

# THE VOICE

## MAGAZINE

Vol 25 Issue 34 2017-09-01

### Mi CASA es su CASA

Meet the Vice Chair

### Studying the Classics

They're Called Classic for a Reason

### The Glorious First

Starting the Month Right

*Plus:  
Dear Barb  
The Fit Student  
and much more!*



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## ***The Voice Magazine***

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# LETTERS TO THE EDITOR



## **Re: Creative Writing by the Books**

Want to add my favourites to your list:

*Bird by Bird*, by Ann Lamott (I don't actually own this book because every time I buy one, I give it away. I think I've now bought 5 copies so far.)

*On Writing*, by Stephen King

*Still Writing*, by Dani Shapiro

Just thought I'd share.

Laura B.  
BSc. Architecture Student

*(Thanks for sharing! Agree on King, I'll have to see if I can find Bird by Bird. -Ed.)*

**We love to hear from you! Send your questions and  
comments to [voice@voicemagazine.org](mailto:voice@voicemagazine.org), and please  
indicate if we may publish your letter.**

***Hey! Did you know the Voice Magazine has a Facebook page?***

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



**EDITORIAL****Karl Low****Shooting Phish in a Barrel**

In Edmonton, the Macewan University recently figured out that some of its staff had fallen for an email phishing scam. Some enterprising con-men basically convinced some of the university's financial administration people that a construction company the university was using had changed its banking information.

The administrators helpfully adjusted the banking information on their end and started direct depositing money into the false vendor's accounts—to the tune of \$11.8 million. Fortunately for the real vendor, he contacted the university about why he wasn't receiving payment, and, with the help of the police, the university expects to be able to recover almost all the misdirected money.

Alberta Education Minister, Marlin Schmidt, is understandably concerned, and has put out a call to all public institutions to make sure that their financial controls are strong enough.

What makes me take notice though, is that all this money was moved in only three payments, all in August, and the vast bulk of the money, nearly 10 million dollars, was moved in a single payment on August 19. That's a Saturday. The other payments were all made on Thursdays. It seems reasonable to me to wonder if there might have been an inside man on this job. With over \$400 thousand not being recovered (a number that,

incidentally, doesn't match any of the individual payments) that makes for a pretty good severance package for an employee who figured out they could get away with this.

All of this boils down to a reminder that we don't make internal controls, whether financial regulations, governance bylaws, or operating policies, for the upstanding, honest people in an organization. We make them so that when dishonest or unthinking people get into the organization, on occasion, the damage they can do is limited. As was recently pointed out to me, it's easy for policy makers to address intended consequences, but it's the unintended consequences that cause problems. This is why it's important for people like you to get involved with AUSU posts new bylaws or suggests new programs. Even with the best of intentions, outside perspectives can sometimes see the unintended consequences of a change.

In line with that, our feature article this week is with the Vice-chair of the board of CASA, and she too is calling for input not just from the councils of the student associations that are part of the group, but from students at large as well. Her interview also looks at the goals for CASA this year, and since AUSU is a member of the group, your opinions matter.

We also have a look at several kitchen gadgets that might give you just that little bit of extra time you need each day to save you from having to take yet another extension. Or if you're just curious as to what on earth a person does with a sushi bazooka. Then we look at reading the classics of literature, not just why you should, but how, if you want to get the biggest benefit. That, plus our regular articles giving you advice or pause mean that this week's edition should definitely be one where you enjoy the read!

A stylized, handwritten signature in black ink, appearing to read 'Karl'.

## Mi CASA es su CASA, Part V

Scott Jacobsen



*Shifrah Gadamsetti is the Chair of the board of the Canadian Alliance of Student Associations and is also the President of the Mount Royal University Students' Association. She is currently pursuing her second undergraduate degree, but took a few minutes to answer some questions about CASA and her role in it for The Voice Magazine.*

### **How did you get involved in CASA and what is your background?**

I started by getting involved with my students' association back home; that's the Students' Association of Mount Royal University. I was governor. I have sat on a student board for two years prior to my tenure as president and this is now my second term coming back. And I had seen my predecessor be involved with CASA prior to me being elected; he was elected CASA chair and we were given updates at our council meetings.

I was curious about the work that he was doing and then last year, as a first-time delegate, I had an incredibly rewarding experience working with CASA on the National Advocacy team, and so this year I decided to pursue the position of chair. It's awesome! I think CASA is one of those silent giants that does good work. I think part of our role this year is to make sure that students can be more aware of the work that we do and support us better, and to create more exposure with external stakeholders and government. CASA essentially operates on four principles: quality, innovation, affordability, and accessibility. I think the way that they approach things is evidence-based, intentional, and respectful. It creates a good dialogue with government to address barriers within post-secondary. We're mainly policy driven, so when we have an issue we go through the steps of researching and publishing a paper and then creating a policy to back up that stance. Our hope is that the people that we interact with utilize that policy to make effective change for the students.

### **So what tasks and responsibilities come with your position?**

It's everything, I think. As chair, I don't personally have a committee, but the board would essentially be my committee. So, there's oversight in terms of the work of the board and the membership. A huge portion, and it's something that I've highlighted as a priority this year, is the membership itself and making sure that our members are happy, satisfied, and valuing the work that we're doing for them—that the effort that they're putting into the work that's being produced is celebrated and supported well, because you're not going to have an effective organization if people we're working with aren't happy with the work that we're doing. Other things include planning for conferences with home staff. I'm the face of CASA for the year, essentially, so I've participated in external consultations, and I've presented to committees before, reviewing policies, reviewing strategic plans, and making sure that we, as a Board, are enacting the strategic plan. Yes, it's everything, if there's something out there that CASA does; I probably have a hand in it.

