

THE VOICE

MAGAZINE

Vol 25 Issue 27 2017-07-07

A Glimpse into the Circus

Is it time to run away and join them?

The Return of the Forums

AUSU Creates New Student Forums!

Around the World in Eight Noodle Dishes

Dealing with the Dining Dilemma

*Plus:
Parade Observations
The Creative Spark!
and much more!*



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LETTERS TO THE EDITOR



We love to hear from you! Send your questions and comments to voice@voicemagazine.org, and please indicate if we may publish your letter.

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

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

EDITORIAL**Karl Low****Happy to be Wrong**

I hope you all had a great Canada Day, my predictions of it being a rather low-key event weren't quite on the mark it seemed, as by during the day itself, I spotted a lot more excitement than in the weeks before, and the flag seemed to be almost everywhere. That was one time that I was happy to be proven wrong.

But this week, Athabasca University's big announcement was the renewal of its partnership with the Royal Architectural Institute of Canada for the next five years. Judging from Facebook, a lot of people were happy to see it, but I never saw this particular partnership as being in any danger, especially considering that the new chair of AU's Board of Governors is the principal of a large architectural firm in Edmonton. The big news would have been if either side had decided not to continue the partnership. That would have had some people talking. Fortunately, that didn't happen and those who've started in the program can rest easy that they'll have the time to complete it.

As for the Voice Magazine, this week, our feature article is a glimpse into circus life. I know It doesn't sound like something that would feature AU students, but when reading it I became intrigued with the idea that an AU education is one of the few that would fit in perfectly well with the circus life-style. With that and the standard hoopla about the Calgary Stampede that happens around me at this time of year, I just had to give it some room here in the magazine. Plus, it's just a good read, and that's what we're all about.

Also, Barb Lehtiniemi this month brings news of AUSU's new forums. If you haven't already participated, she makes some good points about it. Sure, the facebook group has the biggest student presence, but it has some drawbacks as well, drawbacks that a forum site doesn't, as Barb explains.

I also want to draw attention to Xin Xu's look at eight noodle dishes around the world. If you're like me, the biggest source of strife in the house is the dreaded question of "what's for dinner?" This article is a great way to answer that question. Pick one at random and see where that leads. Who knows it may open up an entirely new cuisine for you.

Finally, as it is the start of the Calgary Stampede, along with the annual parade, it seemed entirely appropriate for this weeks "From Where I Sit" article, where Hazel Anaka gives us a look of some what's involved with being in the parade rather than comfortably sitting on the side and watching the results of that hard work glide by.

Of course, that's just the surface of the magazine this week, as we also have reviews, events, scholarships, advice, entertainment, and an interesting graphic from Wanda Waterman's "All the Music Be Happenin' Now" series. So, sit back, enjoy the sun, and most importantly, enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the final letter.

A Glimpse Into Circus Life

Carla Knipe



S People joke about running away and joining the circus, but what is life on the road really like for circus performers?

The Royal Canadian Circus is currently making its way across Canada with its new show SPECTAC. The Circus has received rave reviews from audiences, and there have been many sold-out shows along the tour. But, while life in a circus has an air of romanticism, the schedule is often demanding for the crew and performers who make their living in the circus entertainment industry.

Cathy Sproule, the communications representative for the Royal Canadian Circus, provided some insight. She has worked closely with the circus for many years and has got to know the performers and crew as well as the history of the troupe.

The Circus, which the Zerbini family created in France over 250 years ago, is known as the Royal Canadian Circus when it tours in Canada but is also known as the Zerbini Family Circus in the USA. The Zerbini family immigrated to North America, bringing its circus traditions with them. The Zerbini Circus is now the only touring circus in North America, following the closure of the Ringling Brothers and Barnum & Bailey Circus. Circuses have changed over the years, mostly in response to the increased awareness of animal treatment. Cirque du Soleil comes to mind as the epitome of what a circus should be in light of the change in audience expectations, but one of the reasons for the closure of the Ringling Brothers and Barnum & Bailey Circus is that it did not see the need to adapt. Although the Zerbini Circus still uses elephants in its American shows, the Royal Canadian Circus no longer uses exotic animals. Instead, it relies on acrobatics, theatrics, and humour to entertain. Now, the only animals used as part of its acts are trained dogs and horses whose welfare and safety are considered with the same importance as the human performers. In Calgary, for example, one of the horses was ill, so the equine act did not perform.

Life in a circus means a life on the road, continually travelling from place to place. After the Royal Canadian Circus' current season, which started in May and ends in August, the show will continue down the eastern seaboard through the United States, into Florida, then across the country. Many cast members also perform in circus troupes in Europe, Russia, and South America. The shows are held under a traditional Big Top wherever possible, although some shows are held in arena venues. Transporting the massive tent, which was custom made and imported from Italy, is a huge operation but the crew has the dismantling and re-assembling process down to a fine art. As soon as the final performance ends at one place, the crew starts to dismantle the massive tent and all the fixtures and fittings, ready for transport to the next venue in fourteen huge semi-trailer trucks. There is also a truck used specifically as a generator truck so that the power needed for the circus is completely self-sufficient. In North America, the distances between performances are huge and the terrain can be challenging, especially through the mountains.

