



THE VOICE

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A Meeting of Women in Politics Equality or Superiority?

Informing Your Vote Building a Student Community Online

Survival in the Garret Frugal Grooming Tips

Plus:
30 Ways out of a Rut
FotW: This, Too, Shall be Passed
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

A Meeting of Women in Politics..... 4

Articles

Editorial: *Government Goings On*..... 3
Survival in the Garret: *Grooming Tips for Frugal Students*..... 6
Informing Your Vote: *Building a Student Community Online* 9
A New Type of Social Media 15
30 Ways to Pull Yourself out of a Rut..... 22

Columns

Women of Interest: *Stanley Ann Dunham*..... 10
Fly on the Wall: *This, Too, Shall be Passed*..... 11
Course Exam: *MATH 209* 14
The Fit Student: *Hey, Olive Oil Head!*..... 18
Council Connection: *February 13, 2018 Meeting* 19
The Not-So-Starving Student: *Toronto Food Tour* 20
Dear Barb: *Disabling Sensitivity* 24

News and Events

AU-Thentic Events 5
Student Sizzle 8
Canadian Education News 16
Scholarship of the Week..... 23
AUSU Update 25

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LETTERS TO THE EDITOR



We love to hear from you!
**Send your questions and comments to 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 Government Goings On

Karl Low



Recently in Alberta, a number of colleges have been granted university and degree granting status. I don't really have any problem with this, but I do get annoyed when part of the reasoning why these colleges state they need to be able to grant degrees is because the people in the area have said they want to be able to get a degree closer to home.

This makes no sense unless there is something closer to home than at your kitchen table (or where-ever you have your computer) which is already available through AU.

These communities don't need new universities, they simply need to know all the options that are available to them already. It makes even less sense when even an NDP government is telling post-secondary institutions to find ways to cut costs, especially when you consider that AU is a cheaper way for the government to get education to Alberta citizens.

Even ignoring how AU receives less funding for operating per student (because much of that is based on out of province students) we're a more affordable option for government

because we need less capital infrastructure. We don't need to build extra space to accommodate extra students. We don't need to build a university residence (which has no educational purpose in and of itself) to support someone gaining their post-secondary.

But instead, places like Grand Prairie and Red Deer College are becoming degree granting institutions, with Grand Prairie specifically looking toward developing a nursing program of its own. This means that all the overhead involved with creating, maintaining, and running a nursing program will be duplicated once again at another institution, and provide nothing that couldn't already be provided at several universities in Alberta, or even in your own home.

At the federal level, the government of Canada released it's proposed budget for 2018/2019. It's drawn praise from the usual suspects, outrage from the other set of usual suspects, and a shrug from most of Canada. What's interesting in this one, however, is the attention that's being given to gender. Some call this divisive. I don't. Acknowledging and acting to redress divisions that are already present I don't feel is a divisive thing, although some people are made uncomfortable by the acknowledgement part.

Notable for us in post-secondary is that the budget has made significant additions to research, as well as some directed funding toward indigenous learning and women's safety on campus. On the down side, no adjustments were made to the student loans system or to improve the general accessibility of post-secondary education. So it's a mixed bag on that front.

However, the gender focus of this budget seems to be a particularly hot-button issue for many people, which fits right in with our feature article this week, about an AU student attending a women in politics event and what she took from it. It may be a bit controversial, but getting discussion going among students is part and parcel of The Voice Magazine, especially during AUSU's current election. And if you still haven't voted and are wondering where to find out more information, be sure to take a look at our "Informing your Vote", and then act on it. Otherwise, enjoy the read!

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

A Meeting of Women in Politics

Jaclyn van Beek



I went to a “Women in Politics” event so you don’t have to

Since I started taking courses at Athabasca University, I find myself at the public library a lot. Studying at home with my two young sons has proven to be less than productive, as frequent interruptions to dole out fruit snacks or change diapers do tend to split one’s focus. And so, when I have a deadline approaching, I leave the boys at home with their father and escape to a quiet study room where I can read about history and politics without being asked to read *I Wish That I Had Duck Feet* (by Dr. Seuss) instead. Not that I have anything against *Duck Feet*; it’s an amusing

little tale that illustrates the value of your individuality, but the gags do fall a little flat for me after reading it for the eight hundredth time. Although apparently not for my eldest, who still requests it every night without fail.

I digress.

On one such night last September, after putting in a few hours of study, I was on my way out of the building when I noticed a poster on a nearby bulletin board advertising an event titled “Women in Politics”. As a woman in the study of politics, I was intrigued. The guest speakers, naturally both women, had been prominent Canadian parliamentarians and the subject closely related to the essay I was currently writing (about whether mandatory gender quotas for elected legislatures were desirable). I saw the analysis of the role of women in politics as a scientific endeavor. I had unanswered questions that I was exploring in my research. Were there good reasons why women were underrepresented in Parliament? Is it necessarily beneficial for society that women be proportionally represented? Why are women less likely to run for public office? Is the inequity the result of sexism and discrimination, or is there something else going on? Eager to hear the speakers’ perspectives, I signed up to hear the speeches and participate in a networking event with approximately sixty other attendees.

A part of me is embarrassed to admit that I didn’t anticipate how many feminist ideologues I was about to encounter. Really, I should have known better. It seems inevitable that any time we attempt to analyze why inequalities between men and women exist, there will be a contingent of ideologically-possessed, shrieking harpies who claim victimhood status and demand capitulation to ineffective and unjust policies designed to “remedy” decades of systemic discrimination. Equally possessed are those men who readily accept this narrative and go through life with their faces downcast, apologizing for being born with that dreadful Y chromosome, as if maleness is itself a sin. Far be it from them to acknowledge that men and women are biologically and psychologically different in fundamental ways. Such a statement is seen by them as heresy, and those who promulgate it must be cast out (I’m looking at you, Google, RE: James Damore’s memo).

Alas, feminists were a-plenty. At one point during the networking event, I was amongst a group of attendees that were talking to my city's lone female councilor. The councilor was laughing about the passivity of her male colleagues, whom she claimed simply allowed her to propose and pass "feminist" legislation at will and without contest. She seemed to be blissfully unaware that her colleagues' indifference could communicate either that the men simply couldn't find it in themselves to care about the issues that disproportionately affect women, or that they were self-censoring and they didn't feel comfortable debating her proposals for some reason. Instead of asking the councilor about these worrying potentialities, another attendee, a young, dark-haired woman in a green dress, cheeks flushed with righteous vindication, opened her mouth and crafted the question: *"What do you think is the most feminist policy you could propose that the boys would let you get away with?"* I didn't interject; the question was posed to the councilor, after all, but if I had had the opportunity to speak, I would have asked her what she believes constitutes "feminist policy". This was a realization I had stumbled upon during my research for my essay: when people talk about policy that is "good for women", they are generally talking about left-leaning feminist demands (publicly-funded abortion on demand, insurance coverage for contraception, stronger welfare policies surrounding childcare or maternity leave, and policies designed to mandate equal pay for men and women, amongst others). I challenge you to find a conservative woman who is in favour of these kinds of policies. Does that mean conservative women are anti-women, or it is possible that women, as a group, are not so homogenous that the feminist cabal can accurately claim to speak for the rest of us?

