or withhold from, others.

The question of how to apply our learning with folks that haven't necessarily attended post-secondary becomes one of translation. It may be enough to speak as a good academic, yet surely we must attempt to take our educational context and make it amenable to as many others as possible. Sometimes this will prove impossible but it's worth a try. MacIntyre floridly illustrates the case:

"Imagine that we are waiting for a bus for instance, and a woman next to us all of a sudden says, 'The name of the common wild duck is *Histrionicus histrionicus histrionicus*.' To be certain, *we understand the meaning of the sentence uttered; the problem is to understand the point of her uttering it*. Suppose that the woman utters sentences like this at random intervals, in which case this would probably be a form of madness. But her uttering of the above sentence would be rendered intelligible if, for instance, we found out that she has mistaken me for a person who approached her in the library some days ago and asked her for the Latin name of the wild duck. We would also understand her action if we discovered she mistakenly thought I was her co-spy and she was uttering a code sentence to be decoded by me. In each case her act of *uttering only becomes understandable by being put in a narrative context*." (Quoted in Snaevarr, 2007).

Academic lingo can, after all, sound to others like linguistic hyperbole: histrionics. The literal definition of histrionics is "deliberately affected : overly dramatic or emotional" (Merriam-Webster, online).

### AU-thentic Events Upcoming AU Related Events

#### Online MBA for Executives Info Session

Wed, June 14, 10:00 to 11:00 am MDT  
Online

Hosted by AU's Faculty of Business  
<http://business.athabasca.ca/event-details/executive-mba-information-session-10am-mst-6/>

register online at above link  
*second session:*

Wed, June 14, 6:00 to 7:00 pm MDT  
<http://business.athabasca.ca/event-details/executive-mba-information-session-6pm-mst-7/>

Have you received notice about an AU event that's running only local to your area that you don't see here? Forward it to [voice@voicemagazine.org](mailto:voice@voicemagazine.org) The first one to do so will win a Voice Merch pack!



Whether it's an affect on others of obscurantist over-emoting of ones ideas, intellectual terminology can seem needlessly weedy. One friend jokingly claims that when she read some of my Facebook statuses she literally wants to cry. And as much fun as having mysterious identities can be, we surely benefit ourselves and others if we apply our learning in a way that tangibly and understandably fits with the narratives and languages of others.

Another theorist, Paul Ricoeur, stated the importance of finding harmony within our life. If our studies seem distant from the rest of our existence then a process of alienation may lead us to give them up. Like, MacIntyre, who believed that we must avoid fragmentation of our selves into myriad identities and instead seek an inner unity to our life narratives, Ricoeur stated that we must seek concordance rather than discordance in our lives (Snaevarr, 2014). This is possible by finding an inner plot that will "synthesise reality" (Snaevarr, 2014). In this way "a plot fuses together intentions, causal relations, and chance occurrences in a unified sequence of actions and events" (Snaevarr, 2014). It remains for us to find commonalities between our divergent selves and, like actors asking what their motivation is, ask ourselves *what's my plot?* What has our AU experience equipped us to express to others?

Convocation contains just such a possibility for self-understanding and expression, not only because of its symbolic importance but also because of the tangible power and pride we feel as we stand there in front of our tutors, peers, friends, and family. A new unity may dawn through our lives as our educational undertaking reaches its culmination. We may go forward with a renewed and enriched sense of purpose thanks to our educational experiences at AU, discovering a string that ties our narrative together, such that the plot becomes clear: whatever we do from here, we do it as graduates who have seen our hard work through to conclusion.

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### Women of Interest

**Dr. Mary Claire King**, an American Human geneticist, was born February 7, 1946, in Illinois, United States. King is recognized for identifying the genes responsible for certain types of breast cancer, she also was able to demonstrate that humans and chimpanzees are 99% genetically identical. In 1973, she received her doctorate in genetics from the University of California in Berkeley. While at Berkeley, King discovered the BRCA1 gene, which is responsible for 5-10% of all breast cancers. The discovery of BRCA1 has become invaluable in the study of many other common diseases. King's human rights work began in 1984 when she used dental genetics to identify missing persons. She was able to identify 59 missing children in Argentina and return them to their biological parents. She has worked with many human rights organizations, including Physicians for Human Rights and Amnesty International, helping to identify missing persons in Chile, Costa Rica, El Salvador, and Haiti, just to name a few. Dr. King was the recipient of many awards and honors.