### **So that people know; how many hours are expected? How many do you actually work? And is this paid or volunteered?**

This is a completely voluntary role. People are able to access the role and its responsibilities by being sent as a delegate from their member institutions. I think the expected hourly requirement per week might be around

15 to 20 hours. Some weeks are slower. They can be 10 hours. I very much believe, with this position, or even being an executive with the Students Association or Union, the job is what you make it, right? So, I don't think people do it for the money. I don't think people go into it thinking that it's going to be a 9 to 5. CASA has been a huge time commitment. There are some weeks where I spent 40 hours going over materials and making sure I was incredibly engaged and doing as much as I'm possibly capable of. I'm sure that there are going to be months where I'm going to need to slow down because I do have other responsibilities. It's been rewarding overall.

### **One question for students who don't know about CASA; why is CASA important?**

CASA is student voices across Canada to the federal government, and all of the hands they play in post-secondary education. As a society, we have recognized that education is the key, is one of the main factors that's applicable across the country, to be successful and to have a stable future, to think about living comfortably. And so when we have so many students pursuing post-secondary education, we want to make sure that they're supported through that journey. That's why CASA exists, to make sure that the government is being responsive to their needs.

### **What can average students do to become involved CASA?**

We are always open to consultation. We're very much member driven. If you're enrolled at an institution that's a part of our membership or even if you aren't, our door is always open, figuratively speaking. You can send us an email if you have questions. Or if you want to use some of our materials to better inform the things that you're doing; that's something that you can do. We do surveys. We do polling, and we do consultation; so you're welcome to participate in that as a student at large. You're also welcome to participate with your executives at your home institution. Our executives sometimes have outreach teams - that's a way to participate, if you so wish. There are many different ways. We're open!

### **What have been the priority themes brought up by student executives, and what direction do you think CASA will be taking in the 2017-2018 year?**

So we've picked five priorities this year, but I'll talk about the top two. Across the board, members had identified health and wellness as an area of development and that should be better supported. Second, we identified Indigenous students as another top priority. At this moment, we don't have an

## **AU-thentic Events**

### **Upcoming AU Related Events**

#### **Leadership and Management Development (LMD) Info Session**

Wednesday, September 6, 10:00 to 11:00 am MDT

Online

Hosted by AU's Faculty of Business

[business.athabasca.ca/event-details/athabasca-university-leadership-management-development-lmd-information-session-4-2-copy/](http://business.athabasca.ca/event-details/athabasca-university-leadership-management-development-lmd-information-session-4-2-copy/)

register online at above link

#### **AUSU Member Consultation for Bylaw Revisions**

Wednesday, September 6, 1:00 to 2:00 pm MDT

Online

Hosted by AUSU

[www.ausu.org/event/member-consultation-bylaw-revisions/](http://www.ausu.org/event/member-consultation-bylaw-revisions/)

No pre-registration required

#### **Undergrad Info Session - Yellowknife**

Wednesday, September 6, 1:00 to 2:00 pm MDT

Chateau Nova Hotels and Suites, 4571 - 48 Street, Yellowknife NT

In-person

Hosted by AU's Faculty of Business

[business.athabasca.ca/event-details/athabasca-university-executive-mba-information-session/](http://business.athabasca.ca/event-details/athabasca-university-executive-mba-information-session/)

register online at above link

#### **Manufacturing Management (MMC) Info Session**

Wednesday, September 6, 5:00 to 6:00 pm MDT

Online

Hosted by AU's Faculty of Business

[business.athabasca.ca/event-details/athabasca-university-manufacturing-management-mmc-information-session-4-2/](http://business.athabasca.ca/event-details/athabasca-university-manufacturing-management-mmc-information-session-4-2/)

register online at above link



Indigenous student on our board. We rarely have Indigenous students represented within the delegation as well. So, our approach this year is going to be coming up with a few guiding principles to talk about how we consult and we engage with Indigenous communities; our director of policy clearly articulated something that's important: that Indigenous communities aren't a monolith, that they can't all be represented by one person. And so if we are going to do a good job of this, we need to first come up with some principles, come up with a mechanism of consultation, make sure that the consultation is broad, and then make sure that we are not speaking on behalf of other people. I think that's our priority this year: We want to indigenize CASA in a way that's respectful and aware that we are not the conduit that should be making these decisions. The other one, health and wellness, is also an interesting theme, because it affects all students unanimously, across the board as well, but there's few mechanisms to address these issues at a federal level. Interestingly enough, the federal government does provide our provinces with funding specifically for post-secondary through the federal health transfers. We want to make sure that there's awareness of where that money is going provincially, as well as find other creative ways the federal government can support students, even if it's not necessarily through funding. It might be better legislation. It might be better access, especially for communities that are rural or incredibly small. They don't have the same resources that urban centers do. In urban centers, certain institutions have different types of challenges, right? So, it is making sure that we're accounting for that, and then also I think this year we're prioritizing coming up with that creative solutions to make sure that mental health is addressed and physical health and wellbeing is addressed. That's a conversation that doesn't happen often.

