

THE VOICE

MAGAZINE

Vol 25 Issue 33 2017-08-25

Minds We Meet

Interviewing Students Like You!

All the Music be Happenin' Now

Sahara Quest

Getting Started at AU

Just Starting? See our
Handy Guide!

Plus:
Food for the Game of Thrones Finale
Creative Writing by the Books
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

Risky Business

Karl Low



If you haven't seen the most recent AUSU Newsletter, dig through your spam folder and give it a read. In it, you'll notice that AUSU is proposing some significant changes to the bylaws of the organization. While these changes are no longer required to be approved by the AUSU general membership, council is still required to notify students and consult with you about the changes.

If you look through the bylaws, you'll note that one section, the section that guaranteed specific funding for *The Voice Magazine*, has been removed. In its place, *The Voice Magazine* is listed as an internally restricted funds reserve, solely dedicated to the administration and production of *The Voice Magazine* that AUSU will allocate funds to, but no amount is listed (You can find this in the proposed bylaws 12.04(c) and 12.07). Nor is there any mention in the new set of bylaws as to the protection of *The Voice Magazine's* editorial autonomy from council.

Some background may be required here. There has been talk in Council since 2015 about adjusting the current bylaws, and AUSU Council has had various consultations to make sure that the changes addressed all areas in a professional, thorough manner.

Part of the current bylaws is a requirement that *The Voice Magazine* receive 12.5% of your AUSU fees, and has editorial autonomy over the content of the magazine. This was voted on and approved by students over 10 years ago and the amount currently works out to about \$1.13/course. However, AUSU is also proposing to significantly increase the AUSU fees, and, under the old wording, this would increase the budget of the Voice Magazine to above \$100,000. Being honest, the Voice Magazine doesn't need that much to operate, not unless we start expanding the amount of content we're putting forward and so hiring other people to help curate that. So removing that percentage requirement from the bylaws makes good sense.

However.

There needs to be some protection of the funding and editorial autonomy of the student paper. We are the one service that AUSU provides that can (and has a mandate to) provide critical coverage of AUSU Council. We are the one service that AUSU provides that can make AUSU Council distinctly uncomfortable if a bad council group has taken the reins, and so the one service that AUSU provides that a council may see as something they'd like to get rid of if we're doing our job properly.

I understand that the intent is to place these protections in policy. That's risky, in my opinion. While the bylaws no longer require approval by the membership at large, they do require notification and consultation of changes. There is no such requirement for policy. Council can change policy with little notification to students, simply by quietly including it within a meeting package or letting it come up automatically for its regular review. During this review, changes not listed in the meeting package can be brought forward and approved. It would also be very simple for a council that didn't like the coverage it was receiving to transfer funds from the Voice's internally restricted funds reserve into general funds, and reduce the allocation to a symbolic dollar to meet with the letter of the bylaws.

I'm not saying that the current Council has any plans to do this. They don't. I say that with some surety. Even though the current president was president during the last attempt to defund *The Voice Magazine*, I know she has come to see the magazine as an important part of how AUSU helps build community and awareness among the members. And what little I've heard from other current Councillors on the matter tend to be very supportive of *The Voice*

Magazine's mission. The risk isn't with this Council, some of whom even write for *The Voice Magazine*. I expect that the reason these things aren't already in the bylaws is simply because the current Council is thinking of how they'd do things, and in that case, the points I mentioned aren't needed.

But the risk lies in future Councils. After all, it doesn't take long to find stories of bad student councils. As distance students, with little day to day involvement with our student union, the risk is even greater. This group may be excellent. That doesn't say anything about the next group, or the group after that. And trying to keep you informed of what happens at Council is part of what *The Voice Magazine* does, but putting its funding protection into a policy, rather than maintaining it in the bylaws, can have a chilling effect even without any direct attacks.

To protect *The Voice Magazine* from the possibility of a future council trying to keep their activities from being covered, I suggest the following amendments:

1. 12.07.01 "The Voice Internally Restricted Reserved funds may not be transferred to any other restricted or unrestricted reserve except by special resolution as defined in these bylaws."
2. 12.10.02 "The allocation to The Voice Magazine shall be within 10% of the previous year's approved budget allocation, or as approved by special resolution as defined in these bylaws."
3. And that the current 7.5.3 (The Voice will operate an autonomous publication without interference from AUSU regarding content) be brought back into this set of bylaws in some fashion.

I think these are reasonable amendments as they allow room for expansion or contraction, at a moderate pace, while also allowing a Council the ability to move more drastically, so long as you, the members, are kept informed. Maybe you have a better idea though.

So now I'm urging you to help bring that message to AUSU Council by commenting in AUSU's Bylaw forums and by attending the special bylaw consultation meetings that will be held on Wednesday, September 6, or Tuesday, September 19th. From what I've seen, the current AUSU Council is a solid group, seeking to help the students and provide value for the money you provide them. This is evidenced through their communications and consultation plan for these changes. They're looking for our opinions and ideas, so we should make use of that. Make your opinions known and you can help shape what the new bylaws will look like. In doing so, you help ensure that *The Voice Magazine* is around and able to keep you informed and protected in future as well.

Enjoy the read!



Women of Interest

Katharine Burr Blodgett was born January 10, 1898, in Schenectady, New York, and died there on October 12, 1979. In 1926 Blodgett was the first woman to be awarded a PhD in physics from the University of Cambridge. Following the completion of her master's degree she was hired by General Electric as a research scientist, where she went on to invent low-reflective "invisible glass." Some of the uses for Blodgett's invention were to improve eyeglasses, camera lenses, submarine periscopes, and airplane spy cameras during World War II. During her career Katharine Blodgett was issued eight U.S. patents and was widely published in various scientific journals.

