



# THE VOICE

Vol 26 Issue 04 2018-01-26

## Meeting the Minds

Interviews with AU's Educators

## The Home Stretch

When Graduation Approaches

## Council Connection

The Fee Increase that Wasn't

Plus:

And They're Off!

Stay out of the Comments

and much more!



# CONTENTS

*The Voice's* interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

## Features

Meeting the Minds: *Interviewing AU's Educators*..... 4

## Articles

Editorial: *And they're Off!*..... 3

The Home Stretch ..... 5

Meditation Now ..... 7

Stay out of the Comments..... 14

## Columns

Council Connection: *January 15, 2018*..... 8

The Not-So-Starving Student: *Six Breakfasts* ..... 12

Course Exam: *PHIL 333*..... 15

The Fit Student: *Work, Weightlifting, and Willpower* ..... 17

From Where I Sit: *No Need to Re-Invent the Wheel*..... 19

Dear Barb: *Bottled Concerns*..... 20

## News and Events

Scholarship of the Week ..... 6

AU-Thentic Events ..... 9

Student Sizzle ..... 18

AUSU Update ..... 22

## Graphic

Chazz Bravado: *Not Redundant*..... 21

**The Voice Magazine**

www.voicemagazine.org  
301 Energy Square  
10109 – 106 ST NW  
Edmonton AB  
T5J 3L7

**Email**

voice@voicemagazine.org

**Publisher**

AU Students' Union

**Editor-In-Chief**

Jodi Campbell

**Managing Editor**

Karl Low

**Regular Contributors**

Hazel Anaka, Barb Godin  
Carla Knipe, Scott  
Jacobsen, Barbara  
Lehtiniemi, Deanna Roney,  
Wanda Waterman,  
Xin Xu

View and articles presented  
here are those of the  
contributors and do not  
represent the views of  
AUSU Student Council.

*The Voice* is published  
almost every Friday in  
HTML and PDF format.

For weekly email reminders  
as each issue is posted, fill  
out the subscription form  
[here](#).

*The Voice* does not share its  
subscriber list with anyone.  
Even I don't look at it, it's  
all on auto.

Volume 25, Issue 43

© 2017 by The Voice  
Magazine

ISSN 2561-3634

# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://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 And They're Off!

Karl Low



As of today, the election process for AUSU Council has started. The nomination period only lasts for 12 days. So if you haven't nominated yourself by February 7th, then you're out of the running.

This year, AUSU Council has expanded. Instead of nine seats, there will be thirteen available to fill. More people means more representation and more points of view at the table. This has both good and bad aspects. I know from experience that being on Council can be hellish if you get the wrong combination of people at the table, but more people also means a better chance of good ideas. And when you're able to see one of your ideas to make students' lives better taken up by the university or by the provincial or federal governments, there's not much that's more rewarding than that.

On top of that, in exchange for a few hours a week of careful thought and attention to email, plus a telephone meeting once a month, you can bring in an extra few dollars to help pay for your next course. Plus, it's excellent resume material.

But one of the biggest benefits, and it's one that's a bit hard to explain, is the connection that being on AUSU gives you to AU. Being on AUSU Council makes you realize just how much is going on at your university. It will make you feel better about your choice for your degree, and give you more insight than most students get on how respected Athabasca University is among academic and other institutions. As distance students, it can be easy to forget that there's a large institution running in the background attempting to make the best possible education experience that they can for you. As an AUSU Councillor, once you get involved and start hearing about what's going on in the various staff meetings and other gatherings, forgetting is no longer an option.

If this sounds at all interesting to you, check out the latest AUSU update in this issue, which gives you links to everything you need to know to make your decision to run, and to help you get started on the journey.

Meanwhile, in the Voice Magazine this week, our feature is our interview with Associate Professor James Greenfield-Lee who teaches Applied Mathematics courses at AU.

We also have the Council Connection where you can find all the details about the AUSU fee change that wasn't. Who voted for it? Who voted against? And what does this mean for the future of AUSU?

We round that out with Barbara Lehtiniemi's realization that her courses are coming to an end. It's a position many AU students are looking forward to, but once you get there, it takes on a different type of meaning and relevance. Get a look at what may be in store for you in her article "The Home Stretch".

Finally, we have our usual selection of reviews, entertainment, reflections, advice, scholarships, and all you need to keep you entertained while you wait for your muse to help you finish that essay. Enjoy the read!

A handwritten signature in black ink that reads "Karl".





# MEETING THE MINDS

## INTERVIEWS with AU's EDUCATORS



*James Greenwood-Lee is an Assistant Professor in Applied Math with the Faculty of Science and Technology at Athabasca University. Some of his scientific contributions include work on complex intervention modelling capturing the dynamics of adaptation. It was research on health looking at complex systems, health interventions, and the ways in which intelligent agents change behaviour in proportion to their own objectives and perspectives. Interesting stuff. Here we get to know a bit about him.*

### **How did you hear about AU and why us?**

I began at AU as a mathematics tutor and found that AU's educational model was a nice fit, something I really enjoyed.

### **What have been your areas of research focus?**

My research focuses on two seemingly unrelated topics: evolutionary biology, and health services research. The link that they share lies in the common mathematical approaches that are used to model change over time.

### **What responsibilities come with your job position?**

The two primary tasks are to provide educational content and then to subsequently provide support to students as they work through said content. The latter is quite enjoyable, to help students navigate the bumps they encounter on their journey. Of course, there is research as well.

### **What would you say if some students are unsure whether they should pursue for AU to take their Math degree?**

Contact us! We are here to give advice, get the word out, reach and push the community up. We care!

### **What are the most difficult parts that students experience with math?**

Understanding what type of learner you are and which learning strategies work for you can have a tremendous impact on how you approach mathematics. My colleague, Julie Peschke, provides some useful tools on the AU math site. Check it out: <http://math-site.athabascau.ca/>

### What are the research opportunities available?

Yes. Research opportunities are available. For starters Math 495/496 are our project courses which provide an opportunity for independent research. As well, as Faculty we have opportunities to hire RAs to work on our research projects.

### Is there a mathematician whether it's alive or dead, that you admire?

Admire is a strong word. I'd really have to know someone, to say that I admire them. Lots of cool work has been done for sure, but I'm of the mind that we're all just a cog in the machine...that is, if Einstein got distracted and didn't publish his ideas on relativity, someone else would have discovered these eventually.