### What'll be the obstacles to achieving these?

Frankly, the number one obstacle at the federal level is that we don't have a minister of post-secondary education. We have access to various departments that understand the realm in which we're working in. So, one of the challenges is familiarizing the people that you're speaking to about your environment, in your context, and why your needs are niche versus more general. For example, we do have a Minister of Health, Minister Philpott has done some great work, but it's hard to superimpose those types of things into post-secondary institutions because, oftentimes, they're separate and a unique community within a community, and so their needs aren't

## More AU-thentic Events

### Faculty of Business Yellowknife Mixer

Wednesday, September 6, 5:00 to 7:00 pm MDT  
Quarry Restaurant and Lounge, 4571 - 48 Street,  
Yellowknife NT

In-person

Hosted by AU's Faculty of Business

[business.athabascau.ca/event-details/au-faculty-of-business-yellowknife/](http://business.athabascau.ca/event-details/au-faculty-of-business-yellowknife/)

register online at above link

### AU Open House & Info Session

Thursday, September 7, 10:00 to 11:00 am MDT  
Online

Hosted by Athabasca University

[www.athabascau.ca/discover/open-house/](http://www.athabascau.ca/discover/open-house/)

register online at above address

*second session:* Thursday, September 7, 6:00 to 7:00 pm MDT

### MBA Info Session - Yellowknife

Thursday, September 7, 12:00 to 1:30 pm MDT  
Chateau Nova Hotels and Suites, 4571 - 48 Street,  
Yellowknife NT

In-person

Hosted by AU's Faculty of Business

[business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-copy/](http://business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-copy/)

register online at above link

### MBA Info Session - Calgary

Thursday, September 7, 5:00 to 6:30 pm MDT  
Sheraton Suites Calgary Eau Claire, 255 Barclay  
Parade SW, Calgary AB

In-person

Hosted by AU's Faculty of Business

[business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-calgary-3-copy/](http://business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-calgary-3-copy/)

register online at above link

### Nursing and Health Studies Library Orientation Webinar

Saturday, September 9, 12 to 1:00 pm MDT  
Online

Hosted by AU Library

[library.athabascau.ca/orientations.html](http://library.athabascau.ca/orientations.html)

No pre-registration required

always served by broader policies. For us, it's finding a way to take good work that's done and then integrating it into CASA.

### **Of the big asks from CASA to the federal government which have been big successes?**

I love this! Personally, I'm so moved by the delegation and their commitment to our Indigenous communities. Last year, we asked the government to address the backfill of funding to the post-secondary student support program (which is the program that offers funding for Indigenous students to access post-secondary) and we'd asked for a total of 320 million to cover the backfill over the next three years, and then also removed the 2% funding cap because Indigenous youth are the largest growing community within Canada and they are not supported by simply filling the backfill. So, there are people waiting to access security. We presented this in our pre-budget submission, and we talked about it at our Advocacy Week. It was one of the most talked-about asks, and the federal government responded, and dedicated 90 million, which is quite a significant amount! I mean, we'd asked for 106 for that year and we got 90. I don't think there are many organizations out there who can make such grand asks and then see them realized. I think that's a validation of how effective our work is.

### **Any final thoughts or feelings or thoughts in conclusion?**

This has been an incredible experience. I encourage people to take what they can out of CASA, I'm not even speaking as a board member. I think the experiences, the knowledge sharing, the skills that I had developed over the last year as a delegate were so valuable to me and I'm going to use them for the rest of my life. So you have an opportunity; you take it.

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



## **All the Music be Happenin' Now**

### **Aïcha, Aïcha**



## **Wanda Waterman**

If you want to discern the secret ache of the Arab heart, you need look no further than the song "Aïcha," co-written and sung by the iconic Algerian singer who popularized rai music, Cheb Khaled.

In the year of its release, 1996, "Aïcha" topped the charts in Germany, Belgium, the Netherlands, Switzerland, and France, and its popularity continued to spread to other European countries,

where, despite being sung in French and Arabic, it remained a hit until at least 2003.



### A song about bars of gold

I was deeply moved the first time I heard "Aïcha," finding good reason for the song's phenomenal popularity: The music is tender, sweeping, passionate, beautifully arranged, and sung as if the singing itself could mend this broken world. But most remarkable are the lyrics. An admirer's heartfelt but conventional vow to smother his love object in jewels and other niceties if only she'll stay with him forever is met with refusal. And what a refusal:

*Keep your treasures  
I'm worth more than all that  
Bars are bars, even if made of gold.* (translated from the [French lyrics](#))

What would it be like to be loved like this, to remain unmoved by promises of treasure, and to have the integrity to demand something better?

### Declining Western luxury?

The song has a metaphorical dimension; it's as if the Arab world itself were being asked to sell its beauty and richness for the baubles of consumerism—and politely declining. What an amazing culture the Arabs must have, and what insects we in the West must be for warring with these noble people, stealing their resources, and denigrating their spiritual traditions!

### The real picture

Later, when I lived in the Arab world, I was disappointed to find so many young girls whose sole hope lay in nailing a rich husband so they could live the luxe life they saw on television. I saw parents refusing to allow their grown daughters to marry men they loved simply because the men didn't yet own homes. Marriage was rarely seen as a loving union to be nurtured, and married partners were discouraged from showing affection to each other in front of others.

I learned that passionate love songs like "Aïcha" weren't considered family listening. They were rather part of a tradition that might be heard in adults-only situations like nightclubs and single-sex wedding festivities. I also discovered that Khaled's co-writer on the song "Aïcha" wasn't Arab at all, but the French Jewish songwriter Jean-Jacques Goldman. So much for my view on the secret of the Arab heart.

### Speaking the unspeakable

But then I met Sid, who'd grown up in Oran, the same city as Cheb Khaled, and who'd been friends with Cheb Hasni, the raï singer murdered in 1994 after having received death threats from Islamist extremists.