Further information can be found at the following websites:

- [https://en.wikipedia.org/wiki/Mary-Claire\\_King](https://en.wikipedia.org/wiki/Mary-Claire_King)
- <http://www.seattletimes.com/seattle-news/science/uw-geneticist-receives-nations-top-honor-for-scientific-work/>
- <https://www.jax.org/news-and-insights/jax-blog/2017/february/mary-claire-king>



## The Importance of Asking Questions

Deanna Roney



In the early courses, I found I didn't want to ask "silly" questions of my tutors. I felt that most of the questions I had were things I should be able to answer myself, and I didn't want to bother anyone. But part way through, I believe it was my first philosophy course (difficult to take without discussion), I started to ask a few more questions. I can't remember what the questions were now, but they were ones I felt I should know the answer to, ones that felt so basic, and I felt like I shouldn't be asking. But, I knew that I didn't have a choice, not if I wanted to get through the unit. So, I emailed my professor and asked; the response I got was surprising. He said that, in asking those particular questions, it showed that I understood the material, that I was getting it and that these were important things to consider in the realm of the course. There was no easy answer to the questions, but the questions themselves were kind of an answer.

When I read that reply it felt good. The frustration and confusion I was feeling when I emailed those questions dissolved into something akin to confidence. This was my first lesson in not being afraid to ask a question, by doing so I went through the rest of the course with a level of enjoyment that I never expected (and that I would never have achieved otherwise).

But, it wasn't until near the end, when I was taking a creative writing course, that I started to email my professor after every assignment and ask follow-up questions to the comments that were throughout my work. I was doing well in the course, and these questions didn't come from the same place as my philosophy questions. Rather they were from a degree of curiosity and desire to learn as much as possible. I once emailed and apologized for constantly emailing after assignments and peppering her with questions, what I got in response was to never apologize for it; they did not bother her, and instead it showed a commitment to the course.

After that I started to ask questions. Sometimes they went beyond the course material, though it always related in some way. I was always hesitant to ask—to bother—but when I did I found that people are passionate about their subjects, jobs, dreams, and enjoy being able to share that with others.

I have been working as an intern for the last few months and I have started asking more questions, asking about the ins and outs of the profession. Asking for reference material, for outside sources for information. My questions (again) were received positively and I have been able to find invaluable information this way.

When you have access to a source of information, like a professor or a professional in a specific field, then take that opportunity to ask questions. They are teaching or taking on interns for a reason, and part of that is to share information; some information they may not think of and it is up to you to ask for it. You don't want to bog people down with a torrent of questions, but you shouldn't be afraid to approach them and ask certain things. They are there to help you and to answer these questions for you. Besides, you never know what answer might just change your trajectory.

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

## The Creative Spark!

### A Chihuahua on Steroids

Marie Well



When you fire up the blender, do you hear screams, baby gurgles, or mere whirls? Whichever, movie makers plan on you hearing subliminal sounds. Horror filmmakers add screams to creaking floors. Romance movie-makers slip-in moans to nightlife scenes. Most filmmakers add telling conversations you can't quite hear.

But, this stuff happens every day—in real life. Last week, while in a state of worry, I heard a pit-bull mauling a human. Shocked, I froze and listened. The sounds of the pit-bull slowly shifted into sounds of high-heels clapping. Nothing more.

I used to play spiritual CDs while I slept. I did so to drown out nightmares. Yet, one night, I awoke from a night terror to hear the CD play a demonic voice—speaking directly to me. Now that's the sound of a night terror. (I

since stopped the scary dreams by training my brain to play happy endings.)

Yes, our thoughts change our soundscape. A field called psychoacoustics surely studies this stuff. But even when our minds seemingly play no tricks, we have what is called selective attention. With selective attention, we focus on actual sounds that reflect our emotions. And sometimes we misinterpret these sounds.