The speaking engagement (which took place after the networking event) began with the organizers of the event recognizing that we were meeting on Native American land. I'm not sure how this relates to the role of women in politics, but apparently it was of vital importance as they mentioned it no less than three times. The speakers were then asked, again and again, and in a variety of different ways, just how they managed to defeat the patriarchy. How did they overcome the institutional sexism that stood in the way of their becoming prominent lawmakers? None of my burning questions were asked, or answered. It seemed to be a foregone conclusion that the disparity between men and women in public office was the result of systemic sexism and

Business Undergraduate Info Session

Mon, March 5, 12:00 to 1:00 pm MST
Online

Hosted by AU Faculty of Business
business.athabasca.ca/event-details/business-undergraduate-information-session-2/

Register online at above link

AU Open House & Info Session

Wed, March 7, 10:00 to 11:00 am MST
Online

Hosted by Athabasca University
www.athabasca.ca/discover/open-house/
Register online at above link

second session: Wed, March 7, 5:00 to 6:00 pm MST

Navigating the Academic Appeals Process

Facebook Live Event

Wed, March 7, 11:30 am to 12:30 pm MST
Online

Hosted by AUSU
www.ausu.org/event/facebook-live-event-6/

no pre-registration required

Wikipedia and Academic Research

Wed, March 7, 12:00 to 1:00 pm MST
Online

Hosted by AU Library
library.athabasca.ca/orientations.html
No pre-registration required

Athabasca University MBA Info Session - Toronto

Wed, March 7, 12:00 to 1:30 pm EST
Double Tree by Hilton, 108 Chestnut St,
Toronto ON

In person

Hosted by AU Faculty of Business
business.athabasca.ca/event-details/athabasca-university-mba-information-session-2/

Register online at above link

AUSU Special Council Meeting - Election Results

Thurs, March 8, 5:30 to 6:00 pm MST
Online

Hosted by AUSU
<https://www.ausu.org/event/special-council-meeting-2/>

No pre-registration required

male dominance. To their credit, the speakers were more reasonable than the administrators. Although both women recognized individual instances of sexism from former superiors or colleagues, they both asserted that they did not feel that their sex presented a significant obstacle in the advancement of their careers, which one might argue is evidenced by the fact that one of them, the Rt. Honourable Kim Campbell, once held the highest political office in the country.

I lament that, so often, the complex truth is sacrificed for trite oversimplifications. Even a cursory glance at the literature surrounding the inherent differences between men and women should dispel the notion that we can reduce this problem to one, low-resolution solution in sexism. Complex questions demand sophisticated and nuanced answers. It's easier to regurgitate platitudes, to be sure, but it also contributes to lazy, uninformed groupthink and tribalism. Going to my library's "Women in Politics" event reaffirmed my belief that my value lay in my qualities as an individual, not in my collective identity as a woman. I went home that night and as I was putting my son to bed, it occurred to me: some of the people I met that night could afford to read *I Wish That I Had Duck Feet* a few more times.

Christian, conservative, Canadian – in that order. Follow me on Twitter @jaclynvanbeek.



Survival in the Garret 13 Grooming Tips for Frugal Students

Wanda Waterman



Once again, the bohemian community extends a helping hand to students struggling to survive on a shoestring. And really, who can better provide you with sound money management advice than those chronically low on funds? And who better to teach you about grooming than vain artists, always striving to appear interesting and appealing, developing their personal "brands" on next to no money? Here's today's advice:

1. We've said it before, but it bears repeating—just let your hair grow. You'll save a heap on salons and barbers, and you'll need never waste another minute worrying about how you're going to fit your next haircut into a crammed schedule. And whenever you need a neat, professional look, you can just put it in a bun or a ponytail.

2. If long hair just isn't your look, search for one of those small, cramped, dirty shops where the proprietor does everything from answering the phone to cutting hair and

sweeping up afterwards. The price will always be lower. Explain clearly what you want. If they get it right the first time, that's your man. Or gal.

Even better, get a "haircut buddy" and give each other regular free haircuts.

3. Want your hair to look shiny and full? Deep condition with an egg yolk, two tablespoons of olive oil, and two tablespoons of honey. Mix well and spread lightly through your hair,

leaving it for at least an hour (one batch is good for three or four shampoos). Wash it out with shampoo or with dishwashing liquid diluted with lemon juice.

4. For smooth, clean skin ignore the fancy schmancy personal cleaning products. Pick up the cheapest soaps and a pair of exfoliating gloves (just be careful where you use them). For some reason liquid hand soap is substantially cheaper than liquid shower gel, but soap is soap, so if you're a liquid soap person, buy hand soap in bulk.
5. Make sure you pick the right deodorant, because "all the perfumes of Arabia will not sweeten" the offensive quality of a deadbeat deodorant. If they don't give you a rash, crystal deodorants—really just blocks of mineral salts—are highly effective. An expensive investment at first, but they last so long they end up practically paying for themselves.
6. If you have any togs that need ironing, fold them carefully and weight them down under heavy items like suitcases filled with old encyclopedia volumes.



7. The cosmetic industry makes millions selling us on creams and lotions that are supposed to keep us young. Don't be one of those suckers born every minute. The only cream that prevents aging is sunscreen, and the only sunscreens that work properly are those that contain either zinc oxide, titanium oxide, or both. Get in the habit of wearing sunscreen on your face every day, even in winter, and keep that smooth complexion into your sixties and even beyond.

8. Shaving? The beauty business also manages to make a lot of money from exfoliating products, but where did the idea for exfoliating originate? Someone noticing how baby's-butt smooth a man's face feels after a razor shave. So, gents, if you do decide to let go of that cute little hedgehog growing on your chin, don't invest in an electric shaver. Use razors, and your skin will thank you.

Ladies can also benefit from an old-fashioned exfoliating every so often. Just lather your face up well and shave the lather off. (But don't get caught or people might start saying you're secretly a troll.) And don't forget to moisturise.

9. As for moisturiser, petroleum jelly works wonders for very little cost, but if you don't like the idea of smearing a petroleum product on your face, fork out a little extra for shea butter. You don't need much.
10. If you use scent, use it on clothing items that don't get washed as often as you wash yourself.





11. A well made-up face can make plain clothes look posh. If you visit the cosmetics counter remember that if you purchase the more expensive items you're just paying for fancy packaging and upscale marketing. Get to know the less expensive brands. Also, a wonderful business in New York, e.l.f., is dedicated to selling good makeup online at rock-bottom prices.

12. Don't waste a thing. Remember that toothpaste need not be applied to the brush in an amount any larger than a pea.

13. Ignore the shampoo-makers mandate to wash twice. One lather is enough. Just rinse well afterwards.

14. For those paying for their own electricity, showering with cold water all summer will cut down on your bills. May also help frisky types control their wayward urges.



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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Kimberly discovers she has enrolled in and paid for a course she doesn't need and seeks an escape plan. Alisha's curious how long it usually takes for final grades to be posted. Group admin JoAnne reminds users of the group's unofficial status and that their first stop for official AU info is directly from AU or its website.