According to Sid, raï music is socially redemptive, airing, in the harmless context of music, the longings, resentments, frustrations, and despair that the Arab dares not speak. In this context the words of "Aïcha" ring powerfully true.

*I want the same rights as you  
And respect for each day.  
I don't want anything but love.* (translated from the [French lyrics](#))

A luminous ideal in a dark world, and a reminder that it's not oppression that creates beautiful music—rather the instinct to affirm our humanity in spite of it.

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

## The Glorious First

Barabara Lehtiniemi



There's magic in the air on the first of the month. The first marks the beginning of my next AU course. The box of course materials has been sitting here for weeks, filling me with itchy anticipation. I've opened the box already—I've even peeked inside. But today—the glorious first—I ceremoniously peel the cellophane off the bundle of course materials. The fun begins.

It's interesting to chart my motivation's trajectory over the six months of the course contract.

The first month represents peak motivation.

By the time the first day of the first month rolls around, I'm brimming with pent-up enthusiasm for the course. The other courses I'm in the middle of get pushed aside, like older siblings when the new baby comes along.

For the first day, I do all those necessary preliminary tasks. I peruse the course manual, scan through the textbooks, and send an e-mail to the tutor. I develop my study schedule for the course and set up my files in OneNote. This course, I think, will be my most perfectly executed course ever.

This enthusiasm carries on for at least a month. I devour the course readings. I glide through each unit so quickly I feel confident I'll finish this course far ahead of schedule. I order the recommended supplementary materials from the library. I am mastering this topic. I begin slipping the course subject into casual conversations so I can show off the breadth of my knowledge. I live and breathe the course.

Towards the end of the second month, my halo slips a bit. For some reason, this often coincides with the first essay. The suggested study schedule invariably suggests that an essay will take no time at all, as though it were just a matter of tossing 2000 random words together. Maybe I'm overthinking it.

I struggle through each stage of the essay. Topic selection, thesis development, and research become instruments of torture. My enthusiasm for my other courses is renewed, while the new course founders. By the time I hand in my essay, I've lost weeks of study time. What did I like about this course again?

The first of the fourth month is the halfway point. Even using the worst-case scenario I should be at least halfway done the course work, but I'm straggling behind. I muster up a second wind of motivation. I read only the mandatory readings and skip the optionals. The supplementary texts I ordered—most still unread—go back to the library.

This course, which began as my darling baby, is now a troublesome teenager. I soldier on with grim determination. It's far too late to begin anew—I must muddle through somehow.

The first of the final month casts a dark shadow. In my rose-hued study schedule, I was going to finish the course within five months and have this sixth month free. Instead, I will spend this month finishing the final coursework, dashing off an essay, and writing the final exam.

There is no room for procrastination. Study time expands while leisure time shrinks. I just have to make it through these final weeks. I schedule the exam for the 25th, focusing on how good it will feel to have the damned course over with.

After the exam the final few days of month six are blissful. Even though I'm in the middle of other courses, this one at least is finished. I made it. Not only that, but I managed five days at the end of the month in which I have one fewer course to work on. After the crush of the past few weeks, these few days feel paradisiacal.

With my abundant time, I gaze around and see an as-yet unopened box from AU. My next course begins soon, on the glorious first of the month.

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



## The Fit Student

### Seniors' Homes or Snowboards?

Marie Well



When you turn 80, do you want to snowboard—or decay?

Almost 80, Papa, armed with wrenches, stomps his way underneath cars. Papa lifts heavy loads and dumbbell weights. Papa's phone rings off the hook. Papa might outlive me.

Around 80, my former landlady crept up stairwells, frail. She avoided winter sidewalks for fear of falling. She talked to psychics to stave off loneliness. Yet, she gardened—and her soul was beautiful.

A key difference between the two? Papa led a fit, active life; my landlady, less so.

During my mid-30s, I got in top shape. I looked healthier than I did in my 20s. I exercised six days a week: an hour of weights daily topped with plenty of cardio. Yes, I had reached my prime. But then I stopped exercising. A mere two years later, I had aged twenty

years. My stomach fattened. I had bouts of bronchitis. Kids on school buses would offer me their seats. Worse, I felt nausea on and off. In the last year, nausea worsened.

Just three months ago, I started hitting the gym six days a week again. My posture firmed. My stomach shrunk. My shoulders widened. Nausea disappeared.

But this week, nausea returned. My boyfriend said, "Whenever you feel *blah* is the best time to train." So, I hit the gym.



During the first ten minutes, I felt an urge to vomit. But around the ten-minute mark, endorphins started—and sickness stopped. Near the end of the session, I felt bliss. The rush of endorphins carried me through the night to the next work out.

Last week, I stumbled on an eye-opener: a book called *Younger Next Year: Live Strong, Fit, and Sexy—Until You're 80 and Beyond*. Written by Chris Crowley and Dr. Henry S. Lodge, the book confirmed why a friend of mine looks the same in his fifties as he did in high school. Why Papa looks the same in his eighties as he did in his fifties. And why an eighty-year old still wears his high school jeans.

The answer? Exercise. Six days a week, one hour per day—non-fail—lifelong.

But the flipside will scare you: hobbling rickety at age 60, plunging further to frailty each passing year. If that describes you, stop the decay today—through exercise.