### How will you grow in the next five years looking over the university and everything that comes with it?

The math program (BSc in Applied Mathematics) is relatively new. As time passes, we will reflect with the goal of providing our students with great opportunities and experiences.

### Anything to add at the end?

Enjoy life at its finest. There is more in life than academia, so make sure you enjoy it.

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



## The Home Stretch

**Barbara Lehtiniemi**



The end is approaching quickly. Too quickly! I revised my study plan for the next few months and realized that I have just over three months of AU studies left—about a hundred days. By April 30 I will have completed all the courses for my degree.

Suddenly, graduation will be *this* year.

In one sense, I'd like time to slow down. I've finally achieved a rhythm and a routine that works. There's comfort in this familiarity, of knowing what I'll be doing the next day and the next. The easiest strategy would be to just keep on doing what I'm doing. One more course, than another and another.

In another sense, I'd like time to speed up. I've been working toward my Bachelor of General Studies degree for over five years. Enough already. It's time to wrap this thing up and put a sparkly bow on it. It's time to look beyond the last hurdle and see what life has to offer next.

The prospect of being finished—really finished—my undergrad degree is exhilarating. Also a bit scary. So far, I've refused to contemplate the question of "what's

next?" People are asking—and then learning not to ask. I need to get through the *now*, before I get to the *then*.

I just booked final exams for two of my courses for February. Having buried myself in my studies for so long, it came as a shock to realize that two of my current four courses will be finished next month. My workload will be cut in half. After another final exam in March, I'll only have one course left to complete in April. I've staggered my course dates all through my AU career, and I'm glad I'll be weaning myself off AU, one course at a time.

Now I feel I'm rounding the bases, checking off the final readings, the final assignments, the final exams. Soon I'll be making the last dash to home plate.

With fewer than four months of study left, I've noticed an attitude shift. I spend less time worrying about results and more time savouring the material. I give myself permission to submit assignments that fall short of my usual standards. "Good enough" is good enough.

I'm impatient to be finished. I'm impatient to find out what's next. I want to sleep through the night without worrying about an essay. I want to wake up in the morning and not have to plan my day around school work. I want to have the time for things I haven't had time for—if I can remember what I did when I wasn't pursuing a degree.

Home plate is in sight. I can't wait to reach it.

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



## Scholarship of the Week

### Digging up scholarship treasure for AU students.

**Scholarship name:** SeniorsZen Scholarship Award

**Sponsored by:** [SeniorsZen.com](http://SeniorsZen.com)

**Deadline:** January 31, 2018

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be Canadian residents and enrolled in or admitted to a full-time program at an accredited Canadian college, university, or trade school.

**What's required:** An e-mail with contact and school info, along with a 750-100 word essay or a one-page infographic on issues relating to seniors in Canada.

**Tips:** Read the instructions about file name and e-mail format requirements carefully.

**Where to get info:** [www.seniorszen.com/scholarship](http://www.seniorszen.com/scholarship)





## Meditation Now

Tara Panrucker



“A mind that is fast is sick. A mind that is slow is sound. A mind that is still is divine.” –Meher Baba, Indian spiritual master

Recently, meditation has become more mainstream. Although seemingly mysterious and boring at the same time, to many people zooming around in our fast-paced society meditation has become more of a refuge from the stresses and anxieties that accompany life in the fast lane. AU students understand the stress and drudgery of difficult University courses mixed with financial

burdens and living expenses. Pile on relationship, family, and work obligations, and stress levels can increase to dangerous levels.

Beginning a meditation practice is as simple as sitting or lying comfortably in a quiet room, breathing deeply, and letting your thoughts drift by without emotional reaction. It sounds simple, but for people who have never practiced, it can be very challenging. Some of these challenges include drowsiness, distracting thoughts, resistance to the moment, and feelings of boredom or discouragement—that you’re simply not “doing it right”.

Reading about meditation can support your journey by putting your mind at ease—there is no wrong way of doing it. Books abound with good information on the principles and purposes of meditation by world leaders in the movement. Following is a list of superb ones to start:

1. *Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by Jon Kabat-Zinn; preface by Thich Nhat Hanh
2. *Radical Acceptance: Embracing Your Life with the Heart of a Buddha* by Tara Brach, Ph.D.
3. *Meditation Now or Never* by Steve Hagen
4. *The Healing Power of Meditation* edited by Andy Fraser
5. *The Art of Power* by Thich Nhat Hanh

Often it helps to have something to focus your attention on, such as a burning candle, fireplace, a bouquet of flowers, or soothing music playing softly in the background. The scent of burning incense instantly puts me into relaxation mode. A favourite place in nature is also ideal for meditation. Whatever ritual assists you in stilling your mind, just do it, even if it involves crawling under a pile of warm blankets with a soft pillow.

Despite the challenge of finding a good meditation class nearby, the world-wide web opens endless choices from the comfort of your own home. YouTube videos and apps can be downloaded onto your handheld devices. For anyone intimidated by meditating in front of a group of strangers, this is a lifesaver. Now you can fall blissfully asleep without fear of snoring, or worse, off-gassing, in front of a class! I can testify to how distracting it is trying to avoid laughing when fellow meditators begin snoring loudly in the middle of a silent meditation class.



But what if you do fall asleep in the midst of meditating? As a perpetual sufferer of insomnia, I am eternally grateful for the relaxing and centering benefits of meditation that have vastly improved my sleep patterns in the last four years, in addition to calming my anxieties. I label these “Meditation Naps,” guilt-free.

The more highly rated meditation apps include:

1. Headspace
2. Calm
3. Insight Timer
4. Inscape
5. Buddhify

Many of these apps are free. A few can be customized with music or sounds of nature to suit your taste.

Meditation is quickly becoming a healthy coping mechanism for reducing stress, anxiety, and depression. Why not challenge your mind to give it a try for one month, even if for only five minutes a day (although I’ve found 20-30 to be the most effective). Meditation could become the best habit you ever formed in 2018. Cheers to your mental health and wellness!

*Tara Panrucker is currently enrolled in an AU online English course to help hone her writing skills and eventually achieve a General Arts Degree. She is a freelance writer and avid enjoyer of the outdoors, currently residing on Vancouver Island.*



## Council Connection January 15, 2018 Meeting

**Carla Knipe**



**Athabasca University  
Students' Union**

The first meeting of January 2018 proved to be another marathon session but contained many important issues for council and AU undergraduates. The meeting was called to order at 5:31. The minutes from the December 2017 meeting were carried unanimously, but AUSU President Shawna Wasylyshyn clarified a couple of points on them. The meeting notes said that there was an AUSU by-election every month, which is obviously not true, and it should be corrected to every term. Council would review Policy 2.14 again, but as the mover and seconder decided it should be tabled and brought back to vote for this meeting, it was not further reviewed or edited as noted in the minutes. The amendments were accepted with a unanimous vote.