Life as a circus performer is difficult at times, but Cathy Sproule says performers are born into the profession and circus life is in their blood. She notes that many of the performers in the Royal Canadian Circus perform

throughout their lives for as long as they are able. The husband and wife Duo Guerrero high wire act, which was featured on the television show "America's Got Talent," has performed for over thirty years around the world and this is not unusual. Many of the performers trace their circus lineage back for generations. Piolita Videla is a fifth-generation circus clown from Argentina and has toured the Royal Canadian Circus as well as with other troupes for many years. The ringmaster, Joseph Bauer, is a ninth-generation circus performer whose family originally hails from Switzerland. Erika Zerbini, who works with the Liberty horses, is a tenth-generation performer and is a descendent of the creator of the original Zerbini Family Circus. Many circus performers work as husband and wife teams, or even family teams. The Dominguez family are a husband and wife team from Peru who have several acts in the circus but are most known for their Poodle Review. They have welcomed their six-year-old son as a new and charming addition to their act.

So, what is life like for a circus family, especially the children? Moving from place to place means that "home" is a massive recreational vehicle that has all the creature comforts, including satellite television and microwave ovens. On days when the circus has multiple performances, there is only time for performers to grab a quick bite to eat before it's time to start the next show, and they catch some sleep whenever they can due to the heavy tour schedule. The children of circus performers start their apprenticeships from a young age, often as toddlers, to get them used to the crowds and life under the Big Top. Kids travel with their parents throughout the year and are homeschooled. Children try a lot of different things in the circus before they settle on what they would like to do, and then work on developing their act. By the time a child of a circus performer is a teenager, they begin performing on their own. The circus serves as apprenticeships for children who are surrounded by many mentors to give them training and guidance.

When they are not performing, the cast and crew are either travelling to the next venue, practicing their acts and shopping for essentials. They try to see the sights wherever they are but this is not often possible.

While circus life may seem unconventional to a lot of people, the fact is that they love what they do and wouldn't have it any other way. The performers and crew all consider each other a close-knit family. For them, the love of performing for audiences is just their way of life.

Carla is an AU student who lives and writes in Calgary, Alberta. Say "hi" to her on Twitter @LunchBuster.

Women of Interest

Patricia Bath was born November 4, 1942, in Harlem, New York. Dr. Bath invented the Laserphaco which is a device and technique used in cataract surgery. In 1988, Bath received a patent for the Laserphaco. She was the first female ophthalmologist appointed to the faculty of the University of California, in the Los Angeles School of Medicine Jules Stein Eye Institute. It was not easy for her to go to medical school; at the time, blacks were not accepted into medical school. While attending high school, Bath applied for, and won, a National Science Foundation Scholarship. She then did a research project at Yeshiva University and Harlem Hospital Center on the connection between cancer, nutrition, and stress. In 1968 she received her doctoral degree from Howard University College of Medicine. She did her residency in ophthalmology at New York University. Dr. Bath has authored over 100 papers as well as lecturing internationally. In 1988 Dr. Bath was the first African-American female doctor to receive a patent for a medical purpose.

Further information on Dr. Patricia Bath can be found at the following websites:

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

https://cfmedicine.nlm.nih.gov/physicians/biography_26.html

<http://www.blackpast.org/aah/bath-patricia-1942>

Around the World in Eight Noodle Dishes

Xin Xu



No matter which country you hail from or what the name may be (pasta, pho, or mein), there must be a hearty noodle dish that is your go-to. Here are eight types of noodles from around the world and why you need to try them all.

Fideua: Spanish

A essential part of the tex-mex cuisine, this dish will only strengthen your appreciation of authentic Spanish flavors. The vermicelli-thin noodles are dressed in a fragrant garlic and chili powder. Unlike paella, this seafood dish uses noodles in lieu of rice. Originating from the East coast of Spain in the city of Valencia, the fideua features various seafood ingredients including local crustaceans such as crayfish, shrimp, and squid. There's a reason they call it the one-pot wonder! It's de-fideua-tely a meal you won't forget.

Pho: Vietnamese

Pho hails from northern Vietnam villages, where it was consumed long before French colonialism. The broth is produced from simmering beef, oxtail, or steak. The lengthy time to prepare the broth allows for ample flavor to be transferred to the soup iconic of quality pho. Pho is often served with assortments of sage leaves, bean sprouts, and lemon slices. These help customize the flavor even more. The vermicelli noodles are springy and light, complemented with tender brisket. For the adventurous, try incorporating beef tendon, tripe, flank, and Vietnamese beef balls for the extra exotic taste of the southeast.



Spätzle: German

Whether you call it *chnöpfli* in Switzerland or *knöpfle* in Hungarian, this dish is a staple in many European countries. Historically, locals made the pasta by hand, shaping the flour with a spoon or by hand into the shape of a *spatzen*—a sparrow. The majority of spätzle dishes are served with meat, gravy, or soup. Spätzle is highly versatile. The texture can be customized to be as soft as cottage cheese or as crunchy as pot-stickers when tossed with butter. Regardless if you try it sweet or savory, spätzle is a European favorite everyone needs to try at least once.

Laksa: Malay, Indonesian

Served with spicy, coconut-curry soup, the Laksa prides itself in representing the rich flavors of southeast Asia. In the monsoon season, Laksa provides a warm, hearty meal to local Indonesians, Malaysians, and Laotians. Laksa noodles use thin rice vermicelli that easily soaks up the flavor of the milky broth. When added to a variety of soup-bases, ranging from seafood to poultry and red meats, the flavor transforms with its broth creating appetizing colors and variety.



