

THE VOICE

MAGAZINE

Vol 25 Issue 25 2017-06-23

The Way Forward

AU's Third Party Review Recommendations

Rethinking Cooking Appliances

Cooking Hacks for Busy Students

There is Beauty in Rain

The Upside of Summer Doldrums

Plus:

*All the Music be Happenin' Now
Music Review: Bat House
and much more!*



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***The Voice
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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**Vague Musings****Karl Low**

It's now officially summer, and although the transition was marked with rainy days here in Calgary, I'm sure some of you had some good summer sun. I was reminded by an article this week that sometimes during the summer we get those stretches of bad weather, but they never really seem to figure very clearly in our memories. Deanna Roney makes a case for why we should be as happy for those bad weather days as we are for the rest of the summer.

Our feature article this week is Barb Lehtiniemi's look at the 15 recommendations presented by Dr. Ken Coates in his Third Party Review presented to AU last month. While she summarizes each of the recommendations for us, what's left is still, to me, frustratingly vague. Many of the recommendations are not concrete in that they proscribe what AU needs to do to fix things, but rather far more general recommendations that, to me, read almost like goals to be achieved than roadmaps as to how to achieve them.

That said, I find myself understanding where Dr. Coates is coming from, as the joint Voice/AUSU committee that was struck to examine the Voice and what could be improved came back with recommendations that were very similar in tone. Not so much, "This is how to fix it," as "Here're the tools you should use to help you figure out how to fix it." Some things are simply too complex to present a simple road-map to a solution, if that were possible, or easy, it likely would have been done already. So while I, personally, find the recommendations uncomfortably vague, I can understand why that isn't necessarily a bad thing, and indeed might be the best thing to really sort things out over the longer term.

Unfortunately, one aspect of the vagueness of the recommendations mean that they can be interpreted in a lot of ways. Does a recommendation to review the courses on offer mean that we're going to lose some of the variety we have in our course choices for our degree, or does it mean that those choices will be expanded by different types of offerings (such as courses that may be very short and intense and only provide one or two credits?) Does the recommendation to redefine service delivery and the customer experience mean more personalized, wholistic service, or does it mean service is to be increasingly conglomerated into call-cent.. sorry, success centres with less individualized support? The report does not really give any answers as to which direction is more desirable, so much of what comes out of this will depend on the people AU puts to answering these recommendations.

Beyond that, however, this week, we have some practical advice for busy students like yourself, with some cooking hacks that will let you use some unorthodox ways to deal with your meals while you get on with other business. And if nothing else, it'll leave you wondering "What was the person who figured this out thinking?" We've also got a fair amount of music coverage, with a review, interview, and a continuation of our All The Music be Happenin' now series probing the recent developments within music on a personal level. Plus, our usual selection of advice, news, events (well, just one this week) and other need to know items for AU Students.

Enjoy the Read!

Handwritten signature of Karl Low.

The Way Forward AU's Third Party Review Recommendations

Barbara Lehtiniemi



Last week, in [Reviewing AU's Third-Party Review](#), we gave readers an overview of the recent [Final Report of the Independent Third-Party Review of Athabasca University](#). This week we focus on the [Action Plan](#)—with its fifteen recommendations—put forward in the report.

The action plan sketched out in [The Independent Third-Party Review of Athabasca University](#) comprises fewer than ten pages of the report. This brevity should not be taken to suggest the way forward is simple. Rather, report author Dr Ken Coates uses the action plan's pages to concisely state what the report

has been building up to in the previous thirty pages. To even to begin to understand each action plan point, outlined below, one must take the time to read the report in its entirety.

Take Action on the 2017-18 AU Budget. Bring "expenditures in line with resources" states the obvious, but the report goes further to say expenditure reductions should be consistent with the review's aims. Significantly for students, "tuition and fee increases" are mentioned, "particularly those that bring AU more in line with general Alberta practice." Revenue opportunities are identified, including AU providing more continuing education and professional development offerings. The report also encourages AU to recruit more international students, noting that demand is high.

Clarify the Meaning of and Commitment to AU's Roles as an Open University. The report suggests the "development of an AU profile that aligns with the university's commitment to be truly open and accessible." This process involves AU, its faculty, staff, and the Board of Governors.

Re-engage the Academy. A symposium attended by AU's entire university community and leading scholars of online education is proposed, in order to address the question, "What is the future of online and distance-delivered education?"

Review Programs. A comprehensive review of current and potential AU courses and programs to test their viability is recommended. This includes identifying areas of potential expansion, as well as areas of potential trimming. Potential expansion areas include developing education and training programs based on needs of, for example, Alberta employers and new Canadians. "AU is in a strong position to dramatically expand and change its programs and services", the report states.

Align Professional and Union Agreements with the New AU Institutional Plan. The report recommends AU, "over the current negotiation cycle" work with its employee's unions and professional associations to ensure contracts are aligned with the revised business plan.

Re-assert Leadership in Educational Innovation. An initiative is proposed to "create a university centre for educational innovation" to address such areas as educational development, emerging educational technologies, and related research and instruction. The report notes, with increasing competition from other online universities, AU no longer holds a place of leadership in the field.