Council then delved into one of the major portions of the meeting, the Executive Compensation Review Report. The full report package was circulated prior to the meeting so that councillors had time to review the contents to raise any relevant points.

The committee’s mandate was to look into the compensation and benefits for the executive councillors and to ensure a transparent and thorough review process. The committee examined and reviewed numerous other student union councils, both at colleges and universities in Alberta and elsewhere. They found that executive pay was on a wide spectrum and AU executive pay fell

roughly in the mid-range. However, the committee recommended changes to the executive benefits package. The health spending account was changed to give all executives an equal amount. Also, because most students already have some sort of health plan, the coverage was expanded over a larger range of health and wellness options. Another change was made to the equipment allowance: rather than only providing a cost for a personal computer, the benefit will now allow other necessary equipment and tools such as stationery to be claimed. Also, Councillors will no longer be able to “buy out” their AUSU provided computers at the end of their term. Instead, AUSU will retain the computer for further use by AUSU.

The committee also looked at how banked hours were handled so they could be used or paid out, and whether committee work affected the amount of overtime. The timesheet system was revised to reflect each executive member’s position based on their portfolio. Councillors discussed whether to add a fourth executive position based on the current workload and overtime put in by the current executive as well as Alberta legislation on employee overtime. On balance, council decided that an additional executive position was not currently necessary.

It was noted that a large number overtime hours that were accrued were the additional time required to transition new executive members into their roles after an election, or time spent during various large conferences the executive attended. This meant that it was expected that executive members might have significant banked time accrued at the end of their terms, just before they left. The committee concluded that, overall, it would be unfair to not pay out banked time if executives don’t have the opportunity to use it all in their last month, since it is reimbursement for work they put in on behalf of AUSU. However, it was noted that other student unions do not compensate for overtime at all.

During the course of this discussion, it was brought up that AUSU recently discovered that AU possibly owed AUSU some significant money, due to clawing back some fees from student course withdrawals despite the fees being listed as non-refundable in AUSU bylaws.

## AU-thentic Events

### Upcoming AU Related Events

#### AUGSA Meet & Greet

Sat, January 27

**Calgary:** Socite Coffee Shop, 1223 11 Ave SW, 3:00 pm MST

**Red Deer:** Starbucks (at Chapters), Gaetz Ave S, 3:00 pm MST

**Edmonton:** Starbucks, 3227 Calgary Trail NW, 3:00 pm MST

**Toronto area:** Boston Pizza, 50 Courtney Park Dr, Mississauga, 2:00 pm EST

In-person

Hosted by AUGSA

No pre-registration necessary; grads and undergrads welcome

#### Doctorate in Business Admin (DBA) Info Session

Mon, January 29, 5:00 to 6:00 pm MST

Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/doctorate-business-administration-dba-information-session-8-copy/](https://business.athabascau.ca/event-details/doctorate-business-administration-dba-information-session-8-copy/)

Register online at above link

#### Academic Integrity at AU

Tues, January 30, 5:00 to 6:00 pm MST

Online

Hosted by AU Library

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

No pre-registration required

#### Online MBA Info Session

Tues, January 30, 10:00 to 11:00 am MST

Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/online-mba-executives-information-session-4/](https://business.athabascau.ca/event-details/online-mba-executives-information-session-4/)

Register online at above link

#### MBA in Hockey Management Info Session

Wed, January 31, 10:00 to 11:00 am MST

Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-3-2-copy/](https://business.athabascau.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-3-2-copy/)

Register online at above link

But with the extensive review process regarding executive pay and benefits complete, the committee was thanked for their work and discharged.

The next major section of the meeting consisted of the first reading of the proposed AUSU fee increase. The motion stated that "AUSU council approve a membership fee increase in the amount of \$1.50 per credit to take effect on January 1, 2019." The motion needed a two-thirds majority to pass. However, the surprise result of the vote was that only councillors Andrew Gray and Julian Teterenko voted for the motion, while Councillors Kim Newsome, Robin Bleich, Amanda Lipinski, Brandon Simmons, and Shawna Wasylyshyn voted against it. With that, the motion was defeated, two to five.

The concerns regarding the motion were around the timing of the fee increase, unsureness about the information received to make the best possible decision, and the amount being asked for. President Wasylyshyn still feels the decision is right, especially in light of increased AUSU services and with her perspective as a long-serving president who has overseen and weathered AUSU's financial instability and is concerned about AUSU's future financial health. She noted that the current AUSU council began the process of increasing services, communications, councillors, and staff, which has, in turn, increased AUSU's expenses, so the current council should be responsible for passing the new fee increase. She also pointed out that AUSU cannot get a budget back in the black without cutting staff or services if the fees are not raised.

However, the discussion from December's meeting regarding AUSU's reserve fund and how best to use it especially as it relates to AUSU's deficit budget were again raised. One suggestion is to move some funds into an endowment to generate awards or bursaries with the interest. If AUSU chooses not to implement a fee increase until more of the reserve fund is spent, then that reduces the amount available for such things.

There were also some concerns that at AUSU's current rate of deficit budgets, the reserve funds could be eliminated in only a few years, and that having no reserves is not a position that AUSU wants to get into. Council agreed that more research is needed to make an informed decision, especially with the possible increase in revenues being retained from course refunds. Kim Newsome noted that she had specific concerns about the timing and the amount of the increase.

Shortly before the motion was brought to vote, it was agreed that Brandon Simmons, the Vice President of Finance and Administration, and Executive Director Jodi Campbell will put together a report about the options and present it to council to consider in short order.

Council then spent time in discussion about more various policy guidelines. Several highlights from the discussion were to revise the Finance Committee meeting schedule to require only quarterly meetings instead of the current monthly meetings. The benefit of scheduling fewer meetings is that it would be easier to notice and review any trends and see a bigger picture. The finance packages would still be sent to all of council monthly, but in accordance to the changes made to policy 2.14, the finance committee members will be paid per meeting.