For instance, if your loved one recently passed, you might mistakenly hear his laughter. If so, your selective attention is centered on longing. Or if you drive to an AU exam center, the skid of your tires might oddly sound like claps and cheers. If so, your selective attention is centered on success.

Certainly, the sounds we tune into tell us lots about our troubles and triumphs. And, as you'll soon see, creative people seek out sounds to help them problem solve. And not just sounds, but objects, smells, tastes, and textures. Liz Dean shows you more than problem-solving from sensory cues. She shows you a wealth of ways to problem solve in her book *How to Be Creative: Rediscover Your Creativity and Live the Life You Truly Want*:

- When you begin problem-solving, let your imagination run wild.
- Brainstorm your problem. While brainstorming, draw or write down your ideas. Connect these ideas. These connections can call out fresh solutions.
- Before you brainstorm your problem, play music. Time your brainstorm session for fifteen minutes. Brainstorm. Then, go for a walk. A solution might dawn on you while you stroll.
- Free write about your problem. By letting your mind run wild, you bypass mental blocks in solving your problem.
- Seek the opportunities in your problem. Aim to grow.
- State your problem from a positive perspective.
- "Break down the problem into chunks and name each chunk" (p. 91). Tackle one chunk at a time.

- To solve problems, break rules. Shift deadlines. Change your space. Making slight changes can solve serious issues.
- Pretend you offered to help a friend solve his or her problem. Then, solve your problem as if it belongs to your friend. This tactic helps depersonalize your problem.
- To solve problems, introverts should act as extroverts for a day—and vice versa. This opens innovative ways of thinking.
- Name your successes. For instance, name yourself, "dance mathematician" if you dance with precise measurements. Then, when you have a problem, think about your named success for a boost of confidence.
- Take cues from your environment as metaphors for your problem. For instance, you might see a bird feed its chicks while you're mulling over managing an unruly staff. Why not give your staff the worm? In other words, feed your staff higher wages or better benefits.

If you hear a pit-bull growling behind a low-fence, don't bolt clip-clopping. Dream up a happy ending instead. Perhaps it's a chihuahua on steroids. A paradox? I call it a Creative Spark!

## Scholarship of the Week

### Digging up Scholarship Treasure for AU Students.

**Scholarship name:** CHS Scholarship Program

**Sponsored by:** Canadian Hearing Society

**Deadline:** June 22, 2017, 4:00 pm EDT

**Potential payout:** up to \$3000 per year of study

**Eligibility restriction:** Applicants must be hard of hearing or deaf, be Canadian citizens or permanent residents, and attending a recognized post-secondary program in the Fall of 2017 full- or part-time. See full [eligibility requirements](#).

**What's required:** A completed application form, along with a 250-word essay, information on the applicant's community involvement, two letters of reference, proof of enrolment, and proof of hearing loss.

**Tips:** This is a new scholarship program, and applications might be low in its inaugural year. Read the [application form](#) carefully, and check out the [FAQ section](#) for more info.

**Where to get info:** [www.chs.ca/scholarships](http://www.chs.ca/scholarships)



## Music Review

### The Sole Pursuit

Drew Kolohon



**Artist:** The Sole Pursuit

**Album:** *Flower City After Dusk*

Ontario based rock band, The Sole Pursuit, pours their heart and soul into their album *Flower City After Dusk*. Written by Kyle Dawe, the lead vocalist, it focuses on the experience that he had living in the suburbs of Brampton. Kyle isn't the only creative force on this album however, the lead guitarist A.J. Perry has left his mark, making this dynamic rock duo create an album that is not just rock, but something more. Kyle and A.J. are not the sole musicians on this album, however. Drummer Tony Nesbitt-Larking and bassist Dylan Burrett round out this four-piece rock band. This album is like nothing I have heard before, a mix of rock and metal vocals intertwined with unique musical timing to create an emotional recounting of life in the suburbs.

The album art work is an interesting cartoon depiction of the suburbs with an evil mountain coughing smoke in the background. This reflects the meaning of this album, the darkness behind the mundane. Not to say that living in the suburbs is always boring, something clearly shown in The Sole Pursuit's music. Smashing Pumpkins and Coheed and Cambria are some of Kyle's influences that can be heard on this album.

