



# THE VOICE

Vol 26 Issue 23 2018-06-08

## Minds we Meet

AUSU's Governance and Advocacy Coordinator

## The Road to Convocation

Trail of Gratitude

## Convocation and Destiny

Discovering our Whole Milk

*Plus:*

*Don't be that Bird  
In Conversation...  
and much more!*



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# 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

### The Big Day

Karl Low



Congratulations to those students who've finished off their degree this year. Whether you know what you're doing next or not, you've achieved a milestone that you can carry with you. One that not only says you have an area of mental expertise, but also that you have been taught, hopefully, how to use your own mind to critically evaluate the situations you find yourself confronted with.

With so much information so readily available to us, this is becoming an increasingly crucial skill not only for higher employment, but simply to be able to navigate life in an age where anybody can find themselves a pulpit to say anything to the entire world.

So as you move forward, keep those lessons in mind, the ones that taught you to look below the surface of an issue while not forgetting to look at it in the wider context it stays in. Losing either can easily send you off course, or perhaps even further.

I saw an interesting point made in the show *Legion*, that I've been watching recently. The show presents the idea of how humanity is the only creature where our social reality is just as important as our objective reality. It demonstrates this with the idea of a child who is taught that **RED** is **GREEN**, and vice versa. This has disastrous effects when the child is then taught that he should cross the street on the green light. When wrong beliefs confront objective reality, reality will win, and it is rarely merciful. What you think can kill you.

And in a world where conspiracy holes like #pizzagate exist, knowing that, and being able to critically evaluate every piece of information you come across, could be more important than you first realize.

So, my point is, now that you've graduated, now is when the hard work starts. No longer will you have tutors or carefully designed course material to help you critically evaluate the situations that they present. You'll be out in the real world, having to look at everything with a critical eye. It's important to remember the lessons of your studies. Don't get lazy and think you understand a situation, especially a contentious one, until you've done what you've been taught. Depth and context.

No matter what you pursue, if you keep that lesson in mind, you'll be well on your way to ensuring that you don't conflict with objective reality, and hopefully be able to lead others along the same path. Because this stuff's only going to get harder as we move into an era of fake news, deep-fakes, digital (aka deletable) histories, and stronger tendencies toward tribalism to keep ourselves safe from these very threats. Fortunately, you can take heart in the idea that you, at least, have the equipment to navigate it. You just have to use it. I'm sure you will, and congratulations!

Meanwhile, in this week's issue, we interview AUSU's new governance advisor, reflect on the destiny of your course choices leading to convocation, one student's personal support in getting there, as well as music, artist interviews, advice, events, scholarships, and a whole lot more so that you have something to read while you wait for the next set of graduates to be announced. Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.



# MINDS WE MEET



*Emmanuel Barker is the Governance and Advocacy Coordinator for the Athabasca University Students' Union. Here we get to know one of the newest members of the AUSU staff.*

## **What brought you to AU?**

I initially heard of Athabasca University from a close friend who works at another Albertan institution, and I was immediately interested in the unique community. I became familiar with the AU Students' Union shortly afterword, and I am glad did.

## **What is the last book you read?**

The last book I read is called *American Dreamer: A Life of Henry A. Wallace*.

## **What show do you think everyone should binge watch?**

I happily recommend *Brooklyn 99* to anyone looking for a week well spent.

## **Why did you choose to apply for the Governance and Advocacy Coordinator position of AUSU?**

I chose to apply for this position at AUSU because I was already familiar with the student union environment, but also because I saw how unique the organization is. I knew

I wanted to use my experience, but at the same time I wanted to learn and develop professionally. It was a natural choice.

## **What tasks and responsibilities come with the position?**

My foundational responsibilities are to organize and support the governance processes at AUSU, and to support the provincial and federal advocacy initiatives of our executive councillors and the organizations that they are members of. Practically, my daily tasks are typically creating agendas, transcribing meeting minutes, and acting as a parliamentarian for AUSU council and committee meetings.

## **If you could have a meal with someone from history, who would it be?**

Right now, it's Henry Wallace. I just finished his biography and I am still fascinated.

## **What is the wisest advice you have ever been given?**

"An argument is about what's right, not who's right."

### What is one thing you would like to complete personally in 2018?

It is my intention to spend more time outside, fishing and with my dog. And to beat my personal best fishing record.

### Since being selected for the Governance and Advocacy Coordinator position, what are your hopes for the 2018-2020 period?

I hope to work with our new councillors throughout the upcoming term, accomplishing the organization's long-term advocacy goals and giving our AUSU members and student leaders an experience that they are proud of!

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



## The Road to Convocation Trail of Gratitude

Barbara Lehtiniemi

### It Takes a Community

How do I thank everyone who helped me during my time at AU?