Other posts include APA citations, voting for AUSU council, and exam necessities.

Twitter

@AthabascaU tweets: "#AthabascaU is #NowHiring in several exciting areas. We encourage you to apply for positions focusing on Individualized Study #tutoring, Information Centre attendant, and specializing in #StudentSupport and Advising: <http://ow.ly/Y3Iz30iytqP> #yegjobs #yycjobs #abjobs."

@AthabascaUSU (AUSU) tweets: "Need some legal advice? You can get a free 30 minute legal consult and 25% off legal services through the Student Lifeline, as well as access dozens of legal resources online! <http://bit.ly/2hArxaf>."



Informing Your Vote

Building a Student Community Online

Barbara Lehtiniemi



Have you voted in AUSU's council election yet? Polls opened on Wednesday and you've got until Tuesday to vote.

Before you vote, spend some time getting to know the candidates. There are 15 candidates vying for 13 council seats. The successful 13 in this election are the folks who will be representing AU undergrad students' interests for the next two years. A strong, committed group around the council table is preferable to a fractious, ineffectual one—your choice matters.

Although the candidate debates have already taken place (and you can still listen to [the debate recordings](#)) other opportunities to assess the candidates running for election remain.

Candidate blogs. Each candidate supplied AUSU with a brief introduction. You can access the intros individually from the [Elections](#) page, or altogether on the [Election Blog](#) page. Each intro states the candidate's locale, and what that candidate thought most important to say about themselves to voters. Several candidates included campaign posters or videos, which are linked from their blog page.

Election forum. AUSU created special [Election Forums](#) to provide students the opportunity to

interact directly with candidates. On the forums, you can direct questions to all or specific candidates, or simply view the discussions started by other students. There are two sub forums, one for [candidate biographies](#), and the other for [questions for candidates](#). You don't need to be logged in to view the forums, but you do need to login to post questions or participate in discussion threads.

The Voice Magazine. Not only did *The Voice* publish a [Q&A piece on the current candidates](#) in the Feb 23 issue, but some of the candidates have appeared in *The Voice* previously. Sarah Blayney Lew and Joshua Ryan both ran in the 2016 council by-election; you can read what they said about themselves then in *The Voice's* September 30, 2016 candidate Q&A piece, [Policies & Personalities—The Voice Magazine Probes AUSU By-Election Candidates](#). (Amanda Lipinski and Mark Teeninga also ran in the 2016 by-election, but didn't participate in the Q&A.)

Several candidates running in this election have been featured in *The Voice's* student interview series, Minds We Meet. You can read the November 20, 2015 [interview with Brandon Simmons](#), the October 21, 2016 [interview with Joshua Ryan](#), the September 22, 2017 [interview with Brittany Daigle](#), and the October 6, 2017 [interview with Lionel Pinkhard](#).

You only have a few more days to assess the candidates and enter your vote for those you want to represent you. Polls close Tuesday, March 6. Your link to vote is in the e-mail AUSU sent February 28 to all undergrad students.

For more information on the AUSU election, visit www.ausu.org/governance/elections.

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



Women of Interest

Barb Godin



Stanley Ann Dunham was born on November 29, 1942, in Wichita, Kansas, and died November 7, 1995, in Honolulu, Hawaii. Dunham was a highly educated woman, who received a BA, MA, and PhD. She was an anthropologist, whose main interest was in women's roles in the cottage industries in Indonesia as well as blacksmithing in the small island of Java, Indonesia. Ann Dunham created microcredit programs in Indonesia while working for the United States Agency for International Development. Microcredit programs are loans extended to impoverished entrepreneurs who do not have collateral and are not employed. The goal is to eliminate poverty in poor countries. In 2009 up to 74 million people held microloans, and their repayment rate was 95%. Following the election of her son, Barack Obama as the 44th President of the United States, there was an increased interest in Dunham's research and, in 2009, a book based on Dunham's 1992 dissertation

was published: "Surviving against the Odds: Village Industry in Indonesia."

Stanley Ann Dunham was named by her unconventional mother, who was no stranger to drama. Dunham later dropped the Stanley and reverted to simply Ann Dunham or S. Ann Dunham. The Dunham family moved to Honolulu and, at 17 years of age, Ann entered the University of Hawaii at Manoa. Within a short time, she became pregnant. The father of her child, Barak Obama Sr., was black and from another culture yet they married soon after learning of the pregnancy. Barack was born in 1961. The couple divorced in 1964, and in 1965 she married Lolo Soetoro, a surveyor who was studying geography at the University of Hawaii. In 1970 they welcomed the birth of a daughter, Maya Soetoro-Ng. Following Soetoro's graduation from the University of Hawaii, the family moved to Indonesia. In 1971 Dunham chose to send her son back to Hawaii to live with his grandparents to attend grade 5 at the Punahou School. Soon after, Dunham and her daughter moved back to Hawaii and Ann began graduate studies in anthropology. When she completed her studies, Dunham and her daughter returned to Indonesia, but Barack chose to finish high school in Hawaii and remain with his grandparents. In 1980 Ann and her second husband divorced.

Ann Dunham went on to have a varied and successful career in rural development in Indonesia. A few of her accomplishments include teaching English, as well as teaching a course for staff members at the University of Indonesia, in Jakarta. She was a consultant for the International Labour Organization in Jakarta and a consultant in Central Java on the Indonesian Ministry of Industry's Provincial Development program. From 1981 to 1984 Ann Dunham worked for the Ford Foundations Southeast Asia regional office in Jakarta, as a program officer for women and employment. In 1992 Dunham received her PhD in anthropology from the University of Hawaii.

Ann Dunham died of uterine cancer on November 22, 1995. She was remembered in a 2007 campaign speech where Obama talked of his mother's struggle to pay expensive medical bills during her cancer treatment and the need for a better health care system in America.

Find more at:

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

<http://www.unitecllc.com/epub/a-singular-woman-the-untold-story-of-barack-obamas-mother>

Barbara Godin is a graduate of AU and writes the "Dear Barb" column. She lives in London, Ontario with her husband and two dogs. She can be reached on twitter @BarbGod



The Fly on the Wall This, Too, Shall be Passed

Jason Sullivan



Mired in coursework on a bleak February day I recall a common refrain from classrooms of my childhood. A student would plaintively announce, “I’m stuck!”

Often it was during math class and usually the problem seemed utterly insoluble. As adult students these same struggles and doldrums can occur; in mid-winter it’s easy for even the most dedicated of us to wrestle to keep our focus. Course work can seem like a monotonous cycle with precious little progress—akin to water endlessly circling a drain yet never quite veering over

the precipice. Perhaps, instead of asking “are we there yet?” we need to think of learning itself as a perpetual circling process: where the object of our study eludes us just enough to wick us onward. And, to maintain some semblance of unity between ourselves and the objects of our study, it might be helpful to see ourselves as relating with our material in a condition of partnership rather than as adversaries.