Opening the album, the song "Ashes" showcases how the music and the vocals play off of each other. Kyle deftly switches from metal to rock vocals, making for an always interesting sound. Most albums ease you into the style of the artists, but "Ashes" showcases the power that comes from Kyle's voice and the instruments behind him. That's not to say that Kyle gets all the spot light however. The next song "Culling Season" has some amazing guitar break downs from A.J. that almost make it like the guitar is singing a verse.



What I believe to be the most powerful song on the album, "Get Fed", is a song written about a friend of Kyle's that developed a drug problem. "Get Fed" has a music video that is an experience to watch. The song itself is stellar, and nails all of the strong points this band can hit. However, when listening and watching the video, a sense of numbness over comes you. Kyle himself says that "he deliberately wanted the song to sound a little dissonant and disjointed" which I think hits the theme of this song perfectly. With an interesting style change "Hate Enslaves" has an eastern European vibe that keeps the album fresh and unique. This song is an excellent change of pace even if it does have a heavy message. My personal favourite on the album "Snapping Back" has a strong pump up intro that leads into Kyle's amazing vocals. The fact that Kyle can mix his rock vocals and also push out those metal raspy screams is staggering; I do not envy his throat after a night of performing but that's what sets this band apart.

Growing up not far from Brampton I may be a tad biased, but I can not say enough good things about this band. Not only do they create awesome music but they also have a ton of extra content on their twitter and Facebook page. *Flower City After Dusk* can be picked up on Spotify as well as Band Camp. This is an album that I would definitely pick up to rock out to over the summer.

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



## The Fit Student No-Regret Success

Marie Well



What would *you-at-your-best* do? Would you flash smiles to lift spirits? Would you build networks of chums who serve as secret Santas at Christmas? Or would you spend your life-savings on Botox and a plastic chest?

You don't need to look like Wonder Woman to flourish. Author Maxwell Maltz says seek out your most genuine self instead. A self not driven by ego, but by dignity.

Specifically, Maltz says to daydream, daily, a ten-minute mental-movie of your ideal self. Imagine your best behavior and peoples' positive responses. Imagine the objects, scents, sounds, and sensations surrounding you. Watch yourself as if you're the audience.

Go further: play out your biggest dreams in mental movies. How would you feel if you achieved glory? By imagining success, you bee-line your subconscious toward getting the goal.

When I dwell on my dreams, I drum up feelings of euphoria. But that's not how realized dreams feel. When I won a silver medallion for academics, I felt glory, but also mixed feelings. My relationship fell apart. My mom and her family didn't show up. I felt fearful of facing life alone.

---

And sometimes our dreams don't lead to glory. Consider superficial dreams: fame, good-looks, wealth. We flourish with these things, but only when coupled with integrity. Without integrity, these dreams lead to suffering.

So, when you imagine your mental movie, strive for goals that lead to optimal outcomes you feel good about—that don't lead to regret.

Recently, I imagined myself showcasing a tech-piece at an art exhibit. I imagined shadows lighting an auditorium, videos murmuring within a silence, and abstract imagery lacing the aisles. I then imagined my tech-piece birthing thought, smiles, or laughter from onlookers.

My mental movie didn't spark euphoria—instead, it gave me peace. And it awoke my subconscious. Fast-track your dreams by *sincerely* watching your mental movies.

Maxwell Maltz in his book *Psycho-Cybernetics: Updated and Expanded* explores the power of imagination—and mental movies. His key ideas sit in bold below:

**We can use our imagination for our benefit or our harm.** Focus your energies on beneficial thoughts.

**When we fail to act, we don't do so because of a lack of willpower. We do so because of a lack of imagination.** So, imagine your best self.

**Our nervous systems react to both real stimuli and imagined stimuli.** Optimize the contents of your imagination.

**Our beliefs cause us to act in certain ways.** Hold beliefs that benefit you and those around you.

**Our mental movies act as "practice" for beneficial behaviors.** Practice your ideal behaviors.

**When we imagine successful people, they model our behaviors.** Inspire yourself through successful role models.

**Our imaginings of good form lead to actual good form.** Imagine yourself performing your best, and your subconscious will autocorrect weaknesses in your form.