On the other hand, the Awards Committee compensation would allow for monthly compensation since the bulk of the work is done asynchronously. It was agreed that the chair of the committee would now be compensated at \$75, not \$50 as they do a fair bit more work.

Council also looked at their policy 2.06, Student Representation on AU Committees. This policy had extensive revisions to clarify the guidelines for both councillors and non-councillors that serve on committees. While committee work is a great opportunity for non-councillors to get involved with AUSU, some committees are best suited to executive members due to the amount of institutional knowledge and work required, such as reporting to the Board and the General

Faculty Council. A change was made to the policy to state members at large on AU committees only need to attend AUSU council meetings at the request of the AUSU president, instead of having to attend all council meetings. Finally, councillors updated policy 2.15, Executive Accountability and Compensation Committee, to clarify how allocated and banked hours and committee meeting time would be recorded and reimbursed.

The latter portion of the meeting was to discuss the monthly executive reports. President Wasylyshyn discussed AUSU course evaluations versus AU's course evaluations, as there were flaws and conflicts between the two, such as AUSU's evaluations which claimed confidentiality when they should state they were anonymous. AUSU's course evaluations were not as successful as Council hoped; in the three years since they have been launched, fewer than 700 evaluations have been filled out. There was also confusion among students because the two types of course evaluations shared the same name. AUSU's course evaluations have since been pulled pending a complete re-evaluation and overhaul. Perhaps in future, AUSU's evaluations would include information such as workload and tutor relationships with students that the formal AU evaluations do not cover. President Wasylyshyn also touched on the fact that, in light of the vacancy of the previous Vice President of Finance and Administration, executives need to be accountable to each other and to council. However, because they do not work together in the same office it is difficult to tell whether the executives' jobs are being done properly. The current VPFA and Executive Director are putting together some instructions to orient future new VPFA's to the role. Also, the new timesheets will be easier for councillors to use and increase transparency.

Other highlights of the monthly reports are that the Facebook Live sessions and Meet and Greets have been going very well, and there are changes being made to financial documents easier to read and understand.

The final portion of the meeting was the question and answer period. Several important questions and comments from observers were raised from the floor.

First of all, a question was raised about AU improperly calculating student union fee refunds, a point raised by President Wasylyshyn earlier in the meeting. AUSU bylaws state that the membership fees are non-refundable, but apparently AU was unaware of this and has been refunding them to students who withdraw before the start date of the course. AUSU still needs to determine how fee refunds will be handled, such as considering extenuating circumstances like the fire of Fort McMurray. The fee refund philosophy will need to be determined before knowing how this will impact AUSU's revenue. It was also noted that even though students were getting refunded for their courses, they were not being refunded the full amount by AU, as AU already keeps \$158 for its own processing activities.

Council again agreed that a fee increase is necessary, but for now some more information is needed to make an informed decision.

Additional comments were made regarding the proposed fee increase. The meeting's two observers commented that they were in favour of a fee increase. Although it is a 50% increase, that only works out to a total of \$200 over the course of a degree. One observer noted that running a deficit budget may discourage future councillors from expanding or growing AUSU's services.

They also commented regarding the course evaluations. It was noted there are a lot of comments in the mobile app about what courses are like and what courses students recommend. It would



be nice to highlight some of the courses that members find useful or beneficial. Being able to rate courses on how difficult they are would also be helpful.

The meeting was finally adjourned at 8:43.

The next meetings of council will be **Tuesday, February 13th, 2018, 5:30pm MST** and **Tuesday, March 13th, 2018, 5:30pm MST**. All interested AU students are invited to dial into the meeting.

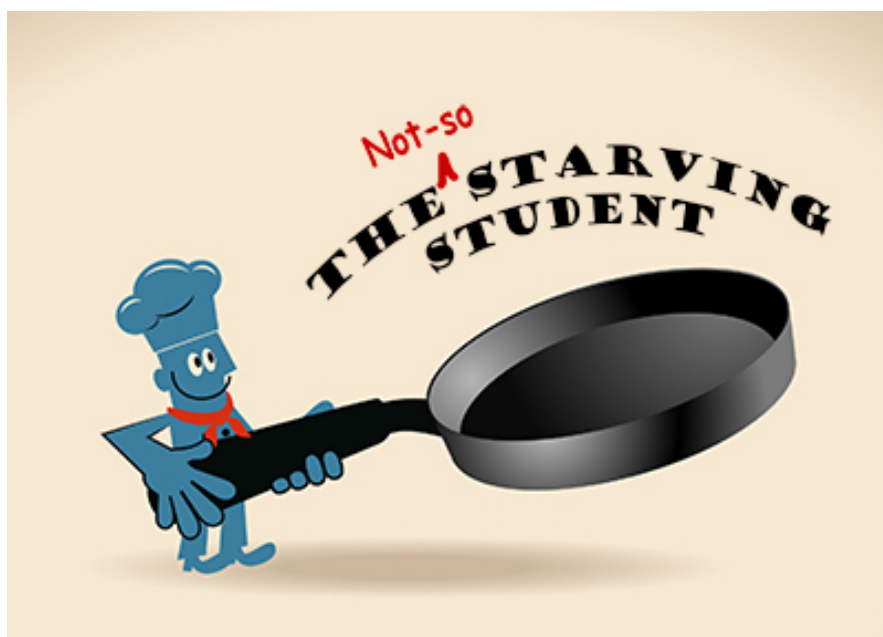
*Carla is an AU student who lives and writes in Calgary, Alberta. Say "hi" to her on Twitter @LunchBuster.*



## The Not-So Starving Student

### Six Breakfasts from Around the World

**Xin Xu**



Breakfast is one of the most important meals in a day. Eating an adequate portion early in the day can provide lasting energy to tackle the rest of the day. For AU students, this means more effective studying sessions and a fruitful day spent juggling between academics, personal, and professional lives. Hence, shortly after waking up, I attempt to gobble down a bowl of ordinary oatmeal, sometimes topped with fruits—depending on the time and my wake-up mood.

Unfortunately, a lot of the time our breakfasts are far from inspiring because of time-constraints. While

consuming my gruesome, mundane breakfast, I remembered back to my childhood where I was able to purchase breakfast off the side of the street in Shanghai. Often these were the most delicious and authentic breakfasts I had ever tried. I embraced the nostalgia and pondered what breakfast was like in countries I haven't yet visited. Certain ethnic breakfasts I have tried in the past offered unparalleled experiences that AU students would find appealing. Here are six breakfasts worth sampling.