In the lead-up to this weekend's grad ceremony, AU's convocation office asked me who I would most like to thank or acknowledge for their support while I completed my degree. This, along with my responses to other questions, will comprise "a short biographical sketch that will be read aloud at Convocation." Since that sketch will be only thirty seconds long, brevity is key.



How can one sound bite encompass my gratitude? Starting a list of people to thank is easy, but limiting it to a few dozen words is not. Spouse, family, and friends, of course, but the waves of gratitude extend further than that. Acknowledging everyone is impossible.

Here are some people in the AU community I'd like to acknowledge for their support:

**Tutors.** For nearly all my courses, tutors were my first line of contact. Some I communicated with a lot, some only a little, but they were all there ready to provide support from course start to course completion. Most of my tutors were outstanding—I learned something from all of them regardless. A special shout-out to my Creative Non-fiction tutor, Angie Abdou. Not only did she encourage me to push my creative boundaries, she also took time out from her busy book tour to meet with me for coffee and a chat.

**The Voice team.** The roster of writers has evolved over the five years I've written for *The Voice*, but some things remain the same: a commitment to making the magazine the best source of information for AU students, in an environment of mutual support and encouragement. The editor, Karl, helped make my writing—and my overall AU experience—so much better than it would have been otherwise. I'll have to continue contributing to *The Voice* just so I don't lose touch with this great group!

**AUSU staff.** I've enjoyed good relationships with AUSU staff over the years. Any time I've needed information from AUSU for a *Voice* article, they've provided it quickly and cheerfully. Special thanks go to Donette Kingyens, who often gave me more information than I realized I needed, and sometimes provided information before I even asked.

**Facebook tribes.** Two Facebook groups, the AthaU group and the AU Study Group, were extensions of my campus for six years. Any time I needed information, encouragement, or a pat on the back, the members of these groups were there for me. Knowing that other students were experiencing similar struggles and successes made my studies easier.

**Minds we Meet interviewees.** I conducted the student interviews for *The Voice's* Minds we Meet series for almost two years (see Meeting Up with the Minds we Meet, June 3, 2016.) During that time, I connected with forty students from across Canada and around the globe. While meeting—by phone or e-mail—real, live AU students, I learned something of value from each of those students.

**AU's extended community.** Everyone I've been in touch with at or around AU has contributed to my success in some way. Much gratitude to the AU Library, Write Site, Exam Unit, Office of the Registrar, Faculty of Business, Faculty of Graduate Studies, Centre for World Indigenous Knowledge and Research, AU Press, Writers in Residence, AUGSA, and anyone else who I've missed mentioning (but will think of seconds after this is published.) You all helped make my time with AU pretty darned awesome.

When I cross the stage at convocation this weekend, you are all with me. Thank you!

*Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018). She lives on a windswept rural road in Eastern Ontario.*



## In Conversation with Nir Yaniv



## Wanda Waterman

Israel-born, Los Angeles-based, Nir Yaniv is a creative whirlwind, producing musical compositions, film, illustrations, animation, fiction, and more. His latest EP, *The Voice Remains*, is set for release on June 15. The album could best be described as instrumental, Yaniv's voice being the sole instrument except for drums; it's as if he scat sang the whole thing and then used his electronically manipulated voice to simulate bass, keyboards, and guitar. The music is delightfully upbeat and playful yet intellectually engaging. (Be sure to take in the videos for his songs "Memories of a Third Planet" and "The Voice Remains.") Yaniv recently took the time to talk to us about his life, his art, and his new album.

### What kind of childhood did you have?

I was the kind of kid who had to be urged to go out of his room. I liked reading, music, and computers. I started programming at the age of 9, but we didn't have the money to buy a



computer until I was 12, so in the meantime I had to go to friends' houses to play with their computers, which I guess was a good excuse as any to get out of the house.

I grew up in a quiet suburb near the city of Haifa, in Israel, which to me meant that the most interesting thing around was the local library.

### **What role did the arts play in it?**

I never dreamed of becoming an artist of any kind, but I realise that much of what I've spent my time on made me who I am today. I read a lot of science fiction, which greatly contributed to me becoming, later on, a published science fiction author. I listened to a lot of music, and used my Commodore 64 computer (yes, I'm *that* old) to create primitive beats and tunes.

Like many of my friends, I loved singing along with whatever was on the radio, but unlike them I tended to sing the bass part, or the guitar riff, or the saxophone solo. That contributed a lot to me becoming the musician I am.

### **Were you trained in music and art or did you teach yourself?**

When I was 22, already a veteran software developer and quite bored with it, I went on my first business trip to New York, and my first act there was getting a ticket for whatever show the Blue Note had that evening. It was a great show by Maynard Ferguson's band, and I was lucky enough to be sitting at the same table as some musicians — friends of the band.

After several hours of show and deep conversations about jazz, one of them said, "But hey, what instrument do *you* play?"

I said that I didn't, and added that the ripe age of 22 is way too late in the game to start. "But you're a musician, man," the other guy said, and continued with a short yet decisive speech, which included the tale of someone who started with the saxophone after retirement and was now 90 years old and on tour.