**Our subconscious shifts when we play mental movies of our peak performance.** Play mental movies of yourself realizing your dreams. Soon, you will come to act your ideal self "automatically and spontaneously—without even trying" (p. 51).

**We add to our mental movies when we imagine past successes and let them guide our future goals.** Call up something you did that excited you—a success. Invite that feeling into your mental movie.

**We need to strive toward benefiting humanity. Act cheerful, serve others, and emanate love.**

Lotto winners, supermodels, and celebrities can suffer or flourish. So, star with integrity in the mental movies streamlining your dreams.

## Canadian Science News

Scott Jacobsen



### Canadian Space Agency to Announce New Astronauts

CBC News: Technology report that the two newest members of the Canadian astronauts will be revealed to the public in the next four weeks, according to the Canadian Space Agency. The fourth recruitment campaign for the Canadian Space Agency got thousands of applicants for the positions. These were then whittled down to twelve men and five women. Twelve astronauts chosen by three prior campaigns have taken part in sixteen space missions.

The space roster for Canada was at its peak in 1992 with a total of ten active astronauts in the Canadian Space Agency. The current roster for the Canadian Space Agency is only two, who are David Saint-Jacques and Jeremy Hansen. Saint-Jacque and Hansen will be launching to the International Space Agency in November of 2018.

### Canada's Nature Album to be Taken for Canada 150

CTV News said that ten thousand volunteers will be taking photographs of Canadian biodiversity along with expert naturalists in 2017. These people are working together for BioBlitz Canada 150, which is the Canadian "real-world Pokémon Go for Canadian plant and animal life."

Elizabeth Gammell, BioBlitz Canada 150 manager, said, "It's about making a listed inventory of all living species in a particular area...Everybody is doing actual real science that is going to help future wildlife, and aid future decisions about our environment."

35 BioBlitzes, in a series, are scheduled throughout the country. The aim is to photograph as many species as possible from one end of Canada to another. There will be five flagship events between June 9<sup>th</sup> and September 17<sup>th</sup> in Toronto, Vancouver, Regina, and Quebec City, ending with an event in Halifax.

### Government of Canada Invests in Advanced Technologies

The Social Sciences and Humanities Research Council of Canada, part of the Government of Canada issued a press release on an investment in Canadian researchers to tackle some of the emergent international issues, and to take advantage of some of the potential benefits of modern high technology.

The investment amounted to \$744,000 with an emphasis on the areas of advanced technologies, rural and urban resilience, and social innovation. The Honourable Kirsty Duncan, the minister of science, announced the federal investment into thirty "knowledge synthesis research projects funded through the Social Sciences and Humanities Research Council (SSHRC)."

Two grant recipients announced earlier this week included "Dr. Sami Aoun of Université de Sherbrooke whose research will focus on knowledge of terrorism and how to address radicalization" and "Dr. Stephanie Ben-Ishai of Osgoode Hall Law School at York University will look at millennials, the labour market challenges they face, as well as their levels of financial literacy and indebtedness."

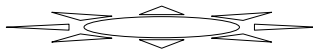
### Massive craters in Arctic sea floor from methane gas

"Giant craters on the Arctic sea floor were formed when methane gas previously trapped in ice was released with such force it blew through bedrock, Norwegian researchers say," [CBC News: Technology and Science](#) reported.

In the most recent edition of the prestigious journal *Science*, the [research article](#) reported that during the prior ice age a two-kilometre thick sheet of ice on the floor of the Barents Sea off Norway held massive amounts of methane in a hydrate form, which is a mixture of gas and water.

Karen Adnreassen, a professor in the Centre for Arctic Gas Hydrate, Environment and Climate at the Arctic University of Norway, said, "To disturb the bedrock that much, we feel pretty certain that it's not something that can be done by gas bubbles just seeping up. It must have been a catastrophic event."

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



### Canadian Education News

**Scott Jacobsen**



#### Canadian Wetland Education Network Won a National Award

Ducks Unlimited issued a [press release](#) stating that the Canadian Network for Environmental Education and Communications (EECOM), which held a national annual conference, awarded three out of five awards, called EECOM Awards to the "Ducks Unlimited Canada-relates programs and teachers."