Further information about this creative woman can be found at the following websites:

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

<http://www.edisontechcenter.org/Blodgett.html>

<http://www.thefamouspeople.com/profiles/katharine-burr-blodgett-6475.php>

MINDS WE MEET



Foteini Evangelidou has recently completed the Master of Education in Distance Education program at AU. She currently resides in Kavala, a small beautiful city in Northern Greece that offers both the residents and visitors a combination of modern life with archaeological and historical sightseeing amidst the natural tranquility of sea and mountains. Named after both her maternal and paternal grandmothers, Foteini's name comes from the Greek word "fos" which means light. Her passion for Academics and Technology is sure to help brighten many minds in the future.

What has your post-secondary journey looked like?

I graduated from 1ο Γενικό Λύκειο Καβάλας (the 1st senior high school of Kavala) in 2009 and succeeded in the Pan-Hellenic entrance examinations to the University. Specifically, in 2013 I acquired a bachelor's degree in Faculty of Education of Aristotle University of Thessaloniki with the direction of School of Primary Education.

What has been the hardest part about studying online in Canada from Greece?

Honestly, I faced no difficulties with the program itself studying by distance. The hardest part would be my personal busy schedule,

including job and housekeeping. I was obsessed with my studies, I loved studying and I wish I had more hours available for studying. Because of my desire to do my best in my studies and due to my everyday obligations, I was always studying late into the night over the past two years. However, I never allowed tiredness to slow me down. On the contrary, I dug my heels in and left no chance to allow external factors to prohibit my studying or my strong yearning to achieve my personal learning goals.

What has been your favourite AU course?

This is a difficult question to answer. Each of MDDE courses are special to me. However, if I need to choose one, I would say that Instructional Design in Distance Education (MDDE604) was the most beneficial and complete course. The course is totally devoted to instructional design (ID) principles and provided a great opportunity for us to develop a unit of instruction based on the theory of ID. The creation of the instructional unit was demanding, but a very interesting and beneficial task.

Why did you choose AU?

When I ended my first year of undergraduate studies, I came across a textbook of Professor Dr. Tsinakos about his course "Distance Education" in the department of Computer Engineering of the Eastern Macedonia and Thrace Institute of Technology (EMATTECH). My studies in the field of primary education made me interested in whatever deals with the field of education and learning. So, the title, *Distance Education*, of that textbook

attracted my interest and I read it carefully in only one day. I was just absorbed! From that moment, distance education was in my future studies-plan. In the last year of my undergraduate studies, I found the master's program in Distance Education of Athabasca University. I was enchanted and I registered. There was no other master's program in Greece with specialization in distance education. That was the reason behind the selection of the particular program. Moreover, combining the topic of the master's degree with the flexible nature of Athabasca University, AU was a unique opportunity for me to study my field of interest without time or place restrictions.

What was the last movie you watched? The last movie I watched was *Life of Pi*. Even though the release date of the movie was 2012, I watched it a week ago. It's undoubtedly very interesting and worth watching. The metaphoric implications are wise and it demands your mind and concentration while watching. *Life of Pi* is by no means a light movie.

What is the number one reason someone should vacation in Greece?

Greek history, of course. It is an undeniable fact that Greek civilization is not only beautiful, but also formed the basis for other civilizations all over the world. Ancient buildings, sculptures, churches, manuscripts written in Ancient Greek Language, and objects are dispersed all over the country—either protected in museums or located outdoors. No visitor should miss Acropolis and Parthenon in Athens, as well as Knossos in Crete Island. My city, Kavala, has plethora of historical monuments too. Besides history, sun, sea, hospitality, and tasty food form the identity of Greece. Olive oil, nuts, fresh fishes, and Greek Yoghurt are some of the most nutritious and delicious Greek products that each visitor should taste.

What is your dream job?

The M.Ed. in Distance Education constituted a strong inspiration for my future plans, concerning my academic and professional desires. First of all, I want to continue my studies with a doctorate in the field of distance education and the affordances of mobile or blended learning in education. These areas are not very famous in Greece and currently they are not applied in primary education. Because of my first degree in primary education, I would like to devote my doctorate to both sciences taking advantage of the innovative character of this master's program. Furthermore, I am stimulated to implement personal research on the field of distance education and contribute the adaption of online learning in Greek educational contexts. Briefly, I would say that my dream job is to become an academic and researcher combining the fields of education and technology. Recently I accepted a position as a researcher at Advanced Educational Technologies & Mobile Applications (AETMA) Lab at Eastern Macedonia and Thrace Institute of Technology. I am honoured and excited as this gives me the chance to not only used the knowledge and skills I gained from the M.Ed in Distance Education program, but also participate in innovative projects.

What kind of music do you like to listen to?

Rock music is what I prefer to listen to! I love Radiohead, Madrugada, Placebo, and Offspring. But, while I am working or studying I love listening to a particular playlist on YouTube, the Disney Piano Collection. I am obsessed with Animation Disney Movies and I adore their soundtracks. The particular playlist is relaxing and helps me to stay concentrated and focused on my tasks.

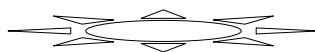
What super power would you like to have?