Ramen: Japanese

It was originally served as a specialty dish for soldiers coming home from World War II, but became an instant hit. Similar to Chinese style noodles, the springy texture is derived from wheat flour. Once upon a time, I was unconvinced of the difference between cup noodles and authentic ramen, mistaking the latter as a glorified version of the former. However, I was pleasantly surprised at the fragrant broth, the flavor varieties and nationwide worship of these noodles in Japan. You'll believe it when you eat it.

Lapsha: Russian

It might look like Italian pasta, but it's a whole new cuisine. Unlike Italian pasta, Lapsha is a style of soup noodles adapted and innovated from Turkish cuisine, once served only at funerals. Given the abundance of wheat crops in Eastern Europe, buckwheat flour is often used to prepare this basic egg noodle. The broth is prepared with chicken and vegetables, but can be improvised with milk for a creamy, hearty texture.

Pad Thai: Thailand

Literally translated to "stirfried Thai style", this dish is as common at Thai night markets as hot dog stands are in New York. Prepared with rice noodles and garnished with colorful ingredients from sprouts, lime wedges, peanuts, greens, and eggs, pad Thai has a rich, savory taste. The bouncy texture of rice noodles make pad Thai a light, delicious snack while walking down the streets of Bangkok. For the adventurous foodies, try the Lao version of this dish prepared with soy sauce in lieu of tamarind pulp.

**Pasta: Italian**

While we consider pasta a product of Italian ingenuity, many historians believe immigrants from China travelled along the silk road in the Marco Polo years to bring this historical delicacy to Europe. Since then, pasta forms have morphed from initially long fibrous strands to all imaginable shapes. So far, 310 forms have been identified with 1300 names recorded depending on the region; one form may have up to 30 names (De Vita, 2009). Seeking the perfect pasta dish, I travelled to Florence and Rome for freshly made pasta. In comparison to traditionally dried pasta in Canada, the texture and elasticity of fresh spaghetti was incomparable. For a next-level experience, select for quality pasta at your local Italian supermarket and try your hand at being a pasta chef.

**References**

De Vita, O. Z. (2009). *Encyclopedia of pasta* (Vol. 26). Univ of California Press.

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

The Return of the Forums

Barabara Lehtiniemi



AUSU recently rolled out its new [AUSU Forums](#). The forums are an online social platform which enable AU students and others to discuss courses, ask questions, and interact with AUSU staff and council.

Quietly launched in May 2017, already some students have found the new AUSU Forums. Several course discussions are underway and more are sure to follow when AUSU ramps up its promotional campaign.

The best feature of the new forums is searchability. Users can quickly search for posts mentioning a specific course, program, or topic. The only way to search for posts on the student-run [AthaU Facebook group page](#), for example, is to scroll, scroll, scroll. Consequently, some questions get posted over and over again. With the AUSU Forums, users can quickly find answers to questions even if they were

posted weeks ago.

The "subscribe" button is another handy feature of the forums. Registered users can subscribe to any of the forum categories, and receive an e-mail whenever a new post is added. So far, AUSU has created six forum categories. Three categories will facilitate student-to-student discussion: "Introductions", "Course Discussions", and "Off-Topic Student Chat". The other three categories facilitate dialogue between students and AUSU: "Questions for AUSU", "Bylaw Review", and "Elections".

Anyone can read forum postings, but only registered users can post to the forums. [Registration](#) takes just a few seconds, and simply requires you to create a username and provide an e-mail address. A password is automatically generated and sent to your e-mail address.

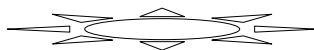
Unlike the AthaU Facebook group page, which screens potential members, the AUSU Forums can potentially be used by anybody with an e-mail address. AUSU does not screen registrants, but AUSU Communications and Member Engagement Coordinator Donette Kingyens says that regular monitoring to prevent misuse will occur. "Limiting the forums to members only would involve a more significant cost and maintenance routine," Kingyens says, "including maintaining an external proxy server where we upload our members list. In addition, it could be restrictive for students. For example, our member list, as provided by AU, only consists of students actively registered in a course. However, many AU students take breaks in-between courses (or finish a course early and have a month or more before their next course), and would then not be able to access the forums between courses as they would drop off our member list."

The new AUSU Forums, which went live in May 2017, replace an older online forum. AUSU discontinued the older forums in 2015 amidst a website revamp. At the time, AUSU cited the high cost of maintaining the forums. The new forum platform is specifically designed to integrate with AUSU's Wordpress-based website, says Kingyens, and will be "very easy to customize and moderate."

The new AUSU Forums provide another tool for AU students to interact with each other. Unlike the AUSU mobile app, which is limited to students who have and use a mobile device, the AUSU Forums are available to anyone with an internet connection, regardless of what kind of device they use.

Check out the new AUSU Forums at: www.ausu.org/forums/.

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



The Mindful Bard Neil Cowley Trio

Wanda Waterman



Album: *Spacebound Apes*

Artist: Neil Cowley Trio

Bandmembers: Neil Cowley (piano), Rex Horan (bass), and Evan Jenkins (drums)

Deluding Ourselves as a Species

"We are all spacebound apes. Whatever way you look at it. However much we delude ourselves that as a species we are at the pinnacle of all understanding, in truth we know nothing."