### Sirniki (Ukraine)

Besides the Ukrainians, the Russians, Belarusians, Latvians, Lithuanians, and Serbians all adore this fried quark pancake. Quark pancakes are unique in that they are created with warmed sour milk. The pancake can be topped with anything and everything from sour cream to honey.





### Empanadas (Mexican)

When I first tried these for brunch, I thought I was biting into a gourmet pizza pop. While appearing like your average pizza pop, however, these are healthy, delicious, and perfect for breakfast on the go.

### Breakfast crepe (Chinese)

One of my all-time favorite breakfasts found in local street vendors in most Chinese cities, this type of breakfast burrito is healthy, mouth-wateringly delicious, and keeps you coming back for more. On my last trip to Shanghai, I would wake up every morning looking forward to this authentic ethnic Chinese breakfast with a cup of soy milk. The wraps are made from a light, crunchy pancake and used to enclose the eggs, scallions, an optional crunchy pastry and sweet bean paste.



### Arepa (Colombian)

The arepa is a local favorite. In most Columbian homes, you would find arepa an integral part of the breakfast routine. This hearty cornbread pancake can be topped with eggs, tomato, and avocado for a balanced breakfast. If cooked properly, there should be a light crisp to the pancake that children fall in love with.

### Dosa Tray (Indian)

Dosa is a type of pancake made from fermented batter and looks similar to a thin, flaky crepe, except made primarily with rice. If you were to order a traditional breakfast from a street vendor in Southern India, you would receive a tray with dosa, some sides with stuffed potato, various chutneys and sambar (a vegetable-based stew).



### Menemen (Turkish)

One of my personal travel goals is Istanbul, a city known for its fascinating history and food culture. Menemen is a traditional Turkish breakfast with eggs. After scrambling the eggs, the locals add green peppers, tomatoes, spices, and oregano. Charcuterie products can also be added as a bonus. Usually the dish is served with bread and makes a delicious, colorful breakfast.

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

## Stay Out of the Comments

Deanna Roney



I enjoy aspects of social media; it is a great place to meet like-minded people, to create your brand, to find opportunities, but social media has a dark side. Commonly referred to as the comment section. If I see a post I find inspiring I don't (usually) let myself read any of the comments beneath it. But every now and then I forget why I don't let myself and make the mistake to click in.

Recently I saw a post about people hating on arts students, but then going to movies, enjoying fashion, and reading books. The post itself made me smile. Then I clicked on the comments and reminded myself

why I never do because I went from feeling inspired to defensive and angry.

There is a tendency to compare ourselves to others, to try to make ourselves feel better by putting someone else down. One degree is not better, nor worse, than another degree. I've discussed the stereotypes around an English Major before, and I won't get into how worthwhile pursuing this degree is or has been for me. But instead, there was another comment in this section that I found could be harmful. They said that anyone who goes into school (especially arts) with no set plan is wasting their time and energy and can't complain when they work as a barista. First, if you're pursuing the education you love and are passionate about and work as a barista, there is nothing wrong with that. What I took issue with is the idea that you need a solid plan before even starting.

When I started my undergraduate degree, I didn't know what I was going to do with it in the end. I loved writing and I loved books, but what I wanted to turn that into, I wasn't sure. And I was okay with that. I let myself grow in each and every course. I followed my interests as I learned, and they evolved in ways that I didn't expect. I let the undergraduate experience be organic. Sometimes people start their degree with a definite end goal, and that is good. But sometimes people start by following a passion and seeing what opportunities surface because of it.

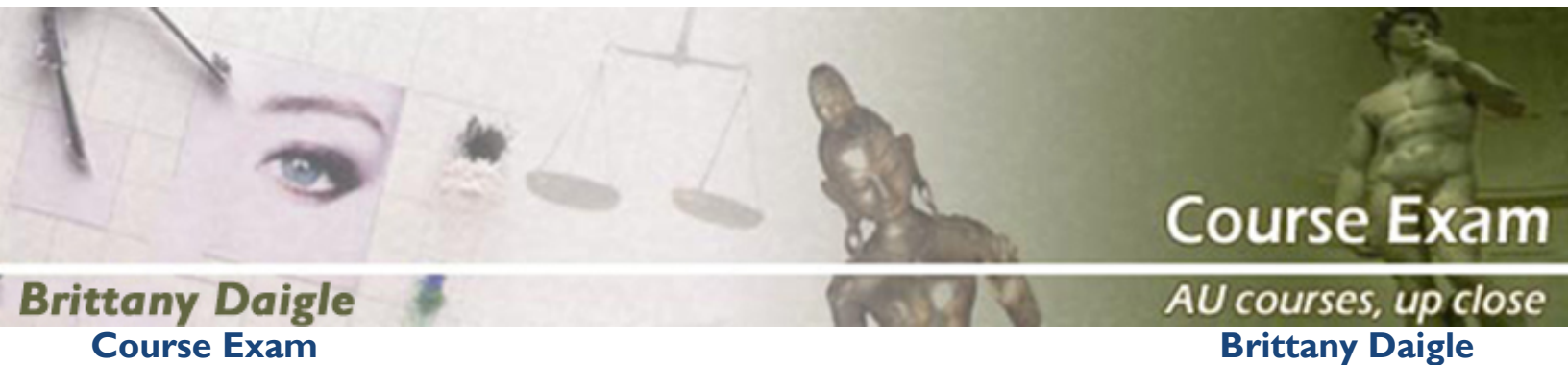
Everyone's experience in University is going to be different. I am thankful that I let myself evolve in the process of my courses. Because of that, I was able to find my passion, the one thing that I know I want most in the world to commit my time and energy to. When I started my undergraduate degree I was only vaguely aware of the publishing world, I didn't know the positions available within it, and I certainly didn't think there was any way to work in that industry without moving to Toronto or New York. As I finished my degree and plunged into the world of creative writing I learned more and more about what was possible.

Now, starting my graduate degree, I have a definite end goal. And throughout this process, I will be working toward it. But I have also spent many years learning what I wanted, what I was good at, and where I felt I would succeed and be happy. Having a graduate degree will not guarantee a position, but it will help. And if I had gone into my undergraduate program with a set of ideas I would never have allowed myself the time to find these opportunities.



So, whether you know exactly what you want to do at the end of your degree or are just following the things you are most passionate about, it doesn't matter. You're working hard toward a goal and, in the years it takes to finish your degree, things could change. You learn and grow, and maybe you do not need all the answers—even by the end of the degree.