Chris Crowley and Dr. Henry S. Lodge share the secret to skiing the alps at 80 versus hobbling to a resident home toilet. (Because Crowley and Lodge wrote so well, I cite much of them verbatim):

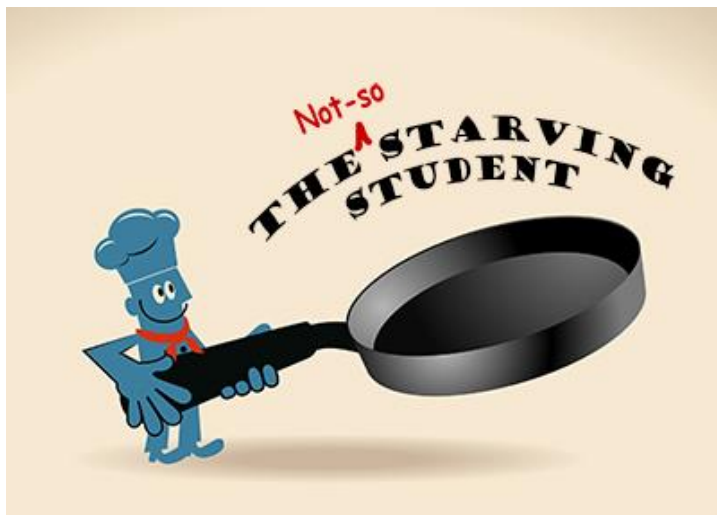
- "You should exercise hard almost every day of your life—say, six days a week. And do strength training. Lift weights two of those six days" (p. 14). "Four of the six have to be devoted to aerobic exercise no matter what" (p. 81).
- You need to treat daily exercise with the same commitment as a career. Show up; train hard. No excuses.
- "Most of what we dread about getting older is actually decay. ... [W]e are struck with real aging, but decay is optional" (p. 33).
- "*You can turn sixty and get functionally younger every year for the next five or ten years*" (p. 8). Yes, exercise might make you look younger ten years from now, whether you're 30, 50, or 70.
- You can also turn sixty and stay in similar shape up until 85 (or older)—through exercise. Without exercise, you'll decay daily.
- "Over 50% of all illness and injuries in the last third of your life can be eliminated by changing your lifestyle ..." (p. 7). With exercise, you'll have half the diseases you'd otherwise have had.
- "People with advanced emphysema and heart disease do much better with exercise. People recovering from cancer do better with physical exercise. Depression does better with exercise" (p. xxi).
- "I have several patients in their nineties who have had open-heart surgery recently, and all are doing beautifully. All were fit and active before and all remained so afterward. That's no coincidence" (p. xxii).
- "A man who's thirty pounds overweight, smoking a pack a day, but exercising every day has a lower statistical mortality than a thin, sedentary nonsmoker" (p. 74).
- But eat healthy and avoid McDonald's and Pizza Hut. "And eat less of everything" (p. 15).
- Also, "there have to be people you care about and a reason to keep yourself alive. If not ... you'll die" (p. 18).
- Most of all, find a welcoming gym. Join it.

So, what's the message? *Keep moving, or you won't.*

## The Not-So Starving Student

### Kitchen Gadgets to Change the Cooking Game

Xin Xu



September comes with a series of stressors for new students. For students living independently, cooking is either a headache or a pleasant break from studying routines. Whichever you find it to be, you can benefit from an array of tools to save preparation time so that you can focus on more important things, such as studying.

#### Spiralizer

Preparing healthy meals for students usually sounds like immense effort, especially after a long day of classes and juggling work or other demands. Since making an investment on a good spiralizer, I was able to enjoy hearty zucchini noodles without feeling guilty about over-consuming carbs. Spiralizers are a must for health-conscious students. Creating fruit or veggie salads are effortless and even fun with this nifty tool. Even for the less health-conscious students, spiralizers allows you to create your own spiral-y fries with russet potatoes or sweet potatoes.



Price: \$12.38 CAD on [amazon.ca](https://www.amazon.ca) for manual spiralizers

#### Heatable blender



While shopping at Costco, I stumbled upon this wondrous device that not only blends but cooks (up to 300 degrees Celsius) all in one. My favorite item to cook using this pricey but highly useful tool is soup. Imagine creating any vegetable soup without having to scoop out the mashed contents before heating it over the stovetop. Besides blending soups, you can create everything a normal blender can and thus maximize its usage. Despite the high price tag, it's a worthwhile investment that saves both time and money. You will no longer settle for mediocre, salt-infused soup at Subway or Tim Hortons.

Price: \$100-200 CAD on [ebay.ca](https://www.ebay.ca) or [amazon.ca](https://www.amazon.ca)

## Sushi bazookas



As a student, sushi was never considered the go-to for items to pack for lunch. The numerous steps, ingredients and time required to create a Japanese masterpiece didn't seem suitable for a busy student. However, finding the sushi bazooka was a miracle for a sushi-loving glutton such as myself. This bazooka lets you make an aesthetically pleasing yet delicious sushi roll in less than five minutes. It comes in a plastic shell shaped like a sushi roll and a manual piece that pumps out your beautiful maki roll creation. Moreover, the price is highly appealing for students who crave gourmet but simply don't have the time to prepare.

Price: \$6.57 CAD on amazon.ca

## Veggie chopper

Are your knife skills up to par with master chef Gordon Ramsay? If the answer is no, you have something to gain with this veggie chopper gadget. Having had terrible experiences chopping vegetables in a hurry, I picked up this device to save me time and injury. This nifty chopper works for everything whether vegetables, fruits, or even herbs.

Price: \$16.99 CAD on amazon.ca



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

## Women of Interest

**Mary A. Delaney** was an American inventor. Very little is known about her life, other than she received a patent May 12, 1908, for her invention of the retractable dog leash. Here is how Mary Delaney describes why she created her invention:

"It is usually desirable that the dog should have a certain freedom in running about, but it is difficult to prevent the animal from running on the wrong side of lamp posts or pedestrians, thus causing much annoyance to the owner, who is constantly required to adjust the length of the leash in her hand, and frequently the lease is dropped and the dog permitted to run away. The objects of the present invention are to obviate and overcome all these difficulties and annoyances due to the usual form of leash, and prevent the leash from becoming tangled as the dog runs about."