—from "Lincoln"

The 2017 Montreal International Jazz Festival is off to a smashing start. On the first night you could have gone downtown to listen to Maghreb music, rhythm and blues, and hard funk—all fantastic, none of it jazz.

The organizers of the world's largest jazz festival, and

of other such festivals the world over, occasionally bemoan how, good jazz being so scarce, it's hard to fill a festival with jazz only, which means other kinds of music have to appear. One result of this development is that many young people today are in the dark about this magnificent musical tradition, the word "jazz" coming to signify for them well-crafted, intelligent music that doesn't fit neatly into any other genre.

The good thing about it is that when acts like the London-based Neil Cowley Trio follow their creative passions, modulating between purer jazz and experimentation, they're still welcome.

Known for playing piano for Adele, most notably on "Rolling in the Deep," Neil Cowley has done some interesting things as well, including hosting a fascinating television series called *Jazz@Metropolis*, which is filmed before a live audience at Metropolis Studios in West London, and, addressing the knowledge gap mentioned earlier, features interviews, history, and performances all meant to enlighten us on the beauty of the jazz world.

Another interesting thing he's done is *Spacebound Apes*.

Since *Displaced* came out in 2006 the Neil Cowley story arc has always included serious jazz as well as engaging musical innovations, lighthearted absurdities, and introspective reflections, with nary a hint that he's taking himself seriously, and manifesting a gaping awe at the commercial success he's seen despite an ingenious musical roguery.

In the Trio's body of recorded work Cowley's piano swings like a fistfight, embracing the gamut of jazz since the sixties—prog rock, fusion, cool jazz, trance, acid jazz, etc. You can't listen to this music without thinking, *This is new*. But what precisely is new about it?

One thing that comes to mind on seeing the title and cover photo is the current relevance of Gil Scott-Heron's famous '70s spoken word piece, "Whitey on the Moon." It's like saying, *Sure Elon Musk may be taking us into outer space, but that don't make us smart*. Track titles like "Hubris Major" indicate the overweening arrogance that propels simple minds into faraway regions as an escape from the social and environmental crises they'd prefer to ignore. Titles like "The Sharks of Competition," "Governance," and "Death of Amygdala," as well as the video for "The City and the Stars" all bear out the hunch that this is social criticism with equal helpings of both dejection ("Death of Amygdala") and hope ("Grace").

A music book was also released with the album, with transcriptions of all the music and illustrated by Sergio Sandoval. It appears to provide a narrative context for the music, being a story about a simianesque person named Lincoln who feels completely alienated by the heartlessness of the technological world in which he finds himself.

Spacebound Apes is an elegant mix of social critique and sad withdrawal, and it may be the least jazzy album of any the Trio has produced until now. With an album theme like this one you'd expect to hear lots of space sounds, but it's low on electronica and high on virtuosic acoustic instrumentation, with many moments of sheer, healing bliss. There's not a lot of the swinging piano jazz we've come to expect of Cowley, but that seems to be part of the covert statement: considering the current state of things, a bit of a departure from musical business-as-usual may be called for.

Spacebound Apes manifests seven of the Mindful Bard's criteria for music well worth a listen.

- It's authentic, original, and delightful.
- It poses and admirably responds to questions that have a direct bearing on my view of existence.
- It stimulates my mind.
- It provides respite from a cruel world, enabling me to renew myself for a return to mindful artistic endeavor.
- It's about attainment of the true self.
- It inspires an awareness of the sanctity of creation.
- It makes me appreciate that life is a complex and rare phenomenon, making living a unique opportunity.

Be sure to keep checking the *Voice* for an interview with Neil Cowley.

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

The Creative Spark!

Plot Your Passing

Marie Well



What if you plotted your own passing—literary style? You're given three criteria: you begin with two initial scenes and a final scene. Well, that's a way to start plotting, suggests Elizabeth Sims, author of *You've Got a Book in You: A Stress-Free Guide to Writing the Book of your Dreams*.

Once you got these three starting scenes, jot down heart-clenching moments. What's a heart-clencher? You go into labor; you lose your job; someone murders your mother. Heart-clenchers can even be successes: you graduate; you win the lottery; you fall in love. Write these heart-clenching moments on cue cards. Sort them. Now, you've got a sketch of a plot.

Maybe you want to write fiction or biographies. Regardless, sketch out your final scene first. Then add two starting events. Lastly, list heart clenching moments and string the heart

clenchers together.

So, what if you want to write your eulogy, forty years ahead of your final moment? Let's try plotting the events leading to my eulogy.

First, I'll take my final moment: I enter the light, free of all pain, wrapped in unconditional love, surrounded by loved ones. (This phenomenon is documented in a 20-year study by Doctor Pim Van Lommel in his book *Consciousness Beyond Life*.)

I'll then take two starting scenes: (1) I reenter the workforce after overcoming anxiety and (2) I set extreme goals for my life.