Create a New Model for Educational Engagement with Indigenous Communities. The report recommends AU work with Indigenous educational institutions and other stakeholders in Indigenous education, to "reimagine" post-secondary education for Indigenous peoples.

Re-engage with Collaborating Northern Alberta Institutions. The report recommends AU seek a "basic collaboration agreement" with Northern Alberta colleges. The goal is coordination among institutions to provide "programming designed to meet the needs of northern students and communities."

Re-engage with the Town of Athabasca and Northern Alberta. This is one of the action plan's most lengthy recommendations and appears designed to achieve a win-win outcome for both AU and the Town of Athabasca. As a consequence of addressing northern educational needs, including creating a Northern Alberta Research Unit, the reports suggests AU "should be able to maintain if not expand the size of its operation" in Athabasca.

Align AU Facilities with the Academic Mission. Based on strategies developed by this action plan, the report suggests AU re-shuffle the location of some departments. For example, the report suggests the office of AU's president is likely better placed in Edmonton.

Redevelop ICT Infrastructure. The report, noting "serious deficiencies" in information and communication technology (ICT) systems at AU, recommends a plan for the "redevelopment of its information and communication technology infrastructure and services." This redevelopment plan will require "substantial investment" from Alberta's government.

Redefine Service Delivery and the "Customer Experience". The report recommends AU produce a "plan to define the institutional plan for student services." The report states AU's approaches on many academic and administrative services are "conflicting", and students find them "complex and confusing."

Connect Research Activities with the Institutional Mandate and Mission. The report suggests maintaining a "selective research presence" aligned with AU's institutional priorities. A revised research strategy could include innovation in online course delivery from Kindergarten through post-secondary, the social impact of technological change, and a focus on Northern Alberta.

Commit as an Institution to AU's Transformation. Given the long-standing nature of AU's financial problems and the tight timelines laid out in the action plan, the report suggests AU collaborate with its key heads to get all on board with the "urgent need for renewal."

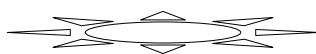
Demonstrate the Government of Alberta's Commitment to AU's Future. The report recommends AU, its Governors, and the Alberta Government announce together their commitment to AU's renewal, along with assurances to students they can complete their programs in progress, no matter what happens at AU. The Alberta government is also to commit to some funding to cover the "incremental expenses associated with the accelerated and complex planning processes required to complete the rethinking of university operations." The report stresses commitment must come from both AU (to refocus efforts and demonstrate renewed commitment to global leadership) and the Government of Alberta (in the form of "cautious reinvestment").

Indeed, funding will be a key element of AU's renewal under this plan. Since several of the action plan items serve to improve the educational landscape in Alberta far beyond Athabasca University's campus, the Government of Alberta will need make sure the broader scope is matched by broader funding.

Despite the report's abundant ideas and optimistic tone, the way forward is not going to be a picnic. The long-term gain achievable through the 15-point action plan will necessitate some short-term pain while the university scrambles to put plan into action.

Last week's article quoted Leonard Bernstein: "To achieve great things, two things are needed: a plan, and not quite enough time." To that I would add a vital element: willingness. For AU to achieve great things now will require everyone in the AU community—and Alberta's Department of Advanced Education—to be pulling together and in the same direction.

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



There is Beauty in Rain

Deanna Roney



As difficult as blue sky and sunshine makes it to focus, cool rainy days have the opposite effect. For this reason I love rainy days as much as sunny days—they're both beautiful in their own way.

The grey rainy days mean I get lots of work done. I can lock myself away in the office and work for hours. I can drink hot (caffeinated) tea in comfort, and they give me the opportunity to tackle other projects that otherwise would go ignored.

The rainy days are ones that you don't mind spending inside, they feel a bit cozier, a bit more productive. The weather this summer has been sporadic, with downpours and beautiful sunshine, the perfect combination if we ignore that this combination also makes the lawn grow like mad. But, then again, mowing the lawn is the time I get to catch up on informative podcasts, ones that act as entertaining research on an industry.

Today I, yet again, tore apart my office and made a large, precarious, stack of books; taking them off the shelf and stacking them on a table emphasizes the size of the collection. This time, I don't have to move them far, it is the switching out of one bookshelf for another (larger) book shelf. But, regardless, the stack is a bit daunting when I realize that in the un-shelving I didn't keep them organized (note to self in future).

Many of these books came from courses I took at Athabasca University. Some of them I have referenced many times, others only a handful. Some I have a couple duplicates and yet for some reason I can't bear to part with

them. It might be the early symptoms of book hoarding. But, there is something comforting is being surrounded by books: knowledge—d knowing that there is a supply of references near at hand if I need them.

This un-shelving is leaving me with another project, the "new" shelf is not, in fact, new at all, but one coming out of storage full of dust, dirt, possibly oil, and, I'm sure at one point or another, mouse poop.

The wonderful thing about a rainy day is I managed to un-shelve (productively procrastinate), get work done for the internship, complete another project, and pluck something out of storage to be reused rather than end up buried in a hole. While, granted I have to wash it (with bleach I am sure) and paint it, it will make a transformation and be a welcome addition to my office.