Limited information about Mary A. Delaney may be found at the following websites:

[http://www.slate.com/articles/technology/history\\_of\\_innovation/2014/06/mary\\_a\\_delaney\\_inventor\\_of\\_the\\_first\\_retractable\\_dog\\_leash.html](http://www.slate.com/articles/technology/history_of_innovation/2014/06/mary_a_delaney_inventor_of_the_first_retractable_dog_leash.html)

<https://www.google.com/patents/US887072>



## The Creative Spark!

### Savor Your Writing

Marie Well



"All successful academics work hard ... at the craft of writing," says stylish writing evangelist, Helen Sword (p. 86). Many find that hard work thrilling (Sword).

My thesis barely passed. I wrote longwinded sentences in passive voice. But most students write, well, poorly. Why? Universities rarely teach writing outside of the English department, says Sword. Plus, professors whip us with F's if we use the word "I." Not using the word "I" forces the passive. My supervisor unfairly barked, "Passive voice—again?"

Surprisingly, during undergrad, I won steady A's despite the passive voice. My heavy research and nitpicked outlines made up for writing woes. Yet, when I entered the graduate program, my supervisor scorned my system: "That," she said, pointing to my box of cue cards, "Has to go." Stupidly, I

stopped outlining.

In the end, two B's kept me from the PhD. With low spirits, I sought to learn the craft of writing.

First, I learned the value of editing. First drafts wow no-one. Writing expert Steven Pinker edited his work until he could say, "Wow, did I write that?" (as cited in Sword, p. 87). Another expert, Joshua Schimel, wrote a five-star book called *Writing Science: How to Write Papers that Get Cited and Proposals that Get Funded*. Joshua once said Steven's same words, "Wow, did I write that?" Editing reaps power.

When I edit my work, I read it aloud. The more I edit, the better the words sounds—and the more playful I feel. I try to add humor. I try to follow Helen Sword's tips (from her book *The Writer's Diet: A Guide to Fit Prose*). I try to justify my increasing demolition of English grammar.

Second, I learned the importance of writing from the soul. One print magazine editor rejected my article. She said, "You didn't share." So, I added a splash of soul and published elsewhere. Like star actors, great writers share, slightly red-faced.

Third, I learned to strive for clarity. Whenever the reader stumbles, the writer failed. Steven Pinker's *The Sense of Style* shares tips to write clearly—tips such as keeping the subject and verb tucked close together. "Why write," says the smart editor, "If few understand?"

Lastly, I aim to learn how to reverse-engineer others' writings. Steven Pinker (as cited in Sword) analyzes the writings of Roger Brown and George Miller. Pinker stares and studies, figuring out the writers' patterns and techniques. Personally, I'd like to master the style of Pinker—plus the rhythm of Edgar Allen Poe.

Helen Sword shares ways successful academics learn the craft of writing. She reveals advice from the best in her book *Air & Light & Time & Space: How Successful Academics Writes*:

- First drafts never delight. Keep editing.
- Not many successful writers find writing effortless. They work hard at the craft.
- Many hours go into writing a fantastic five-hundred-word essay.
- "Experienced writers ... understand that messiness and frustration come with the territory" (p. 79).
- Great writers work at concision, structure, voice, clarity, vocabulary, accessibility, and syntax.
- To spark your love for writing, write down a list of writing joys.
- Take on different styles and voices of writing. By doing so, you'll grow.
- Locate writing apps—and use them.

Don't hack aimlessly to edit essays. First, read grammar books and writing books—then reverse engineer Doctor Seuss. After all, the doc gets cited richly on dictionary.com. A paradox? I call it a creative spark!

## Scholarship of the Week

**Digging up scholarship treasure for AU students.**

**Scholarship name:** Act for Impact Scholarship

**Sponsored by:** Scotiabank and yconic

**Deadline:** September 20, 2017, 3:00pm EDT

**Potential payout:** \$2500 to \$5000

**Eligibility restriction:** Applicants must be citizens or permanent residents of Canada or an international student, enrolled in a Canadian education institution for the 2017/18 academic year, and a member of yconic.com. See full [eligibility requirements](#).

**What's required:** An online application through yconic.com, along with a maximum 500-word essay explaining how you inspire others to improve gender equality.