I would like to be a time-traveler! I would like to have the power to travel back in the past, from the ancient years to the recent past! This would give me the opportunity to see how primitive people live, to observe the dinosaurs and other prehistoric animals, to meet meaningful personalities, such as Socrates and Plato, to have some more moments with my mom that I missed at a young age.

Do you have a favorite sport?

Generally I prefer individual sports rather than team sports. I find sports like athletics or gymnastics very interesting, because each athlete has to break their personal record. It seems like a bet on their personality. I think that I prefer this kind of sports because they remind me of myself. I always bet on myself and I always want to break my "records" and become continually better!

Laura Nelson is a marketing analyst by day and a bibliophile by night. She is in her final stages of completing her BA with a major in English through AU.



Mi CASA es su CASA, Part IV

Scott Jacobsen



Dr. Rosanne Waters
Policy & Research Analyst for CASA

Dr. Rosanne Waters is the Policy and Research Analyst for the Canadian Alliance of Student Associations (CASA). She earned an undergraduate degree in history at Brock University, and a master's and doctoral degree in historical studies. Recently, she took the time to answer a few questions about her involvement with CASA and the direction of the organization for The Voice Magazine. Here she talks in the context of the CASA Policy and Strat 2017 Conference.

How did you become involved with CASA?

I worked in the Ontario Legislature and I worked for just under a year in the Ontario government as a public servant in policy work.

I was curious about the historical studies that I pursued in my undergraduate and master's degree, so I did a Ph.D. following this. After that, and shortly after defending my thesis, I was lucky. I gave birth to a beautiful daughter.

By that time my family was living in Ottawa. I was looking for something interesting to do and to get back into the work force. I wanted to find something where I would be able to use the research and analytical skills I had developed during my studies and

also work on politics and current affairs.

CASA immediately interested me because I have an interest in the topics CASA works on. I value them. I feel very strongly about the value of post-secondary education. A job was posted when I was beginning to look for work and I applied. It is an organization I had heard a little bit about before and I did a little bit more research into it. I immediately saw that it aligned with my values and things I worked on previously. I was fortunate to get the job.

What do you think is the biggest reason that people don't know about CASA? Why is it important that they do know about it?

That's a very good question. I think delegates who come and engage in the committee work, drive the policy, develop the advocacy asks, and, in general, have direct involvement in the organization have a close feel for it.

But the average student, they don't necessarily have the direct engagement with it on a regular basis that the delegates do. Having said that, I hope all students will recognize the benefits of advocating for a better system of grants and loans. I think those benefit students across the board.

I think it is essential that more people understand and can hopefully engage with our organization. I know as a member driven organization we look to our student delegates and all students for direction on the policies and issues that are important to them now.

Having direct student engagement, this is where our understanding of what is important comes from. It is how we learn how to make sure the needs of students are met. It is important to make sure students understand the ways they can engage with CASA and share their expertise to make sure we are representing them.

Between CASA's Foundations 2017 Conference in late May and the Policy and Strat Conference in late July there was correspondence and organization around priority theme selection. Based on the needs of students, the student leaders, and their analysis, what were some of the top themes? What direction do they seem to be taking?

Basically, the process we followed was, at our Foundations Conference, the delegates are very involved. We had many brainstorming activities for the delegates to talk about: the different kinds of issues that matter on their campuses, and to find the common ground across campuses in terms of the concerns of students to find where improvements can be made.

These ranged from student research, to improving educational materials, to supporting students, to improving access for Indigenous learners, and to taking on financial and non-financial barriers. Also, support for international students was an important issue.

The board put forward some recommendations. We will see what the membership decides at this conference. The benefit of an organization like ours is that we've developed expertise from membership over time on a variety of issues that matter to students. This time around, our membership will pick their priorities for the year, but we always have additional opportunities to advocate on a wide range of issues through consultations, our ability to work on research papers, engaging on social and traditional media, and so on.

It will be a busy year. I am looking forward to contributing.

What do you think is the take-home message for student associations, not part of CASA, that could become an observer or part of it in the long term?

I hope the message is that the federal government, though not directly delivering education in the same way as provinces, does have a huge role to play. It factors in terms of billions of dollars, whether through the Tri-Council agencies, Canada Student Loans, and all kinds of other ways.

I hope the message is that engaging with the federal government and making sure students have a voice at the federal level is extremely important. With all of those investments, it is important students have their say, and CASA is part of that.

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

The Fit Student Crown of Needs

Marie Well



Do you want to reach your peak? Stand crowned on Maslow's top rung? Well, heed a rule for champs: the self-actualized help others.

My boyfriend sways people to make healthy choices. If he meets smokers, he suggests the gym. If he chats with troubled teens, he urges school and sports. If he sees a teary-eyed soul, he mentions meditation. His health begets the health of others.

He changed me. He took me from anorexic to athletic. I stopped gym-going due to work demands, but lately, I started strolling. Strolling turned into weightlifting. Weightlifting doubled-up with shadow boxing. Weightlifting and boxing merged with mood-lifting nutrition.

But my folly? Exercise addiction. I fight desires to train like an out-of-shape Olympian. To road race bicycles with ten-pound weights strapped to aching ankles. To Bollywood dance wearing a knee brace. Why? Endorphins and dopamine excite more than

Honolulu and graduation combined.

Once, nausea and sleep sickness struck me weekly. Since exercise, symptoms stopped. Now, I have the strength to strive for big goals—to strive for Maslow's crown.