I'm not sure what I am hoping for in the next few days, sunny weather so I can get the work done on the shelf outside, or rainy days to keep me holed up in my office where I can be lost in the work I love? Of course, there is always the option of working outside, and maybe by then my sunburns will have healed and I can relax in the sun with the shelf drying and work still being finished.

Either way, there is something beautiful in even the dreariest weather. Instead of mourning the days lacking sunshine, take advantage of the gloom and get some projects done that have been waiting, get a few units ahead of schedule and make time for those days when the sun pops out and lets you get outside. The best way to take advantage of the summer weather, is to take advantage of it all, not just the sun.

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! Whacked by Flying Bras

Marie Well



Do you know your hobbies gone-by haunt as idle callings?

Yesterday, my brother prodded me to paint. He coaxed me by offering cash for my "dreamlike" creations. You see, when I was a teen, he dedicated a room to my painting. He bought me easels, acrylics, oils, brushes, and varnishes. I painted Billy Idol with pink-and-blue hair and Conan the Barbarian with a bloody sword that I peeled off and repainted—not just once, but weekly. So today, I stashed an online course on acrylics into my wish list. And felt guilty.

Yesterday, my boyfriend played a YouTube clip of dueling banjos. We watched comedian Steve Martin and others pick away. A thought struck me: *My boyfriend plays novice guitar with the Juilliard touch. Yet, his guitar sits untouched.* With that thought came an eye-

opener—a life lesson: When we time-after-time tune into a topic on YouTube, we've tapped into a calling.

Time's tight, we agreed. No time for hobbies.

Yet, his power to play Presley pressed me on. I cited stats on hobbies. Barker, in his book *Barking up the Wrong Tree*, says accomplished people tend to have two hobbies; the greatest minds, three hobbies. Maxwell Maltz, in his book *Psycho cybernetics*, says we have nothing to lose by taking risks: we either grow or stay the same. So, why not pursue a new hobby? Or rekindle hobbies bygone?

Plus, the busiest people produce the most. And the more diverse our creative tasks, the more our creativity crosses-over. You see, smooth riffs on a guitar make for musical essays. Musical essays make for spot-on brushstrokes. And spot-on brushstrokes make for artsy cake icing. In light of the data, my boyfriend now plays soothing solos as I peer at acrylic paints.

Also, I aim to invent. You'll do the same—by writing essays like an inventor. Maybe you'll map road paths for flying Volvos. Or make Picasso paint kits that rely on heat sensors (a.k.a. mood rings for millennials). Regardless, you'll write with Sean Michael Ragan's mindset in his book *The Total Inventor's Manual*. Sean's stuff is in bold below; mine, follows.

Geniuses don't have better ideas than you. They just dig for—not one—but hundreds of ideas and pick the few that shine. You can do the same. Easy.

Listen to your thoughts in silence, either through meditating, jogging, baking, or bubble bathing. Your inner voice may pop your eyes open as you race to fetch your pen and pad.

Carry that pen and pad. Snap photos of your idea inspirations, too. Record all the details. You'll thank yourself for not allowing great ideas to be forgotten or fragmented.

Search patent files to see if your great idea's taken. Similarly, search the library to see if studies duplicate your essay topic. Also, read the historical moments behind the birth of your idea.

Imagine how you could better the world with your invention. Do so by finding problems people need solved. Do the same in your essays: pursue topics that better-the-world or solve people's problems. Simple.

Think of the everyday things that annoy you. Write these nuisances down: time wasters, space inefficiencies, or the need for more fun. Your gripes serve as fuel for inventions. What annoys you about a topic may fuel your essay, or give you an idea of an area that needs to be explored.

If you drum up an idea that seems to excite only you, pursue it. If you feel excited, chances are that some others feel the same. If writing a paper on chic flying Volvos excites you, start scrawling.

Your life's callings need not whack you with the bra of a flying Volvo. Whether it does, recoup not in a clinic; recover your hobbies instead.

A paradox? I call it a creative spark!

The Fit Student

A Gift at Prom

Marie Well



When life gives you an F, a gift manifests. When life scares more than Prom Night III, overcome anxiety.

Stress sharpens or shuts us down. During math tests, my stress fueled focus. I often made perfect grades. Yet perfectionism is a double-dealing friend. It opens the floodgates for fears of failure.

Workplace stress struck as I worked full-time while in grad school. The stress made simple tasks like bathing scary. Most people scrub in bubbles. Not me. After each shampoo, I'd forget what I just did. My motto was "rinse and repeat." I think Dove uses that motto to make killings off of OCD.

Worse yet, I toyed with empty dreams. My biggest ambition was to miss less than three buses in a row as I sat spacey at the bus stop. The next runner-up? Not believing the bumps on the road to be human bodies.

Then a string of bad events struck me.

As my usual noon-hour panic attack loomed, my boss called me into his office. He hid behind his swelling red eyelids and whispered that we failed to get federal funding. My hands stopped shaking—I no longer had a job.

Over many months, I stressed searching for work. My stash of cash dwindled. My stock of medicine depleted. And then I got not one—but two—Koodo phone bills summing over six hundred dollars. The near-naked Koodo-cartoon-character jerked the shirt off my back. I canceled my plan and cashed my last RRSP.