**Tips:** A [yconic.com](#) membership is free and offers a scholarship database and other student info.

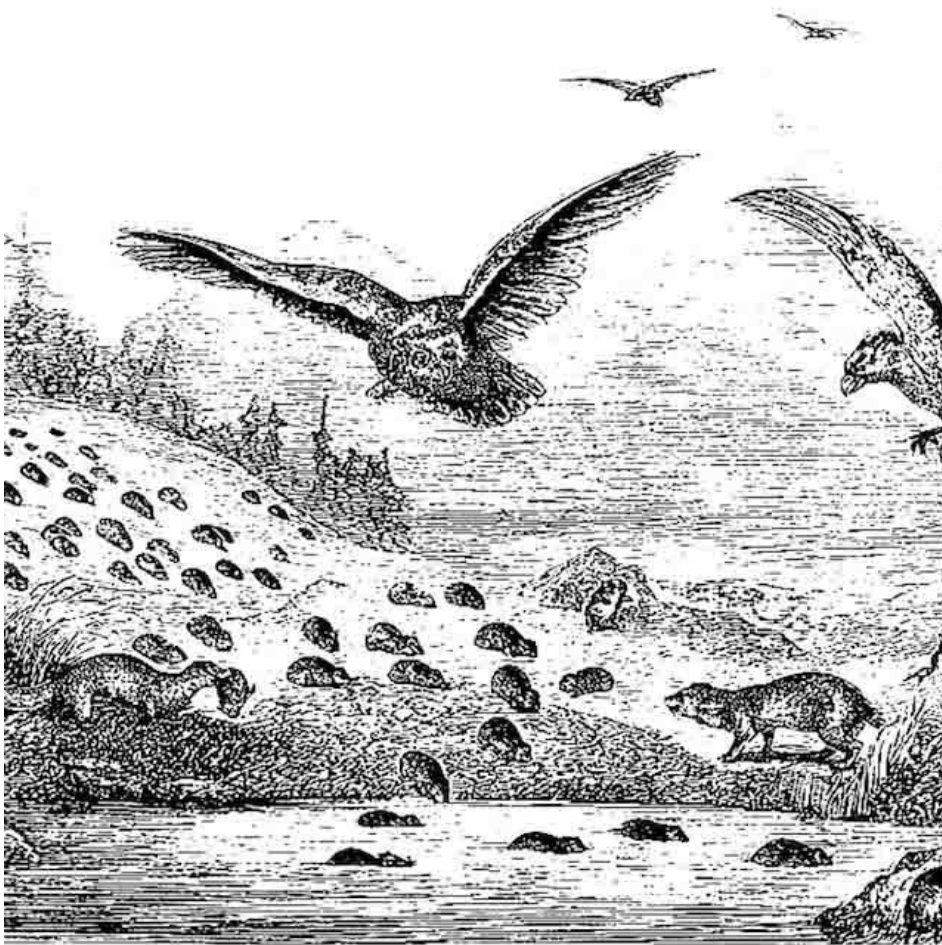
**Where to get info:** [yconic.com/program/scotiabank-act-for-impact/](http://yconic.com/program/scotiabank-act-for-impact/)



## Politically Bereft

### Still Throwing Mental Health Under the Bus?

Wanda Waterman



"We WOULD try to stop them, but then we'd have to provide social housing and adequate mental health care."

TEXT WRITTEN BY WANDA WATERMAN

What do the rich and powerful do when family members need mental health care? If you're as ignorant of the lives of the upper crust as yours truly, the first image that comes to mind might be that of Rochester's first wife (in Charlotte Brontë's 1847 novel *Jane Eyre*), shut off in one wing of the family castle and minded by a well-paid local villager.

The Rochesters of today can entrust family members to a system of private psychiatric care, often allowing loved ones to lead normal, happy lives. Access to the right kind of support can make that difference for someone suffering from mental illness. Unfortunately, such care comes at an expense far beyond the means of average citizens, who, until several decades ago, were often forced to commit their loved ones to the harsh and hopeless conditions of underfunded asylums.

In the early eighties a mounting public outcry against these allegedly inhumane facilities was met halfway when the Reagan government concluded an ongoing initiative to close mental hospitals—*before* providing adequate housing alternatives for the patients. This left many psychiatric patients homeless, with limited access to the pharmaceutical drugs that were being touted as the brave new

solution.

The Canadian government wasn't far behind in copying the same move. The legacy lives on, and we still haven't paid for the damage done, though we make instalments in the form of human lives. Acts of random gun violence are still being traced back to people who just couldn't get the help they needed in time to avoid a meltdown.



We in Canada have at least the nominal advantage of having the Canada Health Act, which guarantees equal access to health for all. But mental health still isn't given its proper place in the spectrum of human health needs.

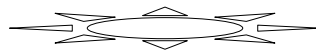
A growing movement by mental health care consumers is cause for rejoicing; peer counselling is slowly proving itself a highly effective means of therapy. But implementing and monitoring peer counselling takes money, as do adequate counselling services and the housing often needed by those suffering from serious disorders.

Go ahead and support local efforts to improve public mental health care. If social compassion isn't your forte, be reminded that mental illness is ubiquitous; you just never know when you or someone close to you will need psychiatric care. Let's make sure it's the good kind.

#### References:

Holmes, Linsey., What The Senate Health Care Bill Could Mean For People With Mental Illness, Lindsey Holmes, *HuffPost*, 06/22/2017  
 Canadian Civil Liberties Association., The Current State of Mental Health in Canada, Canadian Civil Liberties Association, 02/09/ 2017

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



## Studying the Classics

**Deanna Roney**



Using classic novels to study creative writing is an easy way to learn plot and character development. I have found them most beneficial for character development as there is rarely a character that feels underdeveloped or there for no reason, each character is key to the plot. The characters are in control of themselves; the world affects them, but they make choices that drive the plot forward. This is an important trait in literature.

I have seen the question "how do I study the classics" many times, and the answer is simple: read them. What I do is use a light coloured pen or pencil and make notes in

the margins: did the author do something I like here? Note it and flag it with a sticky note. While I'd never write in my new books (unless I am writing on sticky notes) in the classics I like to write in the margins. I will note when an author used a single word to describe something and it has an emotional impact: how did that word choice impact the sentence? Would another word have had the same impact on me as a reader? If not, why?