My hope? To get *you* fit and buff. Yes, you. To do that, I need people skills—persuasion. Yet, I persuade no one—not even the family pet. So, I'll pull out my social skills sacred writ: *People Skills (Idiot's Guide)* by Casey Hawley. Casey tells how knowing needs makes you weighty:

- To influence others, you need to tap into their needs. Refer to Maslow's hierarchy of needs. Maslow's bottom rung deals with basics such as food; his top rung, self-actualizers such as morals. And his middle rungs climb from safety to love and beyond to esteem.
- Learn "common human motivators that will aid you in touching people's hearts, convincing them to do the right thing, and getting their help and support" (p. 173).
- To up people skills, do join clubs, churches, and sports teams. Do hang out with family, friends, and colleagues. But choose comforting places and people. Do all this, and you'll tap into your power to persuade.
- Career coaches help you get good looking and confident. But when you strive to self-improve, you'll likely get self-conscious. Self-consciousness is a natural state for those who try hard.
- Students get stressed, depressed, and sometimes suicidal. Make realistic goals so you don't crumble.
- Compliment your friends' strengths. Notice their skills and good deeds. By doing so, you offer self-esteem.
- Don't manipulate others' needs; instead, better yourself as a friend by motivating their best.

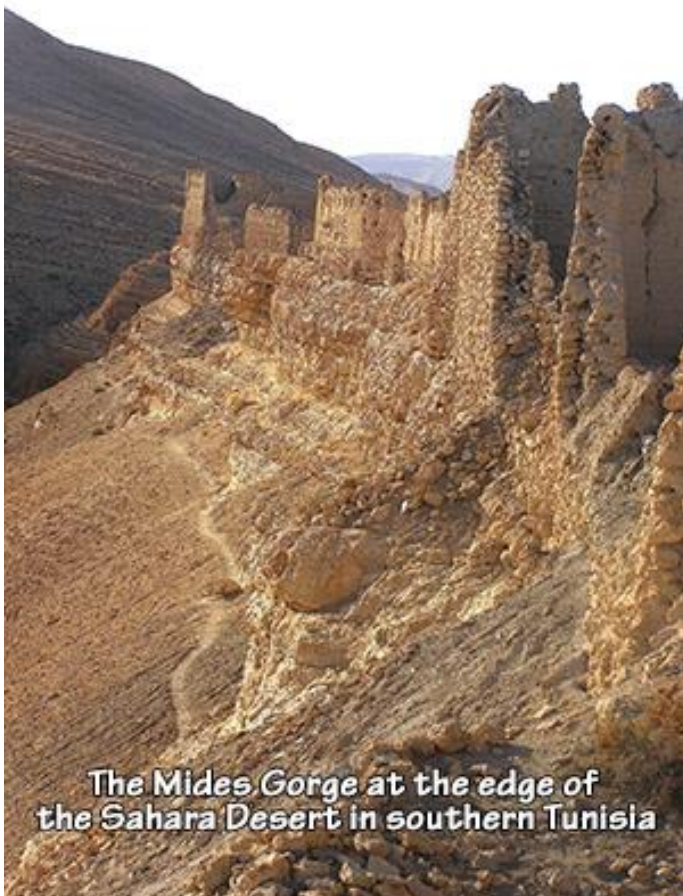
- But win-win always works. Think first of other people's needs to get what you want.
- Offer people information they need. They make the choice, and you can't change them. But, if you help them up Maslow's hierarchy, they may just listen.
- To persuade others, first talk about something pleasant not related to your request. Then, bring up off-hand questions related to your goal. Next, mention a motivator dear to the other (like respect or love). After that, describe your issue and ask for what you need. List the benefits of getting the need met for both you and the other. Offer a return favor. Say thanks. Thank again days later.

So, toss those cigarettes for stints in the gym. Scrap that wine for sparkling juice. Pass on drugs for a triathlon win. Yes, the best addiction is to healthy living—self-actualizing along the way.



All the Music be Happenin' Now Sahara Quest

Wanda Waterman



The Mides Gorge at the edge of
the Sahara Desert in southern Tunisia

At the edge of the world

A series of bizarre and unforeseen events found me, on New Years' Day, 2015, standing at the edge of the Sahara Desert. I stood, gazing, spellbound, over golden canyons radiant with the phantoms of the vegetation that had once thrived there and echoing the voices of peoples who'd traversed the area for centuries.

I'd become convinced that most of the music in the world could be traced back here. A hard theory to prove, but one to which I clung like a leech. It seemed like every existing musical genre I could name had at least one historical link to the Sahara. I had made the connection between the Sahara and north Mississippi blues in a series of articles (beginning [here](#)) for the *Voice* and backed it up with as much research as I could find.

Why the Sahara?

I was still intensely curious as to why the Sahara should be the historical origin (or at least the primary inspiration) of so much phenomenal world music, including American folk, blues, rock, and jazz, Celtic traditions, European fado, rembetika, and flamenco, and North African rai, gnawa, and mezwed. It formed a kind

of helix where music returns to its roots, like spawning salmon, to inspire and be inspired in return (as modern blues players are now influencing desert musicians) again and again.

One element of the desert's creative power is its longstanding occupation by Berber tribes, an ethnic group indigenous to the region from long before the Arabs arrived. Berber cultures still thrive in the Sahara and North Africa despite having so mixed with Arab culture that one can't always separate the one from the other.