"EECOM's Outstanding Organization Award was presented to DUC's Wetland Centres of Excellence/ Centres d'excellence des milieux humides

(WCE/CEMH) network," the press release said, "DUC's WCE/CEMH form a national network of dedicated educators, students, supportive administrators, and communities working to conserve wetlands."

The WCE/CEMH students have, over many years, been advocates for the protection of the wetlands. This means having meetings with provincial and federal politicians in addition to the pursuit of careers in the relevant areas.

#### Potential amendments to the Education Act with Bill 37

"Education Minister Paul Quassa made a last ditch plea to Nunavut MLAs Wednesday to open proposed legislation to change the Education and Inuit Language Protection Acts to debate. Quassa gave a 50 minute speech outlining the work of his department, how Bill 37 came to be and giving a step-by-step explanation of the proposed changes," [CBC News: North](#) said.

He feels that the provincial government will need to re-examine the amendments done to the Education Act, but the bill to do so is at risk of ceasing to exist. The Standing Committee on Legislation recently said that it recommends the bill not proceed.



The bill gets to move forward only if the assembly receives the report from the committee, or if 120 days in the calendar have gone by since the second reading of the bill. The current deadline for offering bilingual (Inuktitut-English) education is 2019 now. The main complaint is that the act that the bill seeks to open to debate would push this education to 2029 for some grades and postpone the deadline for grades 10-12 indefinitely.

### **Truth and Reconciliation and Residential Schools' Impact**

CBC News: Saskatchewan reported that two years have gone by since the Truth and Reconciliation Commission with the 94 calls to action within it. The former commissioner, Marie Wilson, noted the residential schools and their impact continue to be a "huge task" to manage.

"There are still many, many people in this country that don't even know we had a Truth and Reconciliation Commission," Wilson said. Wilson, by her estimates, heard the residential school survivor stories of 1,500 individuals.

Wilson is not frustrated by lack of knowledge about the commission, but by the resistance after people know about it and try to make it something different than it was, because it was something terrible that happened.

### **Responses to Common Ideas about Indigenous Populations**

There are some common ideas about the Indigenous population, but the Brampton Guardian sought to address some of these by re-publishing a notice from the Anishinabek Nation Union of Ontario Indians. One of these common ideas is the statement that First Nations receive free housing. However, First Nations do not get the full cost of housing covered by the government

Also in answer to a question about free education, "No, First Nations receive education funding from the federal government, which they use to cover the cost of operating First Nation schools, pay school boards if their children attend schools off the reserve and cover some post-secondary education." Noting that they do not receive free education.

With regard to "Status Indians," or First Nations, Métis and Inuit people in Canada and taxes, these Canadian populations have to pay taxes the same as every other citizen. The only exemption is in Section 87 of the Indian Act, which exempts money earned while working on the reserve, for the reserve.

### **Newfoundland and Labrador education minister defends consultant report**

CBC News: Newfoundland and Labrador stated that the education minister of Newfoundland and Labrador, Dale Kirby, "is defending a consultant's report," which is on the public library system the province. It was attacked as amorphous by the union for the library workers.

"It's very comprehensive ... It's well overdue," Kirby said in its defence, "I think it provides quite a good roadmap for the [Provincial Information and Library Resources Board] to make its plans for the future strategically."

CUPE Local 2329 representative, Dawn Lahey, thinks the report is "very vague," where workers want more information. Public consultation with the libraries has been heated, but Kirby does not see the current status quo as acceptable.

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



## From the PSE News Desk

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

**A degree in mothering.** After accompanying her disabled son to every one of his university classes, Judy O'Connor was awarded an honorary degree from Chapman University in California, according to this recent [National Post article](#). O'Connor's son, Marty, has been paralyzed since a 2012 accident and required assistance to take notes and write the answers to tests. Mother Judy, a self-confessed school geek, moved from Florida to California to help her son earn his Masters of Business Administration. When she pushed Marty across the stage to collect his degree, O'Connor was stunned to hear she herself would also receive a degree from the university.