Then, my elderly landlady went missing. After a few days, I called the cops who kicked-in her door. She had died of a stroke. When I identified her body, with the police alongside me, I called out her name several times, asking her if she was okay, reassuring her. No answer.

Frazzled, with no place to live, I reached the end of my employment insurance.

Over the next five years, I cured myself of panic attacks. I lost weight and gained skills. I eventually resumed fulltime work. Most of all, I nursed my boyfriend back to health after major surgery.

Maxwell Maltz in his book says to not overestimate harm—for often your worst ends as your best.

- Certain students blank out from stress during exams, but others feel energized; you can choose.
- Nervous (spirited) horses tend to win the races.
- React positively to crisis, and you grow; react poorly, and you miss out on skills.
- Say to yourself that you can deal with any trouble that strikes.
- Don't run away from crises. Choose fight not flight.
- Don't lose your way with imagined worries.
- Don't overthink the possibility of failure. Failure marks an opportunity to grow.

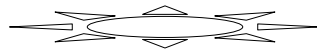
- During crisis, we either grow or stay put. Choose to grow by facing fears.
- Consider your worst-case scenario and brainstorm reasons why things ain't so bad.
- Say to yourself, "I have everything to gain and nothing to lose" (p. 242).
- When we face challenges fearlessly, we gain in strength and spirit.

To end, take comedian Judy Carter's joke from her book *Stand-Up Comedy*: "[As] soon as I turn off the lights my house becomes a Stephen King novel. I think there is a man under the bed, a man in the closet, a man behind the door. I mean, where was he prom night when I needed him?" (p. 109).

So, if you get an F in life, face-off fearlessly with that failure. And claim the prize.

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Carter, Judy. (1989). *Stand-up Comedy: The Book*. US: Bantem Dell.



Rethinking Cooking Appliances Cooking Hacks for the Busy Student

Xin Xu



Cooking for the busy university student is an art in itself. As artists, we often look for the mundane and use it for inspiration. You needn't look far for these sources of inspiration, some of the simplest cooking hacks are at your fingertips.

Rice Cooker Meals

Don't be deceived by the name. Rice-cookers are more than your average specialty appliance; resourceful college students everywhere have used this versatile device for everything from preparing breakfast to dessert. Loading ingredients into rice cookers is convenient, easy, and mess-free. No need to repeatedly check if your meal is ready, it's ready

when you are. Some possibilities to consider making in rice cookers include chocolate cake, risotto, jalapeno bread, lasagna, and the list goes on.

Coffee Maker Meals

A few months ago, I tried my hand at coffee-maker cooking, and I had my meal prepped in under five minutes, right beside my laptop where I was finishing my term essay. So what are some items you can cook in a coffee maker? The answer depends on how creative you feel. Some popular items include ramen, mac and cheese, hard-boiled eggs, oatmeal, or even steamed vegetables for the adventurous student chefs. Coffee maker meals produce some sensationally simple, delicious meals at your fingertips. If you're not a caffeine addict like me, it might be worth it to specialize your coffee maker just for meal-prep.

Microwave Meals

Who says microwaves only function to heat up scraps and thaw frozen food? Microwaves are an untapped potential for students and busy workaholics everywhere. Personally, I find egg-derivatives such as quiche, scrambled eggs, and poached eggs work fantastically with the microwave. Other possibilities include two-minute mac and cheese meals, jacket potatoes, and enchiladas that can spice up your lunch or dinner. There're entire blogs dedicated to the art of microwave cooking in a cup. Think of the possibilities!

Waffle Maker/Panini Maker Meals

Waffle-makers and panini makers are left on the back burner when it comes to meal-prep. Psychology tells us it can be hard to think of alternative uses for a tool conventionally used for one purpose (Adamson). But, of course, if you're a food fanatic like me, you'll think outside of the waffle box. After my mom turned our panini maker into an omelette maker, I never looked at this nifty device the same way again. Panini makers and waffle makers can be used as a makeshift grill for bacon, chicken breast, beef patties, or even hash browns! Since these devices are portable, you can start grilling in the comfort of your bedroom.

Mason Jar Meals

Mason jars are a new DIY item I have yet to experiment with. But the potential is there. For the busy student packing creative, exciting lunches is hard to come by. However, mason jars make the job seem effortless. Salads, cold noodles, deconstructed sushi all in a boring jam jar? Mason jars are a small but powerful tool for the busy student. For expert mason jar users, try adding hot water to cold, seasoned dishes, such as egg noodles, and voila! You have your own noodle soup.

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Adamson, R. E. (1952). Functional fixedness as related to problem solving: A repetition of three experiments. *Journal of experimental psychology*, 44(4), 288-291.

Xin Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur.

Women of Interest

Rosalyn Sussman Yalow was born July 19, 1921, in New York City and died May 30, 2011, in the Bronx, New York. Yalow was a medical physicist who, along with Andrew Schally and Roger Guillemin, won the Nobel Peace Prize in Physiology or Medicine, for a technique known as radioimmunoassay (RIA). RIA is a tracing technique which allows the measurement of minute amounts of biological substances in human blood or other fluids. This technique is so precise that it can detect a teaspoon of sugar in a body of water sixty-two miles long. Originally this technique was used to study insulin levels in diabetes. Yalow's discovery now makes it possible to diagnose many conditions at a much earlier stage and thus beginning treatment sooner.