Although most simply call themselves "Berbers," the term also applies to many subgroups, including the Tuareg, the Kabyle, and a subgroup of Jewish people (called Djerba Berbers because of the island in Tunisia they've occupied for more than 2,500 years). The Berbers are famous arts lovers, adoring dance, music, fine textiles, elegant architecture, personal adornment, and good food. At the same time, their history shows them to be fierce and uncompromising. They suffered a longstanding slave-trading practice, the tragic means by which North African rhythms, instrumentation, modes, and tonalities entered America before the civil war.

The Berbers weren't the only tribe to exert great influence on world music (the Sub-Saharan Hausa peoples were almost solely responsible for creating Gnawa) and yet their influence eclipses that of other tribes because of the control they exerted over the Saharan trade routes. Because of their love of music and their command of the desert's "crossroads," the Berbers helped bring the different musical genres to all portions of North Africa and beyond.

Rooted in the geography

I can't help but think that the Sahara's power to move and to inspire music and poetry is grounded in the geography itself.

The desert has never been a welcoming place. The countries in and around the Sahara have histories of violent struggles with European colonisers. In addition, criminal and extremist groups have and continue to hide and carry out their nefarious practices there. The difficulty (if not hopelessness) of policing the unsettled region makes unguarded exploration a treacherous undertaking. And then there's the danger of dying for want of food, water, and shade. Some true accounts, for example Captain James Riley's 19th century *Sufferings in Africa*, paint a harrowing picture of long, forced treks through the desert at the mercy of heartless kidnappers.

But many voyages through the Sahara were made under more favourable conditions. Ever since the Prophet Mohamed began instructing his followers to make pilgrimages to Mecca, millions of Sub-Saharan and North African Muslims have journeyed through this desert *en route* to the Holy City. I've talked to several Muslims who were not all that religious before taking this pilgrimage but who later claimed the trip to be a profoundly spiritual experience.

As I looked over the great expanse of sedimentary layers, canyons, sand dunes, and rock formations in the golden twilight I tried to imagine a pilgrim's return. Having been to Mecca, what must it have been like to digest the experience during a lengthy camel trek through such a hauntingly beautiful landscape, with nothing to entertain you but a few hand drums, flutes, stringed instruments, poets, and storytellers around the evening fire?

I wanted to stay here forever, to see what poetry and music I might produce. But circumstances weren't in my favour. I returned to Canada where I met a guy named Sid from Oran, Algeria, a former music producer who knows a heck of a lot about rai music and who goes so far as to claim that the currently fused "world" music began with his compatriot, rai star Cheb Khaled.

This doesn't conflict with my theory, but it does point me outward, away from the Sahara, to follow its influences in a host of other directions.

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

Getting Started at AU

Barabara Lehtiniemi



You've enrolled in your first AU course and you're looking forward to getting started. The start date is coming up soon and you're not sure what to expect. Even if you've taken university courses before, AU is different from anything else out there.

Like many students, you'll figure out what you need to know as you go along. To save you some fumbling though, here are a few tidbits of information to get you started.

Computer is key. Since AU's course delivery is primarily online, students are dependent on technology. Check whether your

computer is up to the task by referring to the IT Help Desk's [Student Computer Requirements](#). If your course uses an e-text, check out the [E-text Technical Requirements](#), too. Bookmark the [System Status](#) link—this is the webpage that will inform you about system outages and maintenance.

Pre-course warm-up. Even without showing up at a campus, you can perform your own orientation day. Check out the [Undergraduate Student Orientation](#) to get an idea of what to expect from AU. Log into your student account through the [myAU](#) portal and have a look around. If this is your first time using myAU, check the [myAU Help](#) page for an overview. If you anticipate needing research materials from the AU Library during your studies, check out the [AU Library Orientation Video Series](#).

Get a jump on your studies. In most cases, you don't need to wait until the first of the month to begin your studies. Within days of enrolling in your course, you can login to your student account through [myAU](#), click on your course, and start as soon as you want. You're not permitted to submit assignments or contact your tutor before the course start date, but you can begin coursework.

Be social. Online studies can feel isolating. Even with tens of thousands of other AU students, it can often feel like you're alone. You're not. There are many students taking the same course or program as you. Hanging out with other AU students on social media gives you daily opportunities to swap ideas, find information you're seeking, and stay motivated. The heaviest action is on the informal [AthaU Facebook page](#). Check out the [Connect with AU](#) page for more social media channels.

Stay informed. It can be a challenge to find out what's going on at AU. Just because you're at a distance from campus, though, doesn't mean you have to be in the dark. In addition to following AU's official Facebook and Twitter feeds, sign up for AU's [e-mail newsletter](#). Watch for [AUSU](#)'s monthly newsletter, which is e-mailed to all students enrolled in undergraduate courses, for

AU-thentic Events

Upcoming AU Related Events

Business Undergraduate Info Session

Monday, August 28, 5:00 to 6:00 pm MDT
Online

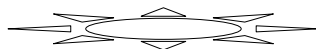
Hosted by AU's Faculty of Business
business.athabasca.ca/event-details/business-undergraduate-information-session3-copy-2-copy/
register online at above link

valuable information about AU, AUSU, and student services. And, of course, check out [The Voice Magazine](#) every week for news, views, events, and entertainment (subscribe to The Voice's [e-mail reminder](#) so you won't miss an issue.)

September is the traditional start to the school year. Even though AU students are following a non-traditional path, many students do begin their studies September 1. If you're new to AU, you're joining a special world-wide community of students just like you.

Welcome to AU, and enjoy the journey!