## Sizzle AU's Hot Social Media Topics

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

#### AthaU Facebook Group

Alicia seeks info on how to cite a Youtube video. Brett seeks help in choosing between three courses for science credit. Brittany needs proof of AU enrolment for an external scholarship.

Other posts include the #AthaU17 selfie contest, AUSU birthday party, and courses ACCT 355, CMIS 351, HRMT 406, HSRV 363, MSGC 312, and PSYC 400.

#### AUSU Forums - New!

In the Course Discussions forum, discussions are underway for COMP courses 200, 206, 232, 314, 369, and 444.

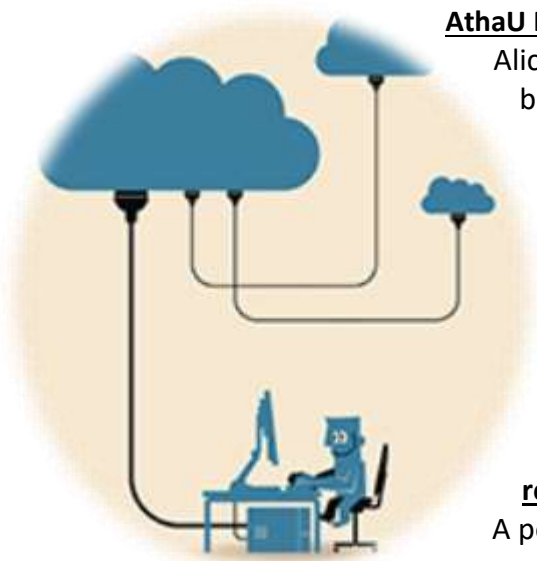
#### reddit

A poster seeks feedback on the course-load of ACCT 250.

#### Twitter

@AthabascaUSU (AUSU) tweets: "Show off your school pride - order your personalized @AthabascaU gear today! <https://urstore.ca/athabasca-university...> #AthaU."

@AthabascaUBiz tweets: "If you're the smartest person in the room, you're in the wrong room. #NeverStopLearning #AthaUBiz."





## A Celebration and Faking It?

**Dear Barb:**

*I have been invited to a celebration of life for the husband of a very good friend of mine. Her husband is in the final stages of cancer and they decided to go ahead with this in place of a funeral. I don't know how I feel about it. I have heard of other people doing this, but never really gave it much thought until now. I'm not sure how to approach this. How do you celebrate when someone is dying? It almost seems like you are rushing their death. To be honest with you I'm not really sure I want to attend. What is your opinion on a celebration of life ceremony? Thanks, Melanie.*

Hi Melanie:

A celebration of life is also called a living funeral and is becoming more popular. The thinking is that this provides an opportunity for family and friends to express their feelings and memories to the person while they are still alive. It is often less expensive, so costs may be a consideration as well. I guess the way to look at it is that this is what the dying person wants and we should respect their wishes. It's definitely not something everyone would choose to do, it's a personal decision. I feel you should attend as this is your friend's wishes. Also, they probably won't be having a funeral, so this will be your only time to have closure and say goodbye. A famous living funeral was that of Morrie Schwartz

which was narrated in a book by Mitch Albom "Tuesday's with Morrie" you might want to read it before you decide. Thanks for your letter Melanie.

**Dear Barb:**

*I am in my late twenties and I have just been diagnosed with fibromyalgia. It is a chronic illness that makes me very tired and in a lot of pain most days. I tried attending regular university and I couldn't keep up, so I am taking courses at AU and going at my own pace. The biggest hurdle I am struggling with from it is people's reactions, especially other males. It's like men aren't supposed to have this, men are the strong protectors, they can't be sick. I've even had a doctor ask me if I was trying to get disability payments. A while back I found a support group and I was the only man there and the women were not very receptive towards me. Even my family are suspicious when I talk about my condition. Fortunately, I did find a doctor who believed me and I have been approved for disability benefits. I'd just like to say to all the people that think I'm faking it, why would I choose this for my life. Why would I choose to not be able to work and achieve in life, but instead just lay around too tired to do anything? Why would I choose this life rather than that of a healthy man? It's not something most people would want for their lives. Thanks for giving me an opportunity to express myself, Scott.*

Hey Scott:

Fibromyalgia is a difficult condition to diagnose; it is done mostly through the process of elimination. Although there are some chemical imbalances in the brain that can be tested and confirm a diagnosis of fibromyalgia. Of the reported five million adults with fibromyalgia only 10 percent are men. The reasons for this could be partly to do with exactly what you are experiencing, which is a reluctance to accept that men suffer from this debilitating condition. Thanks Scott for coming forward and being counted, this will be helpful for other men experiencing a similar fate.