The key to learning from the classics is to read actively. Read with the desire to learn, to see the tricks and techniques that the author is employing. Is there a jump in time? How did they make that transition seamless? Or perhaps there was a jump in time and it felt jarring—stop and consider why. For me, it is important to consider these points in writing, not just mentally. If I don't write it down it doesn't stick with me. If I write a quick (even

illegible) note in the margin it is something that is more likely to remain ingrained in my mind. I don't necessarily go back and read through these after I write the notes, but the act of writing them down is key for me.

It is important, though, to pick classics that you enjoy. *Tess of the d'Urbervilles*, by Thomas Hardy, is one of my all time favourites. I have three editions and have read it several times. This is a book that I learned a lot from. Each time I read it I pick up something new—I see a small twist that will affect the outcome of the book that maybe I didn't notice the first two times, and I will stop and consider that twist, that moment the character made a choice that would ripple throughout the book. But, when I read *Vanity Fair*, by W.M. Thackeray, I could not get into it. I not-so-affectionately refer to this book as my literary Everest. There is no sense in rereading this one because I am not picking up on the nuances, I am just trying to survive it. There are so many obvious things in this novel that I missed simply because it wasn't a novel I could get invested in: I couldn't follow what the characters were doing or the significance of those actions because I couldn't remember who they were. In this case, there is no sense in reading on for the sake of learning about writing, because I'm not learning here.

I think everyone finds their own way to most effectively study the classics. I always like to have a pen in hand though and make notes or comments throughout the pages. It pushes me to read more actively and consider the way in which the novel is being developed and why it is being developed in that specific way. All of this will dramatically aid me when I go to write that next novel. I can pull on this information and create twists and turns through the characters that otherwise I may not have known how to do.

Seeing the information in creative writing textbooks in action is important in being able to implement it in your own and there is no better place than the classics.

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

## Student Sizzle — AU's Hot Social Media Topics

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

#### AthaU Facebook Group

Justine posts a link and invitation to AU psyc students and grads to join the new AU psyc group on Facebook. Courtney seeks feedback on RELS 204 Intro to World Religions, which spins off a discussion about helpful courses for essay-writing skills.

Other posts include National Student Loans, ProctorU's invigilator number (hint: 3278826), and the masters of health sciences program.

#### reddit

Nothing was posted on the AU reddit page. Don't believe us? Go ahead, look.

#### Twitter

@AthabascaU tweets: "AU's 2017 Rising Star Alumni award recipient is always looking onward & upward! Read more about her journey: <http://ow.ly/Ydws30eF043>."

@AthabascaUSU (AUSU) tweets: "Have any feedback for AUSU on our proposed new bylaws? Find out more or ask questions on the AUSU Bylaw Forum! <https://www.ausu.org/forums/>."

@AthabascaUBiz tweets: "Join #AthaUBiz Sept 15 at @BlindEnthusiasm to learn all about the art, science, and business of craft beer: <https://goo.gl/qqXEMK>."





Dear  
Barb

Barbara Godin

## Culture Clash

**Dear Barb:**

*I am in my twenties and still living at home. I work full time and take courses at AU. I have recently begun dating a wonderful guy and I can see us working out long term, because we have a lot of common interests and rarely argue. I have met his family and they are great and seem to really like me. He wants to meet my family, but I keep putting him off and I think he's beginning to wonder why. My boyfriend is Muslim and I know my parents will not approve, so I've been trying to avoid the confrontation for as long as I can. I won't be able to hide it from my parents much longer as this family is traditional Muslims and his mother wears the head covering.*

*I love my parents and they are good people. But they have some friends that have had bad experiences with Muslims and that seems to have turned my parents against Muslims. I don't know what to do. I know that my parents will like my boyfriend until they find out he is Muslim. Would you be able to offer some suggestions on how I can get my parents to accept my boyfriend? Thanks, Amanda.*

Hi Amanda:

Thanks for writing in. The first thing you have to do is be honest with your parents and, more importantly, introduce your boyfriend to them. I think you are judging your parents based on their reactions to their friends' situation. I don't know exactly what happened with their friends, but it may be a certain

individual or group that they had issues with who happen to be Muslims.

I don't know how long you have been dating your boyfriend, but it's not good to hide this from your parents, it is only going to make things worse. Tell your parents you have someone you have been dating and you would like them to meet him. You don't have to start out by saying he is Muslim. I'm sure you have introduced other boyfriends to your parents, treat this introduction the same. Let them get to know him and like him for who he is. The fact that he is Muslim will come out at some point, but by then they will have established a relationship with him. Take things one day at time, the relationship is new, you don't know how it will turn out yet. Ultimately you have to choose the person you want to be with, not your parents. Great question.

*Follow Barb on twitter @BarbGod*

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## IMPORTANT DATES

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

## 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 year, AUSU members have watched **over 30,000 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](#).



## Financial Issues?

### AUSU's free **Student Lifeline** service can help!

If you're in need of support to help you get back on track with your finances, contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak confidentially with a professional consultant. Whether you're seeking tips to improve spending habits, or information to help you set a budget, reduce debt, or save more, Student Lifeline financial specialists can provide you with the expert guidance and resources that you need.

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

- Ebook – [Getting out of Debt](#)
- [Ten Steps to Take During Difficult Financial Times](#)
- [Setting Up a Personal or Household Budget](#)
- [Quick Tips for Setting SMART Financial Goals](#)
- [Ideas for Living Within Your Means](#)
- [Saving as a Way of Life](#)
- [Financial Planning in your 20s and 30s](#)
- [Couples and Money](#)
- [Investment Basics](#)

**Student Lifeline provides help and support 24/7 for any issues, from health, wellness, work, life, money, school, community referrals, and more!**





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# CLASSIFIEDS

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Classifieds are free for AU students! Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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