Next, I'll take heart-clenching moments. Here are some random heart-clenching moments from my prospective book:

- Economic growth plummets. Joblessness skyrockets, leading to civil unrest. I serve as "the resistance's resistance." Like in Venezuela, unsustainable Socialist governments begin to topple. Socialist governments no longer have the capital to fund universities due to the collapse of the private sector.
- My boyfriend acts as economic advisor to the Conservative Party. Under their leadership, widespread wealth rises. The economic truth prevails that capitalism creates wealth and socialism creates poverty.
- Universities battle with government over leftist bias. Private sector universities overtake role as top educators. I start teaching at a private sector university. I advocate methods that foster cooperation—win-win situations—rather than victimhood. I repeal policies that have nothing to do with academic core curriculum.

Sadly, I outlined only ten years. Projecting forty years is impossible. So, what can I do? Use Elizabeth Sim's improv style, with the "yes, and what if?" questions. In other words, tap into the imagination.

For instance, I could use the "yes, and what if?" questions for each heart-clenching probe. With Elizabeth Sim's "yes, and what if?" style, you reject nothing. So, I could take one of the above heart-clenching moments and go wild. For instance, I could say, "Universities battle with government over leftist bias. Yes, and what if leftist universities serve up widespread psychology experiments? Yes, and what if out of curiosity, I volunteer? Yes, and what if the psychologist plugs my brain into a computer enhancer? Yes, and what if the computer enhancer is controlled by a billionaire with no morals? Yes, and what if the computer enhancer reproduces, worming its circuits into the brains of the masses? Yes, and what if I'm powerless to stop its updates?"

Elizabeth Sims gives plotting advice in her book *You've Got a Book in You: A Stress-Free Guide to Writing the Book of your Dreams*.

- Start with a map for your story outline, but don't make it too detailed. Allow for surprises. Stories without surprises are forgettable.
- Try writing the final chapter first, and work backward.
- If you write yourself into a corner, backtrack and go into a new direction.
- One writer starts with only two scenes. The rest he writes ad lib. This allows for spontaneity and surprise.
- Too much planning on your plot can stifle your story.
- Map out things characters do and will be forced to do, according to your plot.
- Use heart-clenching moments such as lust, murder, natural disasters, violence, heroism, battles, and betrayal.
- Take each heart-clenching moment and brainstorm using the "Yes, and what if?" improv method.
- Put your heart-clenching moments on cue cards. Sort them into an order.
- Slip in extra conflict and suffering anywhere you can.

Imagine a world where your eight-year old child performs as a drag queen in Montreal nightclubs. The eight-year old says something like, "If your parents won't let you be a drag queen, you need new parents"

(<http://montrealgazette.com/news/local-news/montreal-drag-queen-8-makes-a-splash-in-lgbtq-community>).

Two years ago, could you have imagined that? Then try imagining your next forty. A paradox? I call it a creative spark!

AU-thentic Events

Upcoming AU Related Events

AUSU Council Meeting

Tuesday, July 11, 5:30 to 7:30 pm MDT

Telephone and online

Hosted by AUSU

www.ausu.org/event/july-council-meeting/

e-mail admin@ausu.org for meeting package

Online MBA for Executives Info Session

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

Online

Hosted by AU's Faculty of Business

business.athabascau.ca/event-details/executive-mba-information-session-10am-mst-7/

register online at above link

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

business.athabascau.ca/event-details/executive-mba-information-session-6pm-mst-8/

Keeping Organized As You Search

Wednesday, July 12, 12:00 to 1:00 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/orientations.html

pre-registration not required

Time Management

Deanna Roney



One skill that Athabasca University taught me well was time management. I learned to prioritize my schedule and learned to say "no" to requests for use of my time. It was a hard lesson for me at first, I always wanted to be available to help, to visit, to do whatever. But there came a time when I needed to start learning to say no. And, it has been kind of wonderful. I found that everyone understands, and there was no backlash as I feared, it made the time when I could go and do and help that much more enjoyable. The world didn't end because I put work or school first sometimes.

Time management is more than learning to say no, though. It is about figuring out what work needs to be done and scheduling yourself accordingly. This can be hard when there are a few tasks that need to be done and one is much more enjoyable than the others. Maybe there is work that needs to be done for an internship and you're currently facing writer's block for your article. It can be easy to prioritize getting the internship work done first. But that leaves you scrambling at the end of a long weekend, thinking it is still Sunday when really the deadline is fast approaching.

Long weekends can be the most difficult to organize, it is tempting to throw caution to the wind and take it off but then that can leave the week a scramble. A while ago I wrote an article about starting a bullet journal. I wasn't sure how long this would stick because previous attempts at organizing myself with a schedule faltered after a few months. It is, however, going strong. I can see the tasks I need to get done, I leave days that I can bump them too and I hardly ever forget about tasks.

The journal allows me to prioritize the list. An asterisk beside the task that is most important and I will limit my amount of time spent on other work. I may give myself the morning for bookkeeping and then free the afternoon for more creative work: listing article ideas, writing drafts, internship, etc. Even with this organization, I derail. Maybe I said "yes" to something when my time was demanded elsewhere and I should have said "no". Or maybe I got caught up in some work and pushed the rest aside. It's important to learn to roll with these times. Don't beat yourself up for taking time for an adventure, for some summer fun. Instead, take a few minutes and schedule the following days, prioritize the work that needs to get done, those with deadlines, and then schedule in the rest that should have got done, self-imposed deadlines.