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



## Course Exam

### PHIL 333 (Professional Ethics)

According to the syllabus, PHIL 333 (Professional Ethics) is a three-credit, third year philosophy course that “highlights ethical issues pertaining to journalists, engineers, medical doctors, accounting, finance specialists, and lawyers.” PHIL 333 is considered a humanities course that has no prerequisites and can be challenged for credit.

Professional Ethics is comprised of nine units and four assignments. This course does not have a midterm or a final exam. The nine units discussed within this course cover introductory philosophy concepts, such as morality (distinguishing between right and wrong or good and bad behaviour), ethics in general (moral principles that govern a person's behaviour), and ethics pertaining to engineering, medicine, journalism, law, accounting, and finance. Although this course does not have a final exam the assignments are relatively long, though not difficult. The first assignment, worth fifteen percent, requires students to write a one-thousand-word essay surrounding a case within the textbook. The second assignment, twenty percent of the final mark, requires students to write a twelve-hundred-word explanatory summary. The third assignment, worth thirty percent, requires students to write an eighteen-hundred-word ethical analysis of a case. Lastly, assignment four, which makes up the last thirty five percent, requires students to write a two-thousand-word critical essay.

Jill Gatfield, a tutor for PHIL 335 (Biomedical Ethics), PHIL 337 (Business Ethics), and PHIL 333 has been with Athabasca University for fourteen years. She studied at McMaster University, the University of Windsor, Dalhousie University, and the University of Calgary. At first, she was studying science; however, in her second year she made the move towards philosophy. She states, “as a teaching assistant or as a lecturer, I taught at seven other universities and colleges, before choosing Athabasca University, and distance education as the right fit for me. My specialization is Ethics, and Metaphysics and Philosophy of Action are passions of mine too.”

Gatfield notes that students should be on the look out for a revised version of PHIL 333 that will contain a final exam, she states “the course is undergoing a revision, at this time, and the



requirements will change, while a final exam will be incorporated. When the revised version will become active is not yet determined, but this will probably be at least several months from now.”

She continues, “In Professional Ethics, students study, first, some general concepts and theories that are central to philosophical ethics of all kinds and, second, various moral problems that relate, more specifically, to five professions. Not all lines of work that could be considered professions are covered, but there is some freedom for students to choose to write about a profession not explicitly covered by the course, in one or more of their assignments, although they should still draw upon some of the course materials while doing so. The course, overall, aims (a) to teach students about particular moral issues that are encountered by professionals of various kinds and (b) to help students develop analytical skills, relating to morality, so that they can use their own good moral sense in a more disciplined way.”

Moreover, she states “PHIL 333 has no prerequisites, but it is a third-year course, which means that students should at least have some reasonably well-developed writing skills. It consists of nine substantive units and includes some self-assessment activities and study question forums that help students test their understanding of the material as they proceed. Currently, there are four written assignments, and no final exam. Two of these assignments require students to provide their own, sustained moral analyses of a professional ethics issue of their choice, and one is a case study analysis, while the remaining assignment is not focused on a particular case but is more general.”

Gatfield further explains “every task and endeavour we take on, in this life, requires focus and dedication, and being both interested and determined to succeed helps us remain dedicated. Each student has his or her own way of organizing and progressing. Practically speaking, however, students should have interest to begin with (rather than just try to satisfy this course strictly as an academic requirement), and if interested students find their dedication wanes or gets side-tracked, (which is not uncommon, given all that students have going on in their lives), they should contact their tutor for advice and encouragement, which can help.

Asked who the course is meant for, she notes that “any student who is interested in moral questions and problems that professionals tend to encounter, and who is interested in further developing skills that can be used to analyze these problems and, also, moral problems more generally. There is a comparatively large amount of philosophical reading and writing in this course, for which students should be prepared. There are several Ethics courses offered at AU, and it may be that another of these more clearly aligns with a particular student’s interests, so students should investigate which is best for them.”

Lastly, she states, “the most significant things students can take away from this course are more refined abilities to (i) understand the moral arguments that others offer and (ii) provide moral arguments of their own. Another main beneficial outcome is a more learned and comprehensive understanding of the kinds of moral problems that are faced by those who occupy professional positions in our society, and how these may be resolved.”

Whether this course is a degree requirement of yours or a general interest, PHIL 333 will have students gaining a better understanding of moral arguments and how to them. If you are wanting to take this course because there is no final exam, it is recommended that you register soon before the revised version becomes implemented later this year.

*Brittany Daigle is 22 years old and completing her BSc in Computing Science & Information Systems with AU from Toronto, Ontario.*



## The Fit Student

### Work, Weightlifting, and Willpower

Marie Well



For New Year's Day, what topped your resolutions? To look as fit as bikini-clad Wonder Woman? As fit as shirtless Ryan Gosling? Or as fit as Michael Moore's speedo?

Every New Year, I make resolutions for fitness—with failing willpower. But this year, I got fit and healthy. And magic happened. My size-six executive wardrobe fits. My sickness disappeared. My body looks fitter than it did the last decade. My chronic knee pain stopped. My job interviewing made the fifth-round—for a fortune 100 company.

These are rewards for healthy living. You, too, can make your health resolutions come true with the following tips:

**Tip 1: Eat six meals a day—mostly plants—each meal 300 calories or less.** That way your belly will shrink and you'll bypass big diseases. Plus, you won't panic from low blood sugar. At a former job, I felt crippling panic. Why? Because for breakfast I'd eat a pear; for lunch, a granola bar. I'd gorge at dinnertime. So,

each afternoon, my starved body would start trembling—and spiral into panic. I may have stopped panic if I ate six daily plates of plants.

**Tip 2: Eat probiotics like those found in yogurt, sauerkraut, and kimchi.** I treat these healthy bacteria like family: my sauerkraut kids. I shower them with their favorite snacks (called *prebiotics*): bran and green bananas. My sauerkraut kids serve many roles, such as battling worms and bad bacteria in the belly. According to Scientific America, bellies—our second brains—make most of the immune system. So, multiply your kids.

**Tip 3: Weightlift and do cardio five days a week.** Buy a gym membership. Then, get Arnold Schwarzenegger's bodybuilding encyclopedia. Do his fitness routine, whether you're female or male. And start bouncing that booty: cycle, dance, kickbox—or run.