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.



Many of my interview subjects were talking about new ways of making, marketing, and consuming music.



Home Routes volunteer coordinator Ali Hancharyk

With Home Routes musicians can play 12 intimate house concerts within two weeks. Hosts provide the artist with dinner and sleeping arrangements for the evening of the show.



It's basically a barter framework of artistic services.

Composer and multi-instrumentalist Andy Flinn, volunteer at the AMP (Acoustic Music Producers) Festival in Nova Scotia



Tina Piper, a barrister working for Creative Commons Canada

With Creative Commons, even though you make your material available it doesn't mean you can't make money from it; it just means you can't make money from the song, which is the traditional music industry model.

Susan Fawcett of Earthwork, a Michigan musicians collective



We're a very community-oriented group, and work largely in the independent festival circuit.

I'd just left my day job to pursue music full-time, and this seemed as good a way as any to pretend that writing songs was my job.



Jonathan Coulton, who developed the "Thing a Week" experiment, producing and distributing a free new song every week for a year



North Carolina singer-songwriter Jonathan Byrd

The major record labels have gone under, radio is now a niche voice, and the venues are closing, but people still want to hear music, and we still want to make music. Everything we're doing is small-time . . . and we're making good money.







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## IMPORTANT DATES

- **Jun 10:** [Deadline to register in a course starting July 1](#)
- **Jun 15:** [July degree requirements deadline](#)
- **Jun 30:** [Deadline to apply for course extension for Aug](#)
- **July 10:** [Deadline to register in a course starting Aug 1](#)
- **July 11:** [AUSU Council Meeting](#)
- **Jul 14:** [August degree requirements deadline](#)
- **Jul 31:** [Deadline to apply for course extension for Sept](#)

## AU Convocation 2017

AU Convocation 2017 is underway! If you are attending convocation in person, we hope you enjoy the **hot lunch** sponsored by AUSU! Also, make sure to stop by the **AUSU booth** to say hi and pick up some **free gifts** courtesy of your Students' Union! We are right inside the main hall.

The AU convocation is an exciting and beautiful event! Tune in tomorrow to [watch the ceremony](#) live-streaming from 12pm MT.

### Join the Buzz!

Use the hashtag [#AthaU17](#) to interact with fellow grads! Upload your own [#AthaU17](#) grad pics from wherever you are, tell everyone what you're doing to celebrate, and congratulate your fellow grads!

Submit a picture of yourself with your degree and share with friends for a [chance to win from AU swag](#)!

### Grad Photos and Memorabilia

Want an **Athabasca University Ring or Tag**? Order online from Jostens [here](#).

Want an official **AU degree parchment frame**? Order online [here](#).



## Election Policy Update

AUSU council is proposing changes to AUSU Policy 3.01: Election, Referendum, and Plebiscite Management - Election Conduct. The motion to accept the changes will be voted on during the July Council Meeting.

**Date:** Tuesday, July 11

**Time:** 5:30pm MT

The meeting agenda and teleconference instructions will be posted to our website [here](#) at least 3 business days prior to the meeting. All members are welcome to attend!

In accordance with AUSU Bylaws, AUSU is providing the membership with a minimum of 21 days notice of the proposed changes.

**You can review the policy revisions [here](#).**



## June Executive Blog

AUSU's June Executive Blog is now online [here](#).





## Convocation travel information

AUSU wants to make sure this year's graduating class has a fantastic convocation. To make this happen, we're providing free transportation via bus or limo service to take people from Edmonton to the Athabasca Multiplex each day of convocation 2014. This applies to those graduating from AU undergraduate programs, and their guests (some limits may apply).

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We've also arranged hotel discounts in Edmonton.

# 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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