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



Creative Writing by the Books

Deanna Roney



I didn't realize how many creative writing textbooks I have until I started to pull them off the shelf. Most I got through Athabasca University courses, others I've purchased, and some were gifted to me from a family friend. It takes time to find a text that works for you, one that speaks to you. But I compiled a list of some of my favourites. Some of these are for creative nonfiction, others speculative fiction, but regardless of their intended use I have found them all to be beneficial for other genres.

About Writing by Samuel Delany

On Becoming a Novelist by John Gardner

The Elements of Style by Strunk and White

Storyteller by Kate Wilhelm

Writing Fiction ninth edition by Janet Burroway; Elizabeth Stuckey-French; Ned Stuckey-French

The Writing Process by John M. Lannon and David B. Parsons

Writing For Your Life by Deena Metzger

Tell it Slant by Brenda Miller and Suzanne Paula

Each of these books has affected the way I think about writing. They are books that I go back to when I am struggling with a concept, scene, or emotion. There are samples of sentences and scenes that show why one method of writing may work better than another. There are exercises in most of these books that give you a place to practice that is outside of your current creative work. Practising these ideas and concepts is so important to learning the craft. But beyond that, within these, I have developed ideas and crafted entire stories from a lesson within these pages.

Doing the practice sections of these gives you a place to let loose, to try new things. If I am working on a novel or short story, I am hesitant to try some of these techniques within the body of my work, because I'm unfamiliar with them, and it somehow feels irreversible (which, of course, it isn't). So, open a new document, grab a

notebook, or a scrap of paper and try some of these things. It doesn't matter how far along you are in your creative writing development, going back to these is a key step in keeping things sharp.

I also included on this list a text that isn't exactly about how to write fiction, but it is no less important. *The Elements of Style* is one of the best books on grammar. It is easy to find what you are looking for, provides lots of samples and explanations, it has a simple breakdown of easily confused words. Best of all the book itself is small, it could fit in my back pocket. There is no excuse to not take it along if you are writing at the cabin, coffee shop, or hiding in the closet to find some quiet. While your first draft doesn't need to be (won't be) perfect, having a quick reference to look something up that is stalling you is, I have found, essential in not becoming stalled in the process.

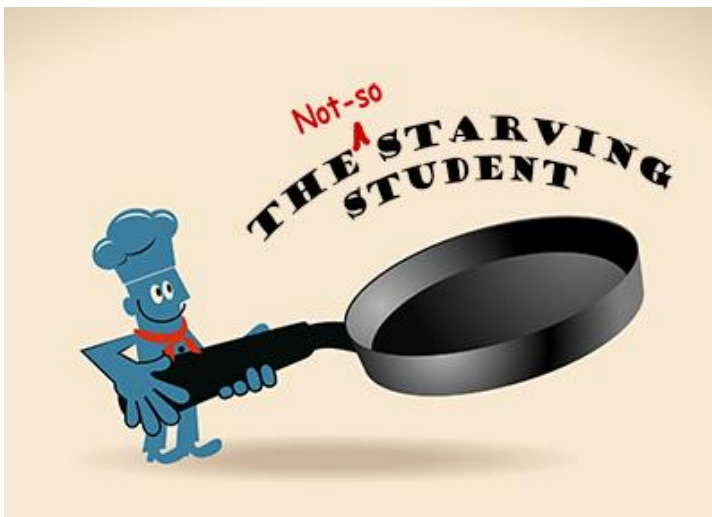
And you don't need all of these textbooks, one or two would be enough to get you started, get you thinking and push your writing. I would suggest checking them out at the library, if possible, and finding the one that speaks to you. I have found some are too dry to get my attention, and, while they hold great information, they don't work for me. And what works for me may not work for you, so before investing in the books try to get a sneak peek and make sure the style of the book is going to connect with you.

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 Not-So Starving Student Game of Thrones Themed Food Extravaganza

Xin Xu



As the Game of Thrones finale is rolling out this Sunday, I'm hearing plenty of hype for theme parties for the upcoming episode. Here's some tips for throwing your own game of thrones themed dinner party. For the die-hard fans, you'll know what each of the food cameos refer to, but if you're not following the series, you'll be surprised with an eye-opening teaser to the major events throughout the series (in other words: spoiler alert). Want to see what each of these looks like? Check out the handy link!

Joffrey's Cake Pops Collection

Joffrey is the son of the notorious evil queen Cersei. His sadistic presence captured in the first four seasons

of the series has left an unforgettable mark in the show. Cake pops are a light refreshment to anyone arriving at the party early and sets the mood for the feast that is to come. Food is coming.

Deviled Dragon Eggs

To start the meal off right, serve some chilled dragon eggs to amuse your guests. These are deviled eggs with a great presentation. To create the external texture of the dragon egg, crack several hard-boiled eggs and allow them to sit in cabbage juice for approximately one hour. For adventurous hosts, try using varied food dyes to achieve the same effect.

Dothraki Cumin Lamb Legs

Since the beginning of season one, the Dothraki were introduced as a nomadic, tribal people. It's only fair that their favorite protein derives from wild rabbits and lamb. To achieve the authentic smoky aroma of wild lamb, try grilling some lamb legs over the barbeque with minimal seasoning besides salt, pepper, and of course, cumin.

Baratheon Wild Boar Roast

One of former king Robert's past-times is boar hunting. While we might not have the luxury of feasting on wild boar, we can certainly make our domestic boars (pork) taste like an entree fit for kings. The pork tenderloin should be marinated in red wine, red wine vinegar, onions, garlic, thyme and peppercorn. Finally after a day of soaking up savory ingredients, the pork should be roasted for about two hours at 325 degrees Fahrenheit.