In these summer days, it is hard to keep on track. Long weekends add a bit more distraction, and it is often that things get a bit chaotic. But it is okay, beating yourself up only wastes valuable time you could be using to catch up. The only thing I caution, as I am guilty of doing it myself, is over booking days. I will feel I need to get caught up on missed work and so schedule an unrealistic amount of work during the next few days, but it doesn't get done and only leaves me feeling further behind. So, be realistic about your time, schedule according to deadlines and give yourself a little grace to enjoy the weather while it lasts.

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: WalletHacks Financial Freedom Scholarship

Sponsored by: WalletHacks

Deadline: August 1, 2017

Potential payout: \$1000

Eligibility restriction: Applicants must be enrolled full-time in an accredited university or college in Canada or the USA for the 2017-2018 academic year. See the Official Rules section for full eligibility criteria.

What's required: A 1000- to 2000- word essay which answers three questions about financial freedom.

Tips: Applicants without an .edu mail address will be required to submit proof of enrolment; read the instructions on the submission form carefully.

Where to get info: wallethacks.com/scholarship/



The Fit Student Clean Your Castle

Marie Well



My life used to be a mess, literally. After work, panic scared me stiff. On arriving home, I'd startle as I slammed the gate. In time, the gate unhinged. Once inside my home, I'd brawl with sprawling Starbucks cups, books, and DVDs. Next, I'd unsteadily snatch my thesis as loose-leaf fluttered to the floor. The words on the pages struck me as scrabble boards—in Punjabi. I'd drop the thesis, turning my focus to the kitchen scare. In the sink heaped dishes—last year's. Richly colored Cornell crusted over. Ovens, irons, toasters—once loved—now taboo. Yet little got trashed. I feared mistaking my purse for litter.

So, where did the mess start? Well, as children, my siblings and I made spotless beds. Mom cleaned better than Private Ryan. Some days I'd come home to find my bed torn apart—Mom spotted a wrinkle.

Yet, Papa's office heaped with papers. Papa, always on the go, ate dinner standing up. But in my eyes, Papa was faultless. So, in grade

twelve, my bed went unmade. My bedroom carpet morphed into a year's worth of homework. And my knack for cooking summed up to Eggos, Pop-tarts, and Pizza 73.

But when my best friend became my boyfriend, my messy home grew flawless. Every day, at 5 a.m., I polished to the purr of *The Flower Duet*. I'd then shop for flawless fruits and veggies. Four-hour cookery—off-the-cuff—followed. At 6 p.m., I greeted my boyfriend amidst wafts of savory scents.

That is, until the day panic boiled over.

But every sad story has an upside: My boyfriend and I dined out. Dined hard. Caesar salads with side salmons and yam fries. Casino buffets with prime rib and cherry flambés. Stir fry chicken with pencil thick black strands from the cook's fresh haircut. And not a dish to wipe.

So, twice I went from clean to messy. But I'm not alone. Cassandra Aarssen, author of *Real Life Organizing: Clean and Clutter-Free in 15 Minutes a Day*, called herself a "super slob." I dined out; she trashed her crusted over pots for new ones. I brawled with sprawling books; she carved paths in clothing that covered her entire floor.

Now she teaches cleaning at colleges—and writes on how-to-be clutter-free. So, let's look at Aarssen's advice for cleaning house:

- Purge stuff frequently. Decide fast what to chuck. "When in doubt, toss it out" (p. 62). Why? The more stuff we collect, the more it takes a toll. So, free yourself.
- People who stink become immune to their own stench. Same goes for people with messy houses. So, what do you do? Take photographs of your place. If you'd be ashamed to publish the picture, clean up the mess.
- The first step to cleaning? Purge. Grab a garbage bag and scour the house for junk to toss. Also, donate 21 items to charity each month. If you waffle about donating an item, store it in a box labeled with a date six-months in the future. If after six months the box remains unopened, don't open it—donate it.
- When you buy a new item, donate an old one.
- When buying stuff that you might want to return, keep just the barcode, the instructions, and the receipt. That's all you need. Throw out the box.
- If you get a pile of stuff in a certain spot, store it there. In other words, put a basket there or find a nearby closet. Give your pile a convenient home.
- Use brightly colored baskets and bins—to release your inner butterfly. Make to-do lists and set timers if that's your style.
- When you go to Ikea to buy organizing items, bring a tape measure. (But first, at home, measure the stuff to store.)

- Spend fifteen minutes a day cleaning your home—up to a maximum of thirty minutes. That's all you need for a spotless dwelling.

Navy Seals say start your day by making your bed—as one small success leads to another. In fifteen minutes a day, you not only make your bed, but clean your castle.

Student Sizzle — AU's Hot Social Media Topics

Following What's Hot around AU's Social Media Sites.

AthaU Facebook Group

Carrie-Lynn gives shots of doing Math 215 on the beach for Canada Day, Yerza is wondering about transferring credits in to AU and whether that's a problem once you move to graduate school, and Donna is looking for people in the GTA who might be taking the Human Services program that she can meet up with.

Also, questions about the courses SOCI378, ACCT352, FREN405, and ENGL353 all raised by different people.

Plus, Kevin is looking for advice on writing his first university paper, which generated a lot of discussion and comments.

reddit

kingrancherjunior has started a list of "Bird Courses", or courses that are easy to achieve an A+ grade in, along with the estimated time to complete the course if you were to concentrate on it. Most of the courses listed so far seem to be from the school of business, but not many students have weighed in yet.