To this end, the 18th Century philosopher, George Berkeley, believed that the external material world did not exist externally to us at all. On the contrary, his *immaterialism* stated that because our senses can deceive us, and owing to the fact that our minds are what make sense of all that we see, touch, and hear, our perceptions are the only truth in the universe of which we can be certain (Acton, 298). This counter-intuitive approach may allow us to reconsider our struggles with coursework; perhaps we need to change our perceptions of that difficult essay or set of equations and realize that it’s not the work that’s hard, it’s how our minds are thinking about it. Small consolation in dark times, but bear with me!

Berkeley stated that, for practical purposes, an external world of objective reality requires some conscious and subjective self being around to perceive it. When that being is us labouring at our desks, knowledge of this fact can be empowering. We’re the masters of our destiny, and study schedules and weekly goals are our domain to conquer. So when the slogging seems insoluble it’s worth considering whether we’ve allowed our task to take on impossible dimensions: ones which we can reign in because it was us that imagined their enormity in the first place.

But other than for purposes of levity is it really worth asking if our struggles are all in our head? “What think you of distrusting the Senses, of denying the real Existence of sensible Things, or pretending to know nothing of them?” Berkeley has Hylas say in his ‘Three Dialogues’ (Berkeley, online). We know that we’re bogged down with school and the weather outside is gloomy so why doubt these facts?

Yet, as Berkeley’s depiction of Philonous replies: “In reading a book, what I immediately perceive are the letters, but mediately, or by means of these, are suggested to my mind the notions of God, Virtue, Truth, etc. Now, that the letters are truly sensible things, or perceived by sense, there is no doubt: But I would know whether you take the things suggested by them to be so too”

(Berkeley, online). Even the driest list of facts and figures is mediated by the meanings imparted to them by their disciplinary context; numbers, the bane of many a math-phobic's existence, matter in terms of their application as statistics for business of science or, in the case of the classroom, for *learning how to learn* to apply them.

Mathematics appear objective and their answers susceptible to a true/false binary yet even their stark numeric significations are mediated by the context which gives them their real meaning. The fact that the answers to equations are found in the back of the textbook are testament to this: it's not about the numbers at all but the process of applying them in the rational manner prescribed by mathematics itself. "There are no units and no numbers in nature apart from the devices that men have invented to count and measure" H.B. Acton wrote about Berkeley's philosophy. Or, put another way, objects succumb to the ideology of arithmetic which presses numbers into service to solve their problems. In this sense struggles with math are sometimes ameliorated by using real-world problems to explain them: placed into sentences and explained as societal solutions numbers lose their rigidity and obscurantism. Our interpretations of them as abstract and intimidating may be reduced when we see them reduced to their actual and lowly status as mere tools.

Berkeley's Philonous continues: "This point then is agreed between us, That Sensible Things are those only which are immediately perceived by Sense...It seems therefore, that if you take away all sensible Qualities, there remains nothing sensible" (Berkeley, online). So, numbers may be scary, but in the end they are imaginary, mere wraiths that haunt us until we cease to believe in their powers. Putting things in perspective might be the way out of our academic doldrums. Difficult aspects of our coursework are part of our greater journey towards career and life fulfilment and are, so to speak, only so many potholes in a winter road. Set in their larger context our struggles become momentary and lose some of their weight. We are the creative human students and the course material is rarely beyond us. One day we may even look back with diffidence and humour on our past tribulations. Berkeley consistently "denied the very possibility of inert, mindless, material substance" and so may we deny that our course material (let alone the weather!) can have power over our meaning-making abilities (Acton, 296). Mind over matter becomes tangible when we remember that we are capable of feats far beyond moments of pessimism.

Furthering the cause of thinking our way to success, Berkeley explained that much of what we take to be external is instead our own internal extrapolation from life conditions. For instance, distance is suggested rather than sensed (depth perception requires two eyes and a mind to piece together the images)—we see trees or buildings and conclude from experience how far away they are. "Just as one does not hear a man's thoughts, which are suggested by the sounds he makes, so one does not directly see distance, which is suggested by what is seen" (Berkeley, 297). We see distance relative to our expectations as well as by what our eyes see. What seems like an overwhelming wordcount requirement for an essay invariably diminishes as the fingers type; what in high-school English seemed a massive paper becomes a mere passing flourish in University. The only certainty is that choosing to do nothing guarantees that nothing will be done; nothing is impossible, despite how time may fly by as we mindlessly scroll social media when we ought to be studying.

Much depends on how we think about things, then, and this realization can provide relief from a deterministic worldview wherein a realm like geometry appears as an impenetrable morass of angles and lines. In fact, the smallest or largest task is relative to how we think about it. This is where common suggestions to write lists of gratitude and un-gratitude can help give us perspective. With distance courses most of us are grateful that we can set our own schedule and

study in our pyjamas, while, at the same time, we may not be so grateful for the lack of peer interaction and having to ward off the distractions of home life. Imagining best and worst scenarios also may help; for most of us the worst-case outcome in a course is having to order that dreaded two-month extension.

Berkeley, ever keen to show that experience is relative to our mental condition rather than external reality, asks us to consider how we can ever know the true size of something. Hopefully, putting study challenges in perspective takes only a flea-sized speck of imagination.

Berkeley has Philonous and Hylas state:

“Phil. A Mite therefore must be supposed to see his own Foot, and Things equal or even less than it, as Bodies of some considerable Dimension; though at the same time they appear to you scarce discernible, or at best as so many visible Points.

Hyl. I cannot deny it.

Phil. And to Creatures less than the Mite they will seem yet larger.

Hyl. They will.

Phil. Insomuch that what you can hardly discern, will to another extremely minute Animal appear as some huge Mountain.

Hyl. All this I grant.

Phil. Can one and the same thing be at the same time in itself of different Dimensions?

Hyl. That were absurd to imagine.

Phil. But from what you have laid down it follows, that both the Extension by you perceived, and that perceived by the Mite itself, as likewise all those perceived by lesser Animals, are each of them the true Extension of the Mite's Foot, that is to say, by your own Principles you are led into an Absurdity.

Hyl. There seems to be some Difficulty in the Point.”

Some difficulty indeed! It turns out that in every moment of our education there have been obstacles that seemed gargantuan and yet we managed to overcome them and soldier on. Like ants marching two by two we can vanquish all obstacles! Schooling being a classic realm of ideas and concepts we can truly walk through walls and this is where Berkeley's *immaterialist* philosophy applies: our potential is relatively unlimited so long as we don't allow setbacks to diminish our self esteem and make us feel small. In this sense we're not so different from elementary school students struggling with long division; it remains only for us to remember that some how we did in fact pass the Fifth Grade and conclude that *this too*, be it a gnarly essay or daunting statistics exam, *we shall pass*.

References

Acton, H.B. (1967). 'Berkeley, George'. In 'The Encyclopedia of Philosophy' Paul Edwards, ed. Macmillan Publishing and the Free Press. London and New York.

Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.





Brittany Daigle

Course Exam

AU courses, up close

Course Exam

Brittany Daigle

Math 209—Finite Mathematics

MATH 209 (Finite Mathematics) is a three-credit introductory math course that starts out by teaching students the fundamentals of algebra before proceeding to more advanced elements of algebra. This course has no prerequisites, though prior to enrollment students should have a high level of understanding of high-school-level algebra. This course is intended for students who are going to be enrolling in MATH 309 (Discrete Mathematics).