White Walker Iceberg Salad

The threat of the white walkers is a major theme in the series with the impending doom of the great war intensifying in each successive episode. White walkers are somewhat of a Halloween concept, complete with fierce blue eyes and ghostly skeleton frame. There's no surprise that their presence should be felt at the finale feast. The salad itself consists of a dozen white walkers' eyeballs (blueberries), some crumbled feta cheese and raspberry vinaigrette.

Red (Velvet) Wedding Cupcakes

One of the major plot twists of the earlier seasons is the Red Wedding. To finish the dinner off, surprise your guests with some red wedding cupcakes. Their recipes are ubiquitous on the web so I will refrain from sharing. However, if you want your guests' blood to run cold, try splattering raspberry flavored syrup to top your cupcakes for effect.

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

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

New AU students post questions ranging from using ProctorU for exams to balancing work and school. Group admin encourages all questions!

Other posts include the SOCI 365 final, outlining education on a résumé, and Ontario's free tuition program.

reddit

Attention BGS grads and almost-grads: user lstrickland27 seeks feedback on the 3-yr BGS degree.

Twitter

@AthabascaU tweets: "CAREER OPPORTUNITY! @AthabascaUBiz is seeking a new term Academic Coordinator – Sept 1, 2017 until June 30, 2018: <http://ow.ly/t6yq30eBoQQ>."

@AthabascaUSU (AUSU) tweets: "AUSU has posted proposed new bylaws! Find out more including how you can provide feedback at <http://bit.ly/2fZclpX>."

@AU_Press tweets: "Are we famous yet? Celebrate our blog's second birthday with us! <http://ow.ly/liW830eD0ea> #bloggerlife."



The Creative Spark!

My Special Stink Bomb

Marie Well



What's your oldest memory? I once crashed my adult-sized trike, sucked the black powder off match tips, and petted swarms of aphids crawling my skin. (Hey, they look like ladybugs.) Yet, I bet I remembered wrong. You see, we recall tidbits that never took place. Plus, we miss most of what really went down.

And memories fade.

I once got a perfect grade in an advanced university calculus class. Quadruple integrals. Not a single error. A decade later, I've forgotten the integral of x .

What's worse? You can alter a person's memories. You do so by suggesting stuff that never took place. In the movie *The Girl on the Train*, Rachel's husband accuses her of committing

violent acts during drunk spells. She believes him. But he did the bad stuff, not her.

"The mere suggestion that something may have existed is enough to cause its inclusion in your mental recreation of the event," says Roberta Ness in her book *Innovation Generation: How to Produce Creative and Useful Scientific Ideas* (p. 68). That's why parents of mentally ill kids believe the wild tales the kids may tell. When your child reports for weeks that he's being followed, chased, or gunned down, consider that medical help may be required.

We also absorb little within our line of vision. So, our memories are selective. For example, when we read, we glance over words. We drum up mental movies the author never intended. We tune out what doesn't jive with our headspace.

We even misread body language. On a test of body language IQ, I bombed. A picture of a teen crumpled in pain, I marked as optimistic. A photo of a sneer-smiling woman rolling her eyes, I marked as playful. My test result? 25% accuracy and a lesson in humility.

Plus, we each walk life's steps that make us see—and remember—differently.

For instance, fans flock to Lady Gaga's shows. Yet each fan has a unique mental replay. Hefty men bash Lady Gaga's jelly rolls. Preteens pretend it's Justin-Bieber-in-a-wig. All at the same show.

Even during spats, people have polar-opposite views of the same predicament. Say I fail to thank a friend for a tea latte because I'm craving a coconut mocha. I see myself as pining; my friend sees me as whining.

And the worst memories cast blame. Unjust blame. We can find a basis to blame anyone. We just need to dig—and lay it on thick. Many of us blame mom for our mishaps—even though mom cooked us 5,000 meals and laundered 1,000 loads. Even Mother Teresa gets flack in the news.

What's the solution to faulty or misplaced memories? Positive memories. Memories where everyone gains. Focus on them.

Roberta Ness points out the role of biases in misplaced memories and more in her book *Innovation Generation: How to Produce Creative and Useful Scientific Ideas*:

- We believe we remember better than we do. This is called hindsight bias.
- And what you expect shifts your memories.
- One study found that subjects thought they remembered a result correctly—even when they hadn't.
- "Details learned after an event can overturn recalled reality" (p. 68). So, be wary of what you hear.
- We may believe we observed something even if we didn't. This happens when someone presents a view that confirms that observation.
- We may think we came up with something original, even though another source told us first. [I wrote a script that claimed thought travelled on mathematical asymptotes (curved lines that go on for infinity). A decade later, I read news of a scientist claiming the same idea, almost word for word].
- And to rehash the worst: "The mere suggestion that something may have existed is enough to cause its inclusion in your mental recreation of the event" (p. 68).

So, hang around people who make you smile. You're certain to shift your memories for the greater good. A paradox? I call it a creative spark!

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Driver Training Annual Scholarship

Sponsored by: DrivingTest.ca

Deadline: September 15, 2017

Potential payout: \$1000

Eligibility restriction: Applicants must be enrolled in an accredited educational institution (high school, trade school, college, or university) in Canada or the US.

What's required: An e-mail with your contact and school info, along with a maximum 1000-word essay on a specified safe driving topic.

Tips: Check out the [Driving Test blog](http://DrivingTest.com) for inspiration for your essay.