Following are some of the notable awards Yalow has received in her lifetime:

1972 Dickson Prize

1975 AMA Scientific Achievement Award

1977 Nobel Peace Prize in Physiology or Medicine

1988 National Medal of Science

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

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

http://www.nobelprize.org/nobel_prizes/medicine/laureates/1977/yalow-bio.html

<https://www.acs.org/content/acs/en/education/whatischemistry/women-scientists/rosalyn-sussman-yalow.html>

In Conversation

..with Resin

Wanda Waterman



Resin is the pseudonym of Prague-born Niko Antonucci, who fronts an L.A. based musical project making post-rock music you would expect to be entirely instrumental; the smart, avant-garde lyrics are thus a delightful surprise. (Listen to the song "Hoarse" from her EP Fidget, to be released August 25, for which Resin has written and produced every track.)

Resin started her musical journey on piano at the age of six, and then, after stealing her dad's guitar as a teen, she cut a demo at 15 and sang in several bands before deciding to produce her own music.

Resin recently took the time to answer our questions about her background, her creative perspective, and the new EP.

What were your early years like?

Pretty good. My early years were my happy years—years I spent playing with my sister. I used to be close with my father; he and I were both born on June 7th, so we had a connection, but we pretty much stopped talking after my parents got divorced. I, my mom, and my sister have been through a lot, and even though I battled different types of anxiety, growing up in Prague was great, especially as a teenager; you could literally do anything you could think of, experiment as much as you wanted—total liberty. And that's what I did—sometimes way too much.

What role did music play in your childhood?

Huge. I used to have this tiny little keyboard that I played all the time. When I was six I took some piano classes but got kicked out because I only wanted to play the theme from *Titanic*. I played flute and some guitar. I always loved piano and guitar, both so essential yet so different. I can barely play an instrument though. I never liked the idea of taking classes or spending too much time studying.

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

I grew up camping, where we used to spend nights sitting around the bonfire, singing, playing guitars. Folky stuff. Deep, beautiful songs. That had a huge impact. And then Kurt. Kurt Cobain.

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

I always wanted to call it grunge but now I understand that it just doesn't fit the genre, even though it might actually fit the description. I would say cinematic ambient or cinematic electronica? These days, labeling music with genres is as uncool as labeling people with genders, but I personally don't mind.

What initially drew you to this genre?

I never meant to end up here, doing this type of music; I always looked for intensity though, and this is just a natural result of my influences having complete control of my music. I just let it through.

What was the most mesmerizing musical experience of your life (this could be writing, recording, listening, or performing)?

There was a bunch, but when I was 13 I heard "Where Did You Sleep Last Night" by Nirvana for the first time; that moment defined my personality. For the first time I felt like I could relate to the emotion of a song 100%. The pain I felt—he named it.

What's the story behind the song "Lie?"

You know I rarely write my songs with guitar. I used to do that all the time but not anymore. This track is one of the rare ones that I actually started with my old acoustic guitar.

Sometimes I feel very overwhelmed and the original lyrics I hummed on the demo I recorded on my phone were about me. I hate that kind of exposed selfishness though, constantly talking in first person, openly crying, especially in songs. And then I started playing with the thought of replacing the word me with trees and I got this story, these very sarcastic lyrics that I really enjoyed.

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

How about, "Stay true to what or who you believe in, even though it might not be you."

What do you like best about *Fidget*?

Fidget represents the evolution of my sound. I started playing with music that is more cinematic, music where I escaped the pressure of me singing on every track. On *Fidget* I understood and accepted the complexity of my inspiration and started opening doors to a new sound that's heavier, more experimental, yet intimate. I started to see myself more as a composer than as a singer or songwriter. For the first time in my life I'm okay with what I've created, considering that I stand behind every little thing on this record. And also Marilyn Monroe's voice.

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

I can't be sleepy. And my music makes me sleepy, so it can get tough sometimes. It's hard for me to create when my husband is home, because I just want to be with him. The more I struggle mentally, the easier it gets.

What do you feed your muse? Are there any books, films, or albums that have deeply influenced your development as an artist?

I listen to classical radio all the time, but, if not, then I listen to high-tech minimal: artists like Boris Brejcha and aggressive producers like Rezz or Gesaffelstein. Then I get mad at myself for listening to electronic music and I switch to folk and rock'n'roll.

The muse gets fed on struggle.

AU-thentic Event

Upcoming AU Related Event

St. Albert Innovation Summit

Wednesday, June 28, 9:00 am to 4:00 pm

The Arden Theatre, 5 Saint Anne St, St. Albert AB

In-Person; limited seating

Hosted by AU's Faculty of Business and partners

business.athabascau.ca/event-details/innovation-summit/

visit above link for further info and to purchase tickets

Are you happy with your life so far?

These days I am, but that only means that I'll feel guilty about it tomorrow. I'm afraid how being happy is gonna affect my music. I need my family to be happy, not myself.

Do you feel any desire to straighten out the world a little with your music?

No, but to make it more vulnerable, yes.

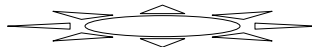
If you had an artistic mission statement, what would it be?