Finite Mathematics is comprised of eight units, one assignment weighing seven percent, one assignment weighing eight percent, two assignments weighing ten percent, one midterm exam weighing thirty-five percent, and one final exam weighing thirty percent. The eight units within this course cover topics, such as basic linear equations and graphs ($y = mx + b$), functions ($f(x)$), graphing functions, finance related mathematics (which teaches you compound interest, sinking funds, amortization, and the reason why your student loan takes a ridiculous amount of time to pay off), linear inequalities ($y < x + 2$), linear programming, matrices, games, and Markov Chains (the probability of an event depends on the previous event). If math is not your strong suit, the textbook that is supplied with the course has tons of great practice questions for each unit that really helps you to understand the concepts.

This course is essentially split up into two sections. The first section is the two lower weighted assignments and the midterm; the second section is the two higher weighted assignments and the final exam. The midterm is only on the content that is discussed within the first two assignments and the final exam is only on the content that is discussed in the last two assignments. Each assignment has roughly ten questions, which are very similar to the example questions in the textbook. I completed my assignments by hand, scanned them, and submitted them in PDF format. Also, both the midterm and final exam allow students to bring a calculator and a double sided 8 ½ x 11-inch paper cheat sheet!

Dr. Maria Torres de Squire, the coordinator for MATH 209, has been with Athabasca University since 2000 and a coordinator for MATH 209 since 2005. Originally from Mexico, she obtained her Bachelor of Science in Mathematics degree from the National Autonomous University of Mexico before emigrating to Canada to further her studies. She then obtained her PhD from McMaster University. After a fifteen-year teaching career at the University of Regina, she became interested in distance education and obtained a Master of Education from Athabasca University. She is also the coordinator for MATH 266 (Introduction to Calculus II), MATH 309 (Discrete Mathematics), MATH 260 (Calculus for Economics and Social Sciences), and MATH 365 (Multivariable Calculus).

Dr. Torres de Squire states, “MATH 209 is a course for the mathematically curious. We try to include topics with interesting practical applications to illustrate the powerful tool we have when mastering particular subjects, such as mathematics of finance and Markov Chains. We hope to give students an understanding of why we study mathematics. We would be lost without the students. After taking the course we also hope to convince the students that with some practice and patience it is possible to become a problem solver.”

When asked what advice she would give to students currently enrolled or about to enroll into MATH 209, she states “Make a realistic study plan, follow it, and never give up. Reach to us in case of trouble. We are here to help students to learn and share our passion.”

Also, when asked what students she would recommend MATH 209 to, she states “Students who want to learn accessible mathematics, those who like the challenge of learning new things and apply those concepts to solve problems.”

Overall, I found MATH 209 to be challenging, yet rewarding. At the time, math was not a subject that I was particularly good at or fond of, so just passing was my number one priority. It was surprising when I ended up with grades much higher than a pass and I ended up liking the structure of this course over most of my other courses. MATH 209 honestly started my appreciation for math courses. I found that the first half of this course was much easier than the second half, as I found that the first half of the course was high-school review, whereas the second half with the matrices was much harder to grasp. Though if I were to take this course now, I believe I would have done much better. The midterm of this course was the first university level math exam that I had ever completed so a mixture of nerves, unpreparedness, and lack of knowing what to expect hindered me. This course is a core course requirement of my degree so I was forced to take it, though despite that, I would recommend this course to everyone. At this point in my degree, I look forward to taking math courses, which is something I never thought I would ever say. Challenge yourself, the journey may surprise you!

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



A New Type of Social Media

Deanna Roney



There is a new social media app that is out and threatening to take over. Vero boasts that it is Facebook, Instagram, and Twitter all in one. I heard about this app through a couple creator pages that I follow on Instagram, their reasoning for making the switch was that Instagram algorithms are making it impossible for these types of accounts to maintain their reach or gain new followers. My interest was piqued when I read this reasoning and I decided to investigate it. Unfortunately, it seems many other people did too, because soon after downloading the app, creating an

account, and requesting to follow a couple of these creators, the app crashed.

Before it crashed, I poked around the new app; I found it interesting that you can easily manage your list of who you are following and designate posts for specific groups: close friends, friends, acquaintances, or followers. I like the idea that I can personalize who is seeing what in a simple way. Because, while true you can change privacy settings on Facebook and manage who is seeing

what, this always felt too cumbersome to me, and, honestly, by the time it became a bit easier to manage I had already virtually removed myself from Facebook, maintaining a profile for business advertising reasons and to, very rarely, scroll through the feed.

Social media is a great way to find your tribe, to gather inspiration, learn about events, and attend virtual events. But the apps that are widely used now are not without their flaws. Instagram became my most used as a quick and easy way to share personal pictures with family, recommend books, or catch up on what is happening in their lives. However, the recent change in the feed means that I am now seeing posts from last week rather than current ones, and I am missing out on a lot of posts because of the new algorithm that has been introduced. Twitter was useful in connecting with the publishing world but in the last few months, it has become volatile—twitter in general, not the publishing world. It has become a nightmare to try to post anything, even an article or a book, because someone won't agree with it and you will become bombarded with reasons why you are wrong.

In these ways, social media can be draining. I have been looking for a way to still be able to make that connection, to have a sense of community within a group that is far reaching while being able to stay on top of publishing trends and which publishers are looking for what type of materials. I am not sure if Vero is going to be the answer, but so far it has made it easy to share books I have read while managing who can see what. It looks promising, but only time will tell and I imagine, it, like all the others, in time will succumb to the same algorithm issues. Now, if only it would reboot and I could explore a little further.

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



Canadian Education News

Scott Jacobsen



Canadian Edmonton Public School Board Calls for Phasing out Private School Funding

CBC News described the work by the Edmonton public school board to phase out the funding for private schools, which is bringing to the fore an older debate around private education in the province of Alberta.

Edmonton public school trustees voted for the province to phase out private school funding to invest that savings into public education. Education Minister David Eggen received a letter from the board with a request for action on the

issue.

John Jagersma, executive director of the Association of Independent Schools and Colleges of Alberta, notes that 80% of those kids enrolled in private schools come from families that earn less than the average Alberta family. “The mandates are very broad, they are set by the individual school board ... anywhere from culture focused, faith based, Montessori, or Waldorf.”

New Memorandum of Understanding for Crime Watch and RCMP

The *Rimby Review* reported on the memorandum of understanding for the rural crime watch members and the RCMP. Staff Sgt. Mark Grooves of the Rocky Mountain House RCMP described the memorandum as providing more structure and guidelines for the rural crime watchers and the RCMP.

Those crime watchers who watch their neighbour's property and report to the RCMP tend to have the highest success in the reduction of crime, Grooves noted. RCMP Deputy Commissioner Todd Shean and President of the Alberta Provincial Rural Crime Watch Association Trevor Tychowsky signed the agreement on February 15 at the K Division headquarters in Edmonton.