**Tip 4: Train Your Willpower.** Joel Harper helps boost your willpower to reap health and fitness in his book *Mind Your Body: 10 Core Concepts for an Optimally Balanced You*:

- Before we get to willpower, ask yourself, *Why get healthy and fit?* “I saw client after client reap benefits that fell far outside the health and fitness perks: happiness levels soared, relationships grew, and even financial and career paths flourished” (p. xvi).
- So, eat healthy foods, not Starbucks sugars and McDonald's fats: “Your brain sends out signals in the form of chemical messengers, based on the nutrients you consume. For example, if you eat sugar, your brain sends out insulin that tells your body to store fat and crave even more sugar” (p. xviii).

- Twist that torso to feel tantalizing: “When you move your body, it sends signals to your brain requesting more energy, and your brain responds by releasing feel-good endorphins and neurotransmitters” (p. xviii).
- And do positive self-talk: “When negative people begin to practice affirmations, they start to lose weight because they are no longer partaking in emotionally triggered eating ... suddenly they aren’t avoiding exercise ... and so on. And the benefits just continue to multiply: it becomes easier to sleep restfully, to be more productive at work, and even to attract romance” (p. xix).
- More reasons to do positive self-talk: “According to recent research . . . those who had the most internal motivation lost more than four times as much weight and exercised 85 percent more than those who were not self-motivated” (p. 7).
- Willpower is easy! The more doughnuts you decline, the stronger your willpower muscle: “Willpower is increased over time by exposure to stress, just like a muscle. For example, turning down the doughnuts at morning meetings may temporarily drain your self-control, but over time, exercising resistance strengthens your resolve, making it easier to turn down future temptations” (p. 9).
- When your willpower weakens, give it gas: “You can extend and replenish your willpower with a restful night of sleep, with a nap, by practicing meditation, by going for a walk, with breathing exercises, and with positive self-talk” (p. 9).

A mother of five I know of started a ketosis diet. She lost thirteen pounds the first month, but leveled off. I urged her to buy a family gym membership, toting her tots and teens to the gym. Besides, her kids could leapfrog from gym-going to school sports. Yes, studies, sports, and spirituality—the three s’s of a well-spent youth.

As for adults, we need the three *w*’s: work, weightlift—and willpower.



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

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

#### AthaU Facebook Group

AUSU council president Shawana demonstrates AUSU advocacy in action: the Faculty of Business student success centre will now keep inquiry tickets open long enough to accommodate student follow-up questions instead of closing them immediately after the initial question, which one student said drove him nuts.

Amal reaches out from Tunisia, seeking info on accommodations for her upcoming internship at AU, and Mikulčić seeks advice on getting ready for her first course in a long while and gets lots of response from the AthaU community.

Other posts include AUSU elections, student interviews, and courses PHIL 333 and WGST 310.



#### Twitter

@AthabascaU tweets: "In his inaugural lecture as Writer in Residence, @richardvancamp will share how he published 20 books in 20 years w/ 11 publishers. He'll share his insight into the creative writing process and how he can best serve writers who want to better their craft. <http://ow.ly/nPCB30hXkg8>."

@AthabascaUSU (AUSU) tweets: "Want free, next-business-day delivery on your prescriptions? Check out this great pharmacy savings plan, courtesy of AUSU and Alliance Pharmacy! <http://bit.ly/2DFRRfW>."



## No Need to Re-Invent the Wheel

Before Christmas I was scoping out the books at Costco. With their limited space they usually carry the hottest titles and always, always have a discounted price. I picked up a copy of Timothy Ferriss' newest titles: *Tools of Titans* and *Tribe of Mentors*. He is the bestselling author of the *4 Hour Work Week*. I recently found a copy of that one at Goodwill.

These two books are hefty. They're over-sized, yet lighter than you'd think looking at their dimensions. I dove into *Tribe* first and loved it, even though much of it had no clear application to my life. I'm not an elite athlete, tech genius, or savvy start-up investor. I'm not the co-founder of Pinterest, brand manager of Uber, MTV music producer, professor, thought leader, author, producer, CEO of NY Public Radio, coach, entrepreneur, or countless other categories of experts. Yet, I admired the depth and breadth of pros he interviewed. Much of the content has been captured on his blog and through his podcasts, neither of which I've explored yet.

Even eager readers may be intimidated by the size of the books. Non-readers might run in the other direction. What makes these books infinitely readable are the short chapters. Two or three pages per interviewee consisting of short bio, a pull quote, and the answers to a few probing questions. Bite-sized nuggets of gold.

(Paraphrased) questions like: 1) What is the book (or books) you've given most as a gift, and why? Or what one to three books have greatly influenced your life? 2) What message would you put on a giant billboard and why? 3) What's an unusual habit or absurd thing you love? 4) What do you do when you feel overwhelmed or unfocused? 5) What failure set you up for later success? 6) What bad recommendations do you hear in your profession or area of expertise? 7) What advice would you give a smart, driven college student about to enter the real world?

I'm willing to bet that our answers to those questions may explain in part, why they achieved mega-success and we haven't.

So what's to be gained by investing time and money in these or any other equally rich resources? Quite simply, there are commonalities to these success stories. Many of the same most gifted/most influential books appear over and over again. Many of them are in my library, some read, some not. Virtually all of the people say they meditate daily, often for as little as ten minutes. There are lessons for the taking implicit in the failure stories, the billboard messages, the bad advice bit. The question is, will we pick them up?

*Tools of Titans* has many non-profile chapters that explore topics in greater depth. Trust me there are many, many ideas in the both books that will never apply to my life but the ones I've already begun using have improved the quality of my life. It may be as simple as creating The Jar of Awesome (a jar full of slips of paper capturing something wonderful that happened) or the ten minutes of silent contemplation I do when I first wake up. Bottom line, no one needs to re-invent the wheel when books like this exist, from where I sit.

Hazel Anaka's first novel is *Lucky Dog*. Visit her [website](#) for more information or follow her on Twitter @anakawrites.