Also, there were a number of questions from a person unsure of registering in the AU Computing Information Systems Program given the stories about AU's possible bankruptcy and whether the degree would be useful in Australia and New Zealand. This led to a short conversation about AU's CIS program in general.

Twitter

@AthabascaUSU (AUSU) tweets: "Interesting! Global study says Canadian students most likely to fund their own post-sec education! <http://bit.ly/2umaQVm> #cdnpse"

@AthabascaU tweets: " #AthaU wants to hear from you! What does YOUR Canada look like in 50 years? Be sure to use the #MyCanada2067 hashtag to let us know!"





Parade Observations

Do you go to parades? As a viewer and enjoyer of the spectacle? As a float rider or route walker? Or would you rather be anywhere else?

Like many things in life, there's nothing straightforward about the subject. If you're the parent of little kids, you probably scope out a great location and arm them with ice cream pails for their booty. But what is a great location? Full sun or dappled shade? Near their friends or all by themselves on a quiet street to minimize competition for the best candy? Do you bring lawn chairs or look for a clean curb? Or do you stand so you can grab them when they stray into traffic?

If you've ever had any role behind the scenes, parades can be more work than fun. From taking the registrations to assigning spots in the line up to recruiting judges to awarding prizes, it's a bit of a headache. Most small towns also offer a complimentary meal to parade participants, so add setup, shopping, cooking, and cleanup to the mix. Most registration desks end up with binders of paperwork and slightly harried looks.

Of course, the person registering the float has to succinctly describe the entry for the announcer. Last year Babas & Borshch entered the K Days parade. There's a raft of very prescriptive rules, a non-refundable entry fee, and a selection panel. We made the cut. While it was a great deal of work that involved storing the float in Greg's Sherwood Park garage overnight and a lot of waiting, it was a great promotional tool for the festival. As we passed every radio station remote setup, they read our description to their listeners. As we passed Global TV's broadcast booth Mike Sobel did a walking interview with me through the truck window. Great exposure.

From what I've seen riding shotgun in countless parades over the past five years, not all truck drivers are created equal. There's an art to getting the speed right, not killing any kids, not losing any of your riders. There's an art to getting the sound system working so the mic and the Ukrainian mix tape work as we hope. As someone throwing our very cute Squeeze Your Baba stress dolls (imagine a bowling pin shape) out the window,



it's all in the technique. Despite that, inevitably they bounce and end up somewhere other than where I intended. Taking some photos and tweeting in that hour or so of waiting, waiting, waiting is also part of my job.

Here's what I've observed about the observers. Some people are so busy enjoying sitting in the sun they have no idea what's going on around them. Nor do they seem to care. Others can't be bothered picking up the candy that litters the road and gutters. Some show their delight in the spectacle by clapping, waving, and calling out.

When the County's parade float theme changes next year, I can't say I'll miss giving up umpteen Saturdays in a very short summer, from where I sit.



Dear
Barb

Barbara Godin

Learned Disengagement

Dear Barb:

My husband and I have been married five years and have two children. We get along pretty well, but lately I've been feeling like my husband doesn't really care about me or the kids. When he is home he watches TV or plays video games. The kids often ask him to do things with them and he says he's busy. When I ask for help with something he will help me, but when he's done he goes back to watching TV. I try to talk to him but he doesn't engage with me. He doesn't have a lot of friends and rarely talks on the phone with anyone. Whenever I ask if everything is alright, or if he's happy, he says he is. At times I feel very lonely and I can tell the kids would like their dad to be a bigger part of their lives. I fear that we will drift further apart if we don't talk or do more things together. I talked to my sister-in-law and she said that their father was the same and rarely engaged with the family. She said at times her mother would get upset, but for the most part her father was easy going, so eventually her mother accepted him and they were married for 50 years until he passed away. I don't know if I can do that, I wonder if some counselling would help, what's your opinion?

Thanks Tanya.

Hi Tanya;

Thanks for your letter. Yes, I think some counselling wouldn't hurt.

It seems your husband has learned this behaviour from his parents, as according to your sister-in-law this is how they interacted. Perhaps you will have to encourage him to become involved with the family. He needs to step out of his comfort zone. There must be some activities that he enjoys, arrange for you and the kids to participate in these activities as a family, whether it's going on a hike, bike ride, or a game of golf. Initially you will have to make the arrangements and then eventually your husband will take the initiative. There is also a possibility that your husband is suffering from depression or some other health problem. Has he always been like this? You mention that you have noticed this recently. If he is suffering from depression he may need to be put on antidepressants. Also, he should be checked out physically. Make an appointment with his physician for a complete physical. If everything checks out, then you know you have to make the effort to engage him with the family, or do as your mother-in-law did and accept him as he is. You are the only one who knows what is best for you and what you can live with.

Best of luck Tanya.

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.