Shean said, "The efforts of Rural Crime Watch volunteers to promote crime prevention in their communities and encourage the reporting of suspicious activities helps Alberta RCMP gather relevant and actionable intelligence – a key component of our intelligence-led Crime Reduction Strategy." said

"We understand that in order for the RCMP to police our communities effectively, we need to take an active role in educating our neighbours and watching each other's backs," said Tychowsky.

Finish Your Education and Make More Money Over Time

The *University of Calgary* reported on the steady growth in salaries with the steady growth in post-secondary education. According to the reportage, the Ministry of Alberta Advanced Education looked for a potential link between federal tax information and the university credentials to see an impact on graduate earnings.

It turns out there is an association between the two. The Ministry of Advanced Education's report stated that the graduates who earned higher-level credentials had higher median income: "median income associated with their level of education increased as well and continued to rise over the next decade of their careers."

The Provost and Vice-President Academic of the University of Calgary Dru Marshall said, "Lifelong learning is important for career growth, and helps keep graduates competitive in the job market... Employers recognize that university graduates demonstrate content expertise, critical thinking and collaborative skills, and are future leaders."

Electronics in Education to be Discussed at Canada Alberta Teacher's Convention

Red Deer Advocate reported on the Central Alberta Teachers' Convention on February 22nd and 23rd in Red Deer, Alberta at Red Deer College. Among the topics to be discussed there will be standardized testing, student diversity, and hand-held electronics.

Approximately 2,200 teachers came from five school divisions from across Central Alberta. Dr. Michael Rich of Harvard Medical School was one of the key note speakers. He talked about how electronics are "digital babysitters" in place of parents.

The president of the Central Alberta Teachers' Convention, David Martin, said, "Instead of parents spending time or reading to their kids, they are being replaced by iPads." Martin continued on that classes keep on getting bigger and the students get differential educational quality, and even one in 9 Alberta students live in poverty.

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



The Fit Student Hey, Olive Oil Head!

Marie Well



Have you been slapped with chapped lips, zits, wrinkles, or dandruff? I've had it all, but found cures—*natural* cures.

The cure for chapped lips? I used to buy \$50 monthly lip balm, which never worked. But then, I started eating a daily slice of pineapple. At first my mouth stung, but after a week, the bromelain in pineapple cure my chapped lips, pain free. So, I've since sought natural skin therapies.

Natural therapies zap zits, too. Store-bought skin cream gave me acne. But extra virgin olive oil slathered on my skin soothes, zit-free, while clearing wrinkles. Another cure for wrinkles? Rubbing pineapple on your face. But wasting pineapple's sweetness seems sinful. So, I slip it in my stomach, not slap it on my skin.

Best of all, I've found two ways to beat dandruff: first, cold showers lessen dandruff by keeping oils inside the hair *and* skin—and dirt outside. But cold blasts stop me from rinsing thoroughly, which causes dandruff. On the upside, cold showers mean smaller globs of shampoo. So, one shampoo bottle lasts.

Second, probiotics crowd out dandruff-causing yeast. So, eat two servings of unpasteurized sauerkraut a night. Not the fake stuff—you know, the unsightly canned or vinegary kinds. Instead, eat the sauerkraut made with only salt, water, and cabbage—rich in probiotics.

Karen Fischer zeroes in on natural cures for the flakes in her book *The 8-Week Healthy Skin Diet*

- What causes flakes? “Dandruff can simply occur when you are run down, overworked, or stressed, and it can occur in conjunction with psoriasis. Anti-dandruff shampoos address none of these factors” (p. 186).
- What else causes dandruff? “Climate (especially winter) ... emotional or physical stress ... sodium lauryl sulfate (SLS) ... inadequate rinsing of hair after washing ... overly dry scalp or excessively oily/greasy scalp ... deficiency of essential fatty acids, especially omega-3” (p. 186).
- Medicated anti-dandruff shampoo won't cure dandruff. The flakes keep coming back.
- So, add the following to shampoo to zap flakes: tea tree oil ... licorice root ... vitamin E ... chamomile ... [or] olive leaf extract ... “ (p. 187).
- Probiotics treat dandruff, too: “Probiotics [work] like having a million tiny ‘bouncers’ making sure fungus and bacteria don't stack up in too many areas of your body” (p. 195).
- And exercising cures flakes, too: “Exercise to improve scalp circulation ... couch potatoes are more likely to have dandruff” (p. 197).
- For the bold types, cure dandruff by hanging upside down: “You can also improve circulation to your scalp by doing headstands. Go to a yoga class to learn how to do it correctly” (p. 197).
- As a less taxing solution, use olive oil: “A 28-year old woman visited our clinic ... After her second application of olive oil ... no flakes were detected. Five months later she continued to be 100% dandruff free” (p. 191).

- Other benefits of olive oil? “Olive oil (Extra Virgin) ... protects against free-radical damage Olive oils studies have found that topical application has an anti-cancer effect—it greatly reduces tumor frequency from UVB rays ...” (p. 134).

Last week, I chatted with a longhaired lady at Tim Horton’s. But first, why did healthy me visit trans-fat Tim’s? My beau loves the French Vanilla lattes. For myself, I only buy bananas from coffee shops—and slather them with sugar-free cinnamon.

So, I asked the lady, “How did you get that long, healthy hair?” “Hair extensions!” she said. I told her I soak my hair in extra virgin olive oil. She seemed curious, until I said I use olive oil on my face as a cure for wrinkles. She peered at my smile lines, waved her hand petulantly, and scoffed, “Everywhere olive oil.” I agreed, “Swimming in olive oil,” as I paddled my arms. Then she left snickering.

Good thing I didn’t tell her I gargle with olive oil. Why? Coconut oil works best.



Council Connection



**Athabasca University
Students' Union**

Karl Low

The council meeting on February 13, 2018 was sparsely populated, as both President Wasylshyn and Executive Director Jodi Campbell were absent with regrets (meaning with prior notice that they wouldn’t be there.) Councillor Robin Bleich was also absent due to an illness, but fortunately, Councillor Adrew Gray, who’d also indicated he’d be absent with regrets had no regrets at all, as he was present.

With only five Councillors present and, as it turns out, the meeting contents largely uncontroversial, the meeting sped by fairly quickly and with little incident.

Of course, fairly quickly is a relative term, as the largest section of the meeting was taken up by a presentation from AUSU’s contracted auditors, KRP, where they presented the financial statements of AU. In short, they gave AUSU’s accounting and financial management practices a clean bill of health, going so far as to note that several management practices had improved over the past year. Many disclaimers were issued about how they did not test every transaction, or how, even if they had, they might not be able to find evidence of fraud if there was some occurring, but what they did do found no evidence of any sort of malpractice or fraud.

Their presentation of the audit included noted that a few adjustments were made to the books, such as *The Voice Magazine’s* website being noted as an asset rather than just an expense, and some adjustments for end of year accrual balances. They also noted that *The Voice Magazine* ended the year with a slight surplus, AUSU Council with a slight deficit, but a much lower one than what was projected. After the presentation and the representative from KRP left, the firm was reappointed with little discussion. As noted, none of the proposed adjustments to policy were contentious, being mostly minor adjustments, and went through quickly and quietly.