I wrote a whole utopian theory on what should change. Narcissistically, that is the goal: bring the awareness to that theory, to that topic.

Tell us about your current and upcoming projects.

My EP *Fidget* is coming out August 15. I know that by that time I'll have a bunch of new songs ready, so I'm planning on releasing a full-length record in spring, 2018. I can't plan past a certain date in 2018 for personal reasons.

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

**Music Review****Bat House****Drew Kolohon****Artist:** Bat House**Album:** *Bat House*

Bat House, a Boston based psych/math rock quartet has started off strong with their self-titled debut album. Featuring Emmet Hayes as bassist and vocalist, Ally Juleen and Shane Blank as guitarists and Pompy as drummer. Bat House uses strong synth elements to create deep, and sometimes eerie, soundscapes, while at the same time creating a great rock album. The physical album boasts an abstract, colourful ink blot painting with a pale pink disc and lyrical booklet. The two contrasting images can be compared to the bands musical style. Heavy synth and rock can be very different but put together can create something beautiful.

Bat House starts off with their song "Patterns". Using a sonar like sound from the synthesizer, Bat House stands up to their name in the start of this song. After the sonar sounds subside the song uses off beats and interesting guitar lines to keep you listening. "Patterns" is my personal favorite on the album as it encompasses what this band is truly about, creating unique sounds while maintaining an excellent rock song. "Yarn", the second song on the album, seems to take guitar inspiration from

Steely Dan. Bat House again shows off its versatility using many styles. The band released a music video for "Yarn" that compliments not only the music but the rest of the album, using animation and abstract art to accompany the song. As the video progresses the art becomes more and more abstract. The video is on point with the theme the group is going for, as it uses complementing colours and styles to the CD itself.

While on some albums song order isn't that important, Bat House has planned out their song list perfectly. Sliding smoothly into the third song, "Alright, Spaceboy", the album takes a new turn. Compared to the first two songs this plays more into their rock style. The guitar intro is played in a staccato line while the drums are played in an off beat, creating celestial feel. The vocals are mixed and distorted to add to this space themed song. It also has a music video that you can find on their [YouTube](#) channel.

The interlude "Minnesota" blends into the next song "Woods", which in turn moves into the "Final boss stage". These songs are both up and down in their tempos, starting off quiet and ending very fast and strong. "Viridian City" ends the album with a loud send off. This song showcases the bands many different genres and sounds as if they are pushing their instruments to the limit.

Bat House is an excellent album. You can follow the antics of Pompy, Shane, Ally, and Emmet on their Instagram @bathouseband and on their twitter of the same username. The digital download and physical album can be purchased at their [BandCamp](#). A full list of their live shows can be found on their [website](#). Bat House will definitely be on my summer playlist.

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

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Kari seeks assistance deciding between CRJS 490 and PHIL 333. Cassandra seeks an overview from students on MATH 215 assignments. Mano wonders how many credits can be obtained toward a psychology major through PLAR.

Other posts include convocation photos, AUSU forums, exam markers, and courses COMP 200, NURS 516, PSYC 315, and WGST 422.

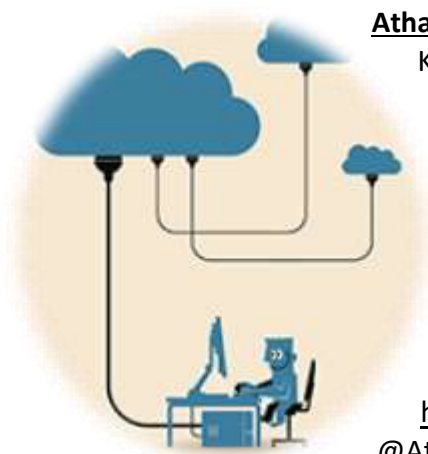
Twitter

[@AthabascaU](#) tweets: "Online study at [#AthaU](#) takes balance, and so does yoga! Read about how this practice can enhance your learning: <https://t.co/T5SKlzsQQE>."

[@AthabascaUSU](#) (AUSU) tweets: "Get discounts on software like Office, Windows, Adobe, and more, through [@AthabascaU](#) at <https://athabasca.onthehub.com> !

Youtube

Watch the man behind AU's third-party review in [Ken Coates: the Politics of Higher Education](#), posted by [The Agenda with Steve Paikin](#).



All the Music Be Happenin' Now The Alt Alternative

Wanda Waterman

I first started writing about music on an iMac that sat on an ancient table with chipping royal blue paint. The window above it looked out onto a young birch spinney that hummed with the activity of minute creatures occasionally shocked into silence by the lumbering of larger ones.

My black lab, Tsinuk, was always at my feet. When I wrote for too long she'd bring me my shoes in an attempt to lure me out for a walk, and if I ignored her she'd litter the hallway with every pair of shoes I owned, inviting me to pick the one that best suited me in the moment.

She was good for me, Tsinuk.

My office was in a log cabin surrounded by forest and heated with a wood stove that I could also cook on. Power outages were no real concern, especially in winter when the perishables could be packed in snow.