Dear  
Barb

Barbara Godin

## Bottled Concerns

*Dear Barb:*

*My husband and I have been married for seven years and we have two young children. Our married life has been pretty good. We have never broken up, but we have come close a few times because of my husband's drinking. Sometimes he'll drink too much and doesn't come home all night, or flirts with other women. He hasn't been unfaithful, but he did kiss and make out with other women. I've threatened to leave a few times, but he would promise it would never happen again and was really sorry. Then he'd be good for a few months, one time he didn't drink for six months. We got along great during this time, although he did seem edgy and sort tempered. Gradually he begins drinking again and within a short time he's bingeing again. Each time he stops drinking I fool myself into believing everything is fine and he won't start drinking again. I have talked to him about going for treatment or doing some reading on alcoholism, but he is adamant he is not an alcoholic, because he says if he was he wouldn't be able to stop drinking like he does. He says he enjoys a drink, but admits that he does get carried away at times. I don't know if I am overreacting. I love my husband and want us to stay together, but from what I've read I am concerned that he might become an alcoholic. Looking for any advice you can offer,*

*thanks Christine.*

Hi Christine:

Thanks for your letter. Alcoholism doesn't just start overnight; it is a long and gradual process. You are right to be concerned, as your husband has demonstrated some behaviour that would indicate he's a good candidate to possibly become alcoholic. I'm not saying that it will happen, but there are stages an individual goes through on their way to becoming an alcoholic. Initially a person may begin drinking as a teenager and experiment with binge drinking. As a person moves into their twenties and thirties this drinking should happen less often, and should not be occurring to the point of becoming physically ill or acting reckless or irresponsible. The reasons a person drinks may change as they begin to develop a problem. For example, if someone begins using alcohol to alleviate stress, or as a way of coping with sadness or loss, they may be developing a problem. When drinking progresses to the point where you think you need to drink to feel good, you probably have a problem. The worst case scenario is destroying your liver, heart and brain among other things. You need to discuss your feelings with your husband and possibly attend an Alanon meeting as a guest. Also talk to your family doctor about some counseling for both of you. A counselor may be able to identify whether your husband has a drinking problem. He would probably be more receptive to hearing this from a professional. I think you are on the right track to stay on top of this. Best of luck Christine.

Follow Barb on twitter @BarbGod

Email your questions to [voice@voicemagazine.org](mailto:voice@voicemagazine.org). Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.



Does Trump render The Chazz Man redundant? Heavens, no!



Trump is  
PAVING THE  
WAY for the  
Chazz Bravado  
presidency!



Trump has  
opened up  
the  
feminist  
debate to  
the  
SERIOUS  
questions!

Questions like,  
"Should a guy have  
the right to barge  
into an actress's  
dressing  
room unannounced  
if he runs the  
show?"



Or "Can  
groping really  
be so bad if it  
advances a  
woman's  
career?"



Or "Might having a period  
invalidate you as a person?"

We keep hearing rumors  
about Trump's imminent  
ousting, but don't worry,  
Chicky-poops—Chazz  
Bravado is ever-so-  
ready to step into the  
breach!



Don't miss  
my upcoming  
seminar  
"God Help  
Feminism."



All women from 18 to 31 are  
urged to attend.



**AUSU**  
ATHABASCA UNIVERSITY  
STUDENTS' UNION

This space is provided by AUSU. The Voice does not create this content. Contact [services@ausu.org](mailto:services@ausu.org) with any questions.

## IMPORTANT DATES

- **Jan 26:** [Call for Nominations Opens for AUSU Election](#)
- **Jan 31:** [Deadline to apply for course extension for Mar](#)
- **Feb 7:** [Deadline to submit Nomination for Election](#)
- **Feb 9:** [Deadline to register in a course starting Mar 1](#)
- **Feb 12:** [AUSU Election Candidates Announced](#)
- **Feb 13:** [AUSU Council Meeting](#)
- **Feb 15:** [March degree requirements deadline](#)

## Run for AUSU Council!

Do you want a great opportunity to get involved with your AU Students' Union, a chance to advocate and represent your fellow students, and gain some great experience?

### Nominations are now being accepted for AUSU's 2018 General Election!

There are 13 council seats available. You can run for council **no matter where you live** - AUSU work is primarily done remotely, and meetings are by teleconference.

### What do Councillors Do?

AUSU councillors guide and direct the organization through its mission, vision, and values. Councillors attend council & committee meetings by teleconference, develop strategic plans and an annual budget, and more. You can find out more about councillor responsibilities in [AUSU Policy 2.14 Councillor Responsibility & Honoraria](#).

### What do Executives Do?

Following the general election, the three AUSU executive positions will be internally elected from the new councillors-elect. The executive positions consist of the **President, VP External and Student Affairs, and VP Finance and Administration**, with competitive remuneration. You can find out more about the executive positions in [AUSU Policy 2.03 Responsibilities of Executive Officers](#) and [AUSU Policy 2.15 Executive Accountability and Compensation](#).

### Questions?

Email the Chief Returning officer, Jacqueline Keena, at [cro@ausu.org](mailto:cro@ausu.org).

Alternatively, join our election forum [here](#) and post your questions online!

## How to Nominate yourself?

1. Download the Nomination Package [Here](#).
2. Complete Nomination Form in full and email to the Chief Returning Officer at [cro@ausu.org](mailto:cro@ausu.org).
3. Deadline to Submit Nomination: **Feb 7** at midnight MT.

### Benefits of Being on AUSU Council:

- The opportunity to affect the post-secondary experience for students at AU.
- Governance training and experience, including how to read and revise policies, how to conduct meetings, how to develop goals and strategic plans, and more.
- Having a voice regarding AUSU services and advocacy for AU students.
- The opportunity to learn more about the management of your university, as well as post-secondary education on a provincial and national level.
- Work experience (especially for those who are elected to an executive position).
- Receive councillor honorarium for attending council and committee meetings. We value your time!
- Executives receive a significant honorarium and benefits package, as well as get the opportunity to travel numerous times per year on AUSU business.

Find out more on our website [here](#).



---

# CLASSIFIEDS

---

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

---

---

## THE VOICE

---

301 Energy Square - 10109 - 106 St NW - Edmonton AB - T5J 3L7  
Ph: 855.497.7003

<b>Publisher</b>	Athabasca University Students' Union
<b>Editor-In-Chief</b>	Jodi Campbell
<b>Managing Editor</b>	Karl Low

**Regular Columnists** Hazel Anaka, Barb Godin, Scott Jacobsen, Carla Knipe  
Barbara Lehtiniemi, Deanne Roney, Wanda Waterman, Xin Xu

---

[www.voicemagazine.org](http://www.voicemagazine.org)

---

*The Voice* is published almost every Friday in HTML and PDF format.

Contact *The Voice* at [voice@voicemagazine.org](mailto:voice@voicemagazine.org).

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2017 by *The Voice Magazine*

ISSN 2561-3634