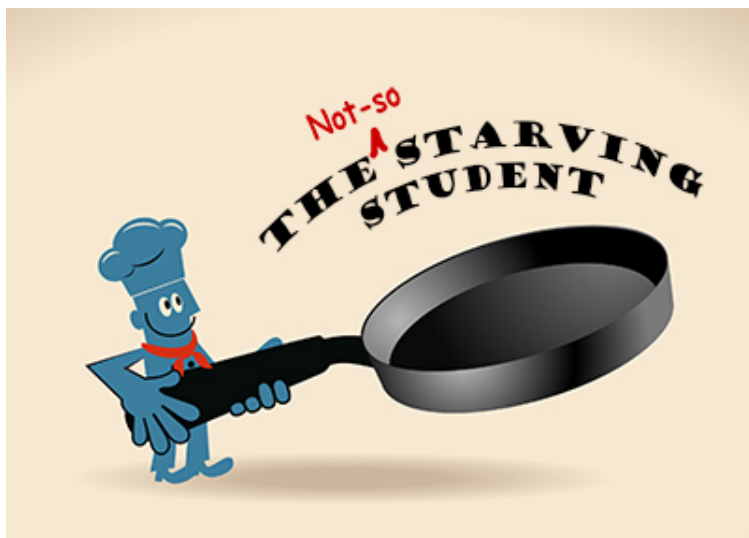
The reports went by in similar manner, but it was noted that AUSU is working on adjusting their course evaluation forms to be more useful to members, and that AUSU’s presented considerations to AU for the 2018-2019 draft AU budget were quickly rejected as not being feasible based on the time or information that AU currently had. The meeting ended uneventfully at about 6:30pm, only an hour after it started. The next meeting is a special meeting to announce the election results, and will be held on March 8, 2018 at 5:30pm.



The Not-So Starving Student

Toronto Food Tour

Xin Xu



Toronto is a major hub of eastern Canada and arguably a Northern gem on the North American continent. Situated on the banks of Lake Ontario, the city boasts some of the most gorgeous skylines, nightlife and of course, incredible food around every corner. Having wandered around Toronto the past weekend, I had a chance to explore some unique, renowned joints in the city. For AU student foodies, here's some bargain eats that are worth every penny!

Day 1:

Jackpot chicken - Hainan Chicken Rice

The first day, I was fortunate to have had friends take me on a small tour of downtown Toronto where the food scene was spectacular. Around every corner, I could spot local burrito joints, ramen stops and ethnic cuisines of every variety. The benefits of living in a large city like Toronto or Vancouver is the diversity and authenticity of food available. No longer will you have to walk into "fusion cuisines" where your food tastes no more authentic than a knock off of every cultural cuisine.

Hainanese chicken is a traditional cuisine in Southern China. The chicken is fall-off-the-bone tender and serve alongside rice that have fragrant spices and oils that isn't your regular white rice. Our party of six had a combo meal that was shared. Besides the chicken, we tried their multiple appetizers from fried chicken skin to their hot plate shrimp.



Origination Noodle - Rice vermicelli

The rice vermicelli was served in a unique clay pot. Vermicelli is a favorite among many South East Asian cultures from Vietnam to Laos. This noodle house features only vermicelli noodle dishes, so I thought it would be an authentic place to try vermicelli. I loved the ability to select your own toppings and broth. In this picture, I chose the beef noodle broth with enoki mushrooms and beef slices.

Day 2:

GB Lanzhou Hand-pulled noodles - Beef hand pulled noodles

Having heard excellent feedback about this pulled noodle joint, I decided to make the trek to downtown Toronto again. This time, I walked alone in the -20 degrees weather from one end of downtown Toronto to the other. However, my walk was well worth my time. The noodles could be customized to the width preferred. I could also watch the master pulling the noodles with his bare hands from where I sat. The noodles were delicious and definitely worth the trip.



Hot Star Taiwanese Fried Chicken - Original fried chicken

About a year ago, while on vacation in Taiwan, I came across the same joint on a mobile food cart. The street-side wonder had long lineups of foodies so I decided to check their fried chicken out. I didn't fully realize the impact this chicken would have on my life. Since that visit, I have been dreaming of fried chicken and even attempted recreating this feat in my own kitchen. Luckily, I was able to find the exact food vendor in Toronto. Undoubtedly, the massive fried chicken larger than the size of my face was very authentic. Crispy on the outside and tender on the inside.

Day 3:

Sansotei Ramen - Tonkotsu black ramen

Again on the third day, I was bent on finding the best ramen in Toronto when I came across a thread on Reddit. I noticed at least ten people were raving about this local ramen joint. I had all the reasons to explore before I flew back to Edmonton later that day. The ramen joint was well decorated, the ambience was welcoming and, most of all, the bowl of ramen was possibly the best I've had in my entire foodie career. I ordered the tonkotsu black, a favorite for many customers. The pork bone soup instantly warmed my body while walking in the Toronto cold. The pork belly was tender and flavorful. I would absolutely recommend to any ramen-lovers visiting Toronto to stop by this ramen shop.



Uncle Tetsu's cheesecake - Matcha green tea cheesecake

On my way back to my friend's condo, I came across this famous cheesecake shop. The heavenly scent of freshly baked cheesecake was in the air and I had to make a stop. The cafe was busy and many customers walked out in the most adorable cheesecake packaging I had ever seen. The matcha green tea cheesecake was fluffy without being overly rich.

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

30 Ways to Pull Yourself Out of a Rut

Tara Panrucker



People are creatures of habit. We like our predictable routines and the ebb and flow of our days to go from waking up, going to school, putting on our work face, and coming home to unwind. Routine is useful for a lot of things, like studying, getting to work on time, and organizing a productive day. However, there comes a point where we can get too comfortable in our routine and begin refusing spontaneous adventure. We resist change. We stagnate.

Breaking free of stagnation is simple. Look at five areas of your life where you want to experience more of something and then read on to inspire a fire under your feet. First, do you want an adrenaline rush to kick you into a new reality? Or is it more relaxation your over-wrought mind is craving? Perhaps you need fresh inspiration on a project you're feeling mired down in? Or are you longing to feel more empowered and confident in your work place? Lastly, is it creative motivation you require to get unstuck? Now that you have a fresh focus, get out and do a few random new activities that haul you out of your boring old comfort zone.

1. Stand Up Paddle Board on a new lake.
2. Immerse yourself in a restorative yoga routine (find one on YouTube for free).
3. Enroll in an art class.
4. Cycle for the weekend; check out new trails.
5. Cook a gourmet meal and pair your appetizer, main course, and dessert with wines (check out the Not-So Starving Student in *The Voice Magazine*).
6. Grab your adventurous friend and book a zip-lining experience.
7. Join a hiking group and explore new mountains, falls, and trails.
8. Learn to climb the walls at a climbing gym with a friend so you won't back out.
9. Sign up for a writer's festival.
10. Volunteer to teach English or tutor.
11. Volunteer to help with a marathon and cheer on the participants.
12. Treat yourself to tandem paragliding on your birthday or anniversary or for no reason at all other than you've always wanted to do it.
13. Turn off your phone and take an entire afternoon and nap.
14. Light up your bathroom with candlelight; soak in a bubble bath with new age music playing softly in the background.
15. Take music lessons and learn to play your ukulele, guitar, bongos, or whatever.
16. Grow a container of organic garden herbs or greens.
17. Take dance lessons.
18. Practice eating vegetarian three times a week or more.
19. Join a curling league.
20. Join a book club and commit to reading three new books a month for a year on any subject.
21. Learn how to do something you thought was impossible, like sky diving, or driving a tank (I did this and highly recommend it to everyone).