Where to get info: www.drivingtest.ca/driver-training-annual-scholarship/





Dear
Barb

Barbara Godin

Talking Slack

Dear Barb:

I graduated from AU last year and a few months ago I began working at a new position. I was really excited to be finally starting my career. I work with a team of five other people. Our boss assigned a project for us to work on for the next three months. Initially things were great, everybody was excited and enthusiastic about the project, however now a couple of people seem to have lost interest, one in particular, and they seem to be leaving most of the work up to me. I don't know what to do. I don't want to go to the boss with this issue and cause all kinds of problems with my coworkers as I am the junior person. Do you have any suggestions on how I could handle this situation without my coworkers viewing me as a trouble maker? Thanks Kathleen.

Hi Kathleen:

Great question! This is an all too common scenario in the workplace. Recently 550 employees participated in an online poll and 93% admitted that they work with at least one person who is not pulling their weight. Before you go to your boss with this issue, you need to try to resolve it yourself. I agree you don't want to be seen as a trouble maker, but rather as a team player. Try to discuss the situation with your co-worker to find out his perspective.

Is there a reason why he is not doing his fair share? It could be a misunderstanding, perhaps he saw his role in this project as doing something different than what he is doing. If that is the situation, you both need to sit down and discuss what you will each be doing and be very clear about your roles. Try not to be confrontational. You are not the boss; you are equals working on a project, hopefully with the same ultimate goal in mind. Possibly your co-worker may not feel qualified to do what is required. If that is the case then he may need to go for further training, or, if possible, you could offer to help. He may have personal problems that are distracting him from work or may simply be the type of person that allows others to take on the bulk of the workload.

If nothing works then you may need to go to your boss, but don't go alone, take your co-worker with you. At this point you could openly discuss the situation and hopefully address what is really causing this person to slack off. The burden of resolving this situation will then fall to your boss, which is where it should be. Hope this information helps.

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.

Politically Bereft For Want of Good Schooling

Wanda Waterman

I know it's only one of many factors, but I'm wondering if the American education system being seriously in decline helped Donald Trump convince so many working-class voters that he would work for their interests?

What if I'd told Mr. Jamieson, my grade 11 political science teacher, that I believed a Republican would honour a promise to keep production jobs at home?

I think he would have gone straight to the blackboard. He would have drawn a line and placed a zero in the middle. He would then have reminded me that those to the left of this zero were at least nominally in favour of justice, equality, and a social safety net. Those to the right of the zero were ostensibly in favour of a free market and lower government spending.

Then I expect he would have said, "Either this candidate is lying about being a Republican, or he's lying about wanting to keep jobs at home. Keeping jobs at home will lower profit margins, and he's not going to stand between any business owner and his next million even if this helps workers, because doing so will necessitate increased government spending and strictures on the free market."

I'd like to smugly suggest that we in Canada are relatively free of the kind of naiveté that would accept such a lie.



But then I remember how great the American education system once was, and I shudder.

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



IMPORTANT DATES

- **Aug 31:** [Deadline to apply for course extension for Oct](#)
- **Sept 4:** AU and AUSU closed for Labour Day
- **Sep 10:** [Deadline to register in a course starting Aug 1](#)
- **Sep 12:** [AUSU Council Meeting](#)
- **Sep 15:** [October degree requirements deadline](#)
- **Sep 29:** [Deadline to apply for course extension for Nov](#)
- **Oct 10:** [Deadline to register in a course starting Nov 1](#)

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

AUSU Bylaw Revisions

On September 12 at 5:30pm MT, AUSU Council will be voting on the first reading of an updated version of AUSU bylaws.

You can view the proposed bylaws draft [here](#).

AUSU is a statutory corporation, established by the Post-Secondary Learning Act of Alberta. The Act requires that the elected student representatives create bylaws for the organization.

These revisions are a recommendation of your AUSU council, following over one year of research, discussion, and drafting, and they aim to:

- ensure compliance with the Post-Secondary Learning Act of Alberta;
- safeguard the health of AUSU as an organization well into the future; and
- capture the spirit of the existing Bylaws, while offering enhanced direction and transparency.

Member Consultation Opportunities:

As a member of AUSU, your feedback is valuable, so we will be providing the following opportunities for member consultation:

Forum:

AUSU has a bylaw forum online [here](#). Members are welcome to ask questions or provide feedback on the bylaw changes in the forums.

Member Consultations

AUSU council will host 2 membership consultations by teleconference. Members are welcome to join and ask questions or provide feedback on the bylaw changes. The teleconference instructions are available online [here](#).

The member consultations will be held on the following dates:

- Wednesday, September 6 at 1:00 pm MT
- Tuesday, September 19 at 6:00 pm MT

Public Readings of the Bylaws

In accordance with the bylaws, AUSU will present the bylaws in “public readings” at two different council meetings. Meetings are by teleconference, and all members are welcome.

The meeting agenda and teleconference instructions will be posted online [here](#) at least 3 business days prior to the meetings. There is a Q&A period at the end of all council meetings to allow feedback and questions from the membership.

1st Reading: Tuesday, Sept 12 at 5:30pm MT.

Proposed 2nd Reading: Thursday, Oct 12 at 5:30pm MT.

If you are unable to participate in any of the above opportunities, or you would prefer to speak to AUSU directly, please email ausu@ausu.org or call us at 1-855-497-7003.

Visit our website [here](#) to find out more!

**AUSU BYLAW
REVISIONS**



CLASSIFIEDS

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

THE VOICE

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