When Tsinuk finally did get me out walking we'd pass abandoned homesteads dating to the back-to-land movement of the late sixties and early seventies. Tsinuk adored rooting around these places for traces of olfactory history. But there was no longer anyone singing:

*Come on people now
Smile on your brother
Everybody get together
And love one another right now*
- The Youngbloods 1967



*I used my log cabin as a backdrop for
Chronicles of Cruiscin Lan,
a comic I did for The Voice.*

I did an interview with poet John Wall Barger who'd lived on one of these homesteads with his family as a small boy, so I know they did go on to make their marks, just no longer as flower children— and no longer culturally *en masse*.

There were no punk rockers here because that had always been an urban movement, as had been grunge, goth, and steampunk, each new movement more interesting yet less relevant and more escapist than the one that had preceded it.

But there was a strong movement toward revisiting the music of the past and finding its essence, kind of like what Tsinuk used to do around the old homesteads. In my interview with Jonathan Byrd I learned about a whole

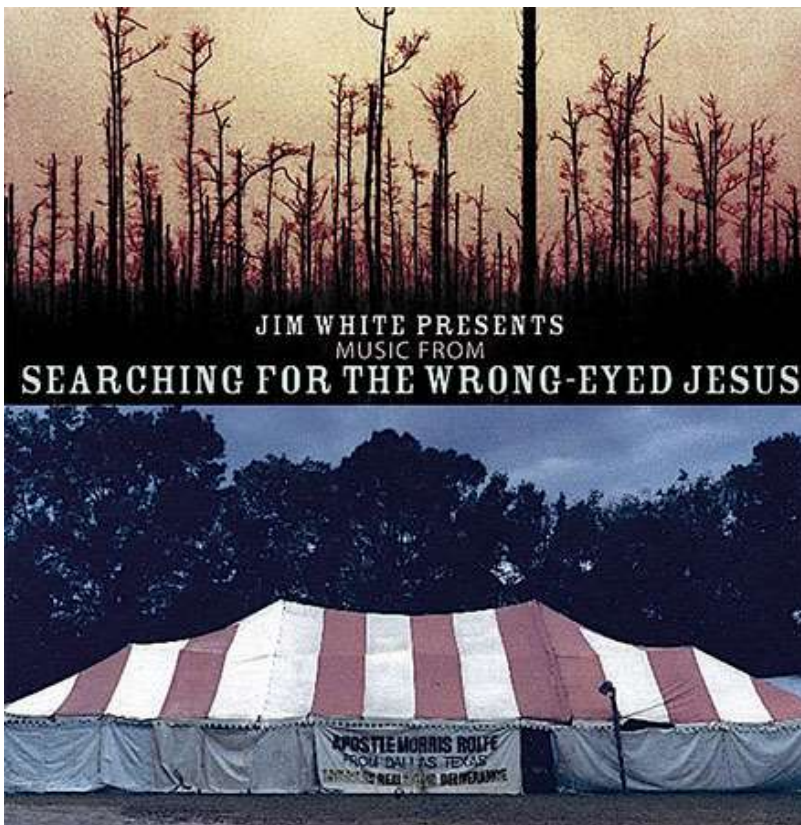
new folk and country music crowd intent on distilling and reproducing the most desirable elements of old tyme music and adapting them to the writing of new songs. They were calling it "alt-country."

I had an ancient harmony acoustic guitar with f-holes on which I played slide blues. I'd already learned claw-and-hammer fingerpicking, so I threw that in, mixing delta blues with old mountain songs, which seemed to speak to how I was living then.

*Last time I saw little Maggie
She was sittin' on the banks of the sea
With a forty-four in her pocket,
A five-string on her knee*

To a lesser degree I noted the emergence of alt-jazz, alt-classical, even alt-punk (which seemed a bit redundant). Similar prefixes to alt were "indie" (a term referring more to means of production and distribution than to musical innovations) and "post"—post-rock, post-classical, etc., suggesting that the vibrant organic development of the main genre had slowed and what we were now seeing was an aftermath, something quite different but with the same instruments and inspired by the same musical traditions.

In any case the "alt" prefix signaled that musicians were rendering existing musical genres more punk, postmodern, subversive, and intense. And they were making them their own.



The 2003 documentary *Searching for the Wrong-eyed Jesus* showed how the development of alt-country had been inextricably bound up in spiritual vision, some of it religion that made no sense but that generated a powerful creative stimulus. As Jim White says of the preachers, teachers, and snake-handling Baptists he filmed, "It's so wrong it's right."

When I interviewed Rennie Sparks of The Handsome Family, a musical couple who appeared in the film, she expressed mild resentment at the director's efforts to get her to see herself in the context of a religiosity she couldn't accept.

"We had mixed emotions," she told me. "I'm not from the South nor am I Christian so I was slightly annoyed at their insistence that my writing comes out of a Southern tradition. I

grew up on Long Island in a very rural area. Very wooded and isolated and I was always terrified at night. Brett grew up in the desert and was very religious and self-assured until he got to college, lost his faith, and started drinking."

And yet her writing, clearly inspired by Southern music, throbbed with spiritual discernment, a keen awareness of being "haunted."

*No, no one hears the singing bones
And no one sees the crying ghosts
And everyone thinks I'm alone
All alone.*

- The Handsome Family, "24-Hour Store"

Further exploration of alt-country lead me to Sam Baker, who refused to call himself "alt" anything, or anything anything. Sam's songs were to awaken me to the hard realities of our times—and to some important truths about music itself.