22. Go on a new photography trip every weekend or one evening a week, and only take photos of a certain theme (e.g. things that are blue, leaves, children, doorways, furniture).
23. Write a letter to five people who have made a difference to your life and mail it to them.
24. Create one big piece of artwork for display in your home.
25. Learn how to give your vehicle an oil change.
26. Visit a loved one in hospital or assisted living—bring them a beautiful bouquet or plant to brighten their small space or bake a homemade treat they haven't had in a long time.
27. Get a radically different hair style than you've ever had before.
28. Schedule an appointment with a financial advisor and learn all you can about budgeting and making your money work for you instead of the other way around.
29. Commit to practicing a new habit every day for the next thirty days and reward yourself with a new item at the end.
30. Choose one day a week to unplug from everything: computer, iPad, cell phone, all social media; spend that day noticing everything in front of you.

Remember the wise words of Yoda: "Do . . . There is no try."

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.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: AEBC/T-Base Scholarship Program

Sponsored by: Alliance for Equality of Blind Canadians

Deadline: March 30, 2018, 11:59 pm PDT

Potential payout: \$1000

Eligibility restriction: Applicants must be blind, deafblind, or partially sighted (as defined in the applicant qualifications section), Canadian citizens or permanent residents of Canada, attending or planning to attend in the 2018-2019 academic year a Canadian post-secondary institution. See full [eligibility criteria](#).

What's required: A completed application form, a recent transcript, a letter of reference, along with a 500-word personal statement, a 500-word essay on accessible education, and a 100-200 word reflection on your community involvement.

Tips: Read the sections on completing and submitting an application carefully.

Where to get info: www.blindcanadians.ca/programs/scholarship





Disabling Sensitivity

Dear Barb:

I am the mother of a young daughter with a physical disability. Throughout her young life she has had numerous surgeries and she has been a real trooper. She never seemed to let her situation get her down until recently. Now she doesn't want to participate in any activities that she did before. When people ask her how she is, she just bursts out crying.

We were both out at a mall the other day and an old friend came up to us and when noticing my daughters arm, reacted by saying "OMG what happened?" Again, Angela burst out in tears. I really wish people would be more sensitive as to how they approach situations like this. Don't they realize that they are bringing negative attention to the child and of course the child is going to react? My husband says I am overreacting, but I don't think so, I really think people should think before they speak. I feel I should say something to these people, but my husband tells me to just ignore it, what do you think? Thanks, Julia.

Hi Julia:

People are naturally curious. For the most part I think your husband is right, ignore it, but, ultimately, it's up to you whether you decide to engage with. If you feel they are truly interested, and you have the time, explain your daughter's disability. If you feel they are just being nosey and rude, don't say anything to them. Also, it depends on whether the person is a family member, close friend, or stranger. Your reaction will be different in each situation. With a family member you would most likely take the time to describe in detail the situation, whereas with a stranger, you may give a brief explanation.

The most important thing is for you to support your daughter and help her to feel good about herself, so she can deal with this negative attention. Talk to your daughter to prepare her for when these kinds of reactions may occur. For example, at a new school, a public place, anywhere that she will be meeting new people. Teach her to feel good about herself and accept her disability. Perhaps you could look into a support group for children who have similar disabilities, where she can share her feelings and see that there are other people who feel the same as she does. As well others in the group may be able to offer advice on how they handle these kinds of situations. Most importantly teach your child that the disability is not who she is, it is something that she has. As illustrated in the media, many people overcome disabilities and go on to lead successful happy lives, as long as they are given the proper tools to deal with their disability.

Thanks for your letter Julia

Follow Barb on twitter @BarbGod

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





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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

IMPORTANT DATES

- **Mar 6:** [Last day to vote in the AUSU General Election](#)
- **Mar 8:** [Special Meeting to Announce Election Results](#)
- **Mar 10:** [Deadline to register in a course starting Apr 1](#)
- **Mar 15:** [Deadline to submit election appeal](#)
- **Mar 15:** [April degree requirements deadline](#)
- **Mar 30:** [Deadline to apply for course extension for Mar](#)
- **Apr 10:** [Deadline to register in a course starting May 1](#)

VOTE in the AUSU General Election

The voting period for the AUSU 2018 General Election has started and will run **until March 6, 2018**. Confidential ballots have been emailed to all AUSU members (*to the primary email address they have on file with AU*).

Your vote matters! This election will select the 13 AUSU councillors that will represent AU undergraduate students for the next two years! The AUSU councillors do important work that effects AU students, such as deciding what services and awards to offer, deciding what advocacy topics to prioritize, and representing AU students at the university, provincial, and federal level.

Be sure to check out the links below to find out more about the candidates and fill out your ballot with your top choices for student council!

Remember – you can vote no matter where you live, and your ballot is completely confidential!

Election Results?

The results of the general election will be announced in a special meeting of council held on **Thursday, March 8 at 5:30 pm MT**. The meeting will be held by teleconference and all members are welcome to attend.

The meeting agenda and teleconference instructions are posted online [here](#).

The results will also be announced to the membership by e-newsletter, on our website, and on social media.

Questions?

Visit our website [here](#) to find out more about the election.

If you have any questions, please contact the Chief Returning Officer, Jacqueline Keena, at cro@ausu.org.

Find out more about the Candidates!

BIOGRAPHIES: Check out the candidate biographies:

- [Sarah Blayney Lew](#) (Kingston, ON)
- [Sandra Boivin](#) (Montreal, QC)
- [Brittany T.M. Daigle](#) (Toronto, ON)
- [Natasha Donahue](#) (Barrhead, AB)
- [Darcy Fleming](#) (Lethbridge, AB)
- [Melinda Goertz](#) (Athabasca, AB)
- [Christine Hudder](#) (Palmer Rapids, ON)
- [Amanda Lipinski](#) (Prince George, AB)
- [Alice Namu](#) (Toronto, ON)
- [Lisa Oracheski](#) (Edmonton, AB)
- [Lionel Pinkhard](#) (South Africa)
- [Joshua Ryan](#) (Orleans, ON)
- [Brandon Simmons](#) (Duffield, AB)
- [Mark Teeninga](#) (Stoney Creek, ON)
- [Julian Teterenko](#) (Edmonton, AB)

DEBATES: Listen to the election debates held last week to find out what the candidates views are on important topics.

FORUM: Check out the AUSU Election Forum to see the candidates answers to student questions.

VOICE INTERVIEWS: Check out some interview questions with the candidates by The Voice online [here](#).

Good luck to all of the candidates!



CLASSIFIEDS

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THE VOICE

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