January, 2008: A memorable phone session with Texan singer-songwriter Sam Baker, who'd survived a terrorist attack in Peru in 1986

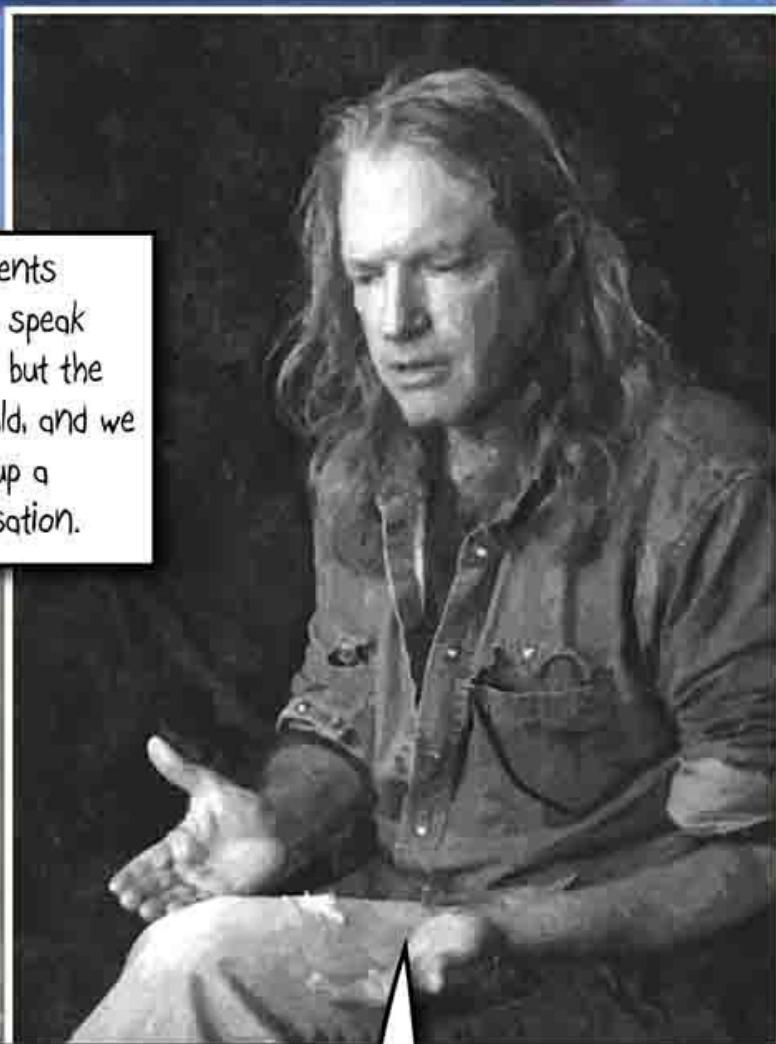
I'd been sitting with a German family on the train to Machu Picchu.



The parents couldn't speak English, but the boy could, and we struck up a conversation.

The bomb was in our train car.

When it went off it killed my friends and the German family—in a particularly terrible fashion.



I stayed alive in spite of subdural bleeding, cranial bleeding, gangrene, and renal failure.

You see quite a bit after weeks when you can't move, near death. It makes you reflective.



AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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IMPORTANT DATES

- **July 10:** [Deadline to register in a course starting Aug 1](#)
- **July 11:** [AUSU Council Meeting](#)
- **July 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](#)
- **Aug 15:** [September degree requirements deadline](#)

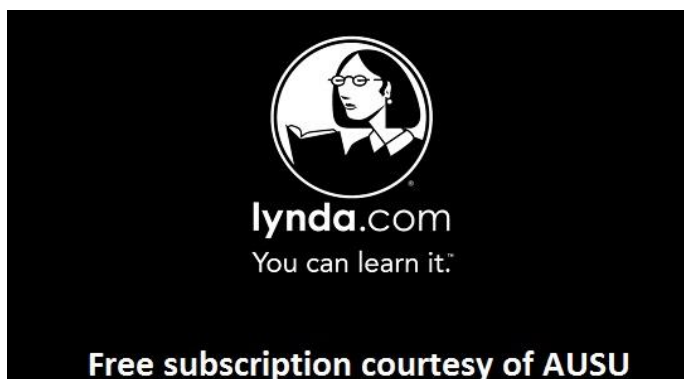
Free lynda.com Subscription

Did you know AUSU provides all members with a [FREE subscription to lynda.com](#), the world's premier video training website?

Over the past 6 months, AUSU members have watched **over 15,000 training videos** on lynda.com!! Some of the most popular courses our membership view are listed below, but this is not an exhaustive list!

- Access Essential Training
- Accounting Fundamentals
- C++ Essential Training
- CSS Fundamentals
- Excel Essential Training
- Foundations of Programming
- HTML Essential Training
- Introduction to Photography
- Java Essential Training
- JavaScript Essential Training
- PHP with MySQL Essential Training
- Time Management Fundamentals
- Up and Running with Python
- Word Essential Training (2013 or 2016)
- WordPress: Building Themes from Scratch

To get your free lynda.com membership and start learning, visit the AUSU website [here](#).



Course Evaluations

Completed any courses recently? Fill out a course evaluation online [here](#)!

Make note, AUSU's course evaluations are different than the ones sent by AU. They are completely confidential, and can be filled out anytime, even after your course is over. Although the survey is anonymous, you can also see the evaluation other students have given to courses as well!



AUSU Career Resources

Looking for a summer job or starting a new career?

AUSU's careers page includes links for resume building, interview preparation, career fairs across Canada, national and provincial job search engines and more!

Check out AUSU's Career Resources page [here](#).



CLASSIFIEDS

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

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