Alt-country duo The Handsome Family

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Community Volunteer Scholarship

Sponsored by: Dealhack

Deadline: June 30, 2017

Potential payout: \$1500 USD

Eligibility restriction: Applicants must be enrolled full-time at a university or college in Canada or the USA. See full eligibility requirements.

What's required: A completed online application form, along with the answers to five questions about your community volunteer activities, and contact info for one reference.

Tips: Winners are selected on the basis of their volunteer activity, so don't skimp on your answers.

Where to get info: dealhack.com/scholarship-application





Sibling Survivor Strategies

Dear Barb:

My father and I were always close and spent a lot of time together. Two years ago he was diagnosed with Alzheimer's disease. It was devastating for the whole family. My mom is having a hard time coping and considering putting my dad into a nursing home. My sister and I are coping with dad's situation in very different ways. I am trying to spend as much time as possible with dad, even though he hardly remembers me. My sister is the opposite; she feels there is no point in seeing dad because he doesn't know who she is. My sister's attitude is hurting my mom, as she is trying her best to make dad comfortable and feel loved. Since my sister doesn't want to see dad, she is not helping mom either, which is putting the whole burden on me. I just don't know what to do to get my sister to help out and continue to see my dad. She really is not a bad person and I'm worried that if she doesn't see dad before he passes, she will regret it after. Thanks, Cheryl.

Hi Cheryl:

Sorry your family has to go through this. Alzheimer's is a difficult disease for the whole family and requires a lot of support. Your sister may want to remember your dad as he was and it may be too painful to see him like this. Many people have a fear of death and dying, so your sister may be in denial and not want to face the inevitable. Whatever it is, you will have to respect her wishes and perhaps find another way for her to help with your dad's care. For example, maybe she could take care of your dad's finances, or do some grocery shopping or cooking for your parents. Also, if you and your

mom decide to put your dad in a nursing home, your sister could help with finding the appropriate one. You should let it go and not judge your sister. We all have our limitations, but acceptance makes for much happier relationships with others. Thanks, Cheryl, and you might want to read the letter below.

Dear Barb:

I have never written to an advice column before but I really need some advice. My mom is in the final stages of cancer and my brother and her have always had a complicated relationship. I was hoping it would improve when she became ill, but it didn't. Mom is suffering terribly and keeps asking for Eric, but he refuses to see her. He says just because she is dying it doesn't change things. I am trying to encourage him to see mom, but it is beginning to cause problems in our relationship. I just know he is going to regret this once she has passed. I don't know what to do to get them together. Thanks Jenna.

Hi Jenna:

So sorry for what you are going through. If you read the above letter from Cheryl you will see she is experiencing a similar situation. My advice to you would be the same as it was to her. You need to respect your brother's wishes and accept that this is his choice. When your mother asks for your brother, simply console her, but don't speak for your brother. This is his choice and his decision. As I said to Cheryl acceptance makes for much happier relationships. Thanks for writing Jenna.

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.



IMPORTANT DATES

- **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](#)
- **Jun 14:** [August degree requirements deadline](#)
- **Jul 31:** [Deadline to apply for course extension for Sept](#)
- **Aug 8:** [AUSU Council Meeting](#)
- **Aug 10:** [Deadline to register in a course starting Sept 1](#)

This space is provided free to AUSU. The Voice does not create or edit this content. Contact services@ausu.org with any questions.

Student Lifeline

AUSU provides **free** access to the **Student Lifeline** for all members, which provides expert support for a wide range of issues, including:

LIFE: Stress, Anxiety, Depression, Grief/Loss, Community Resources, Legal Support

FAMILY: Couples, Parenting, Separation/Divorce, Child & Elder Care, Education

MONEY: Savings, Debt Management, Estate Planning/Wills, Home Buying/Renting

WORK: Starting Your Career, Work Relationships, Job Stress/Burnout, Being Organized

HEALTH: Nutrition Counselling, Naturopathy, Sleep, Addiction, Smoking Cessation

This is a FREE service for all AUSU members!

Contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak to a caring, professional consultant.

You can also log in to www.lifeworks.com (username: **AUSU**, password: **wellness**) to access a wealth of helpful articles and resources.

Advocacy

One of AUSU's most important roles is to provide Advocacy for AU undergraduate students. AUSU advocates on behalf of all students at the provincial and national level, but we also provide advocacy at the University level, both on an individual basis and on behalf of all students.

If you are experiencing issues at AU that you would like assistance with, please feel free to contact us at admin@ausu.org and we will do our best to assist you!

In addition, AUSU council and executives sit on **over 30 different AU committees** to ensure the student voice is heard, including:

- Board of Governors
- General Faculties Council
- Faculty Council for each Faculty
- Student Experience Team
- Student Academic Appeals Committee
- E-text Advisory Committee
- Academic Excellence Awards Committee
- .. and many more!

AUSU executives also regularly meet with various AU VP's, including the President, Faculty Deans, and various other department heads.

Want to know more? Check out AUSU's advocacy efforts on our website [here!](#)



CLASSIFIEDS

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

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