And so, upon returning home, I enrolled in music school.

That was one of the best decisions I've made in my life.

### **Who—or what—has been the best influence on you as an artist? As a human being?**

I would like to suggest, instead of who or what, a how and where. I find great pleasure in cross-influence. My music is influenced by science fiction novels and old animations no less than by jazz and fusion giants.

My short films (I've written and directed a few) are influenced by satire and fiction in any form, not only cinema. My writing, on the other hand, takes a lot from music, especially in terms of meter and tempo. And my animations take anything from anywhere. This is where, to me, the fun lies.

### **What do you like best about your new album, *The Voice Remains*?**

First, I should mention that this is a vocals and drums project — there are no other instruments. All the vocals are performed by myself, including parts which on first listening might sound as a bass, an electric guitar or a synthesizer.

But initially, I didn't mean to make an album at all, it sort of just happened. I set out to record a demo for a great audio fx that a friend of mine created (called *Manipulator*), which enabled me to do many interesting things with my voice. Half an hour later, I knew that it was way too good



for just a demo; it was going to be my next project. The creation process continued to be very spontaneous, and I believe the resulting energy and happiness are evident in the final result.

### **Did anything funny or weird happen while you were making it?**

All but one of the melodies came to me while I was riding my motorbike from work back home. Since there's no reasonable way to record audio while riding a motorbike (please don't try to prove me wrong), I had to repeat the songs over and over, inside my helmet, then while climbing the stair to my apartment, until finally getting to a computer and laying a quick demo before I forget everything.

This got me some really weird looks, in the street. That is, I guess, one of the risks of being a musician.

### **How do you come up with the titles for your tracks, in particular "Five Formidable Feats" and "The Seventh Garden?"**

By no particular design, I found that whatever melodies I had in my head were of asymmetrical meters, such as  $\frac{3}{8}$ ,  $\frac{5}{8}$  and  $\frac{7}{8}$ . The only track I had a name for, after principal recording was finished, was "The Voice Remains," which lent itself to the album as well. And so it occurred to me to incorporate the meter into the names. Five Formidable Feats is indeed in the  $\frac{5}{4}$  meter. It was also, coincidentally, the fifth track to be recorded. "The Seventh Garden," which was actually the first track and the one that I started as a demo, is in  $\frac{7}{8}$ .

### **Who or what is that little sprout in your video for "Memories of a Third Planet?"**

The little sprout, which I call the Plant-Child, was born on an alien planet which may or may not be a distant future earth. They are an anomaly, in a tyranny governed by a flower-king and an army of mutant trees.

My second music video, for the title track of the album, depicts the birth and escape of the plant-child until meeting the protagonist of my first music video, whom I call the Explorer. In future videos, which I'm currently working on, both of them will have some adventures together. In other words, this is only the beginning.

### **What conditions do you need in your life in order to maintain your creative flow?**

My main trick is always having more than one project in more than one medium at any given time. When I feel no inspiration for making music, I turn to writing. No writing? Drawing. No drawing? Photography. No? Video. No? Music.

Another trick has to do with the easiness or casualness of creating art. I make sure that at least some of what I'm doing is very easy to do. For example, there's always a small sketchbook and some pens in my bag. This makes drawing very easy and accessible, and something I can do anywhere. Yes, I could also have a big canvas and watercolors or oil paints in my studio, but this means that I have to make a big deal out of every drawing or painting.

Having a pen and a sketchbook means that I can work on it while having a coffee or waiting for the dentist. And this, in turn, makes me feel positive about everything else I do: a day can't be really bad when I've already drawn a weird chicken in the morning.



### Are there any books, albums, or films that have influenced your work?

Too many to count, but in the context of this project, I'll mention one in particular. I spent several months looking for visual ideas to accompany the music of *The Voice Remains*. I had a vague notion that it would be animated, but nothing more than that. Then I came upon a French animation film from the early seventies, called *Fantastic Planet*. Its imagery, music and vibe simply ignited my imagination. I realised, then, that I could use some of the techniques employed by this film's creators—in particular, cut-out animation—to create my own strange visual universe. It has been a revelation.

### Are you a genius, or do you just drink too much coffee?

Are five cappuccinos a day too much? Or maybe four? And anyway, I can quit anytime I want!

### What's next for you?

At the moment I'm working on the next music videos in the project, slowly building them into a single, longer work. During that process, while trying to figure out some sound effects to fill a few quiet seconds of animation, I accidentally created several more tracks, enough for a new short EP. There's also a new novel in the works, and I create at least one drawing a day, usually in a public place.

Yes, that strange behatted person drawing aliens in your local cafe is probably me.

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



## The Fly on the Wall Convocation and Destiny

Jason Sullivan



### Discovering our Whole Milk

#### How do We Select Our Electives?

Why did the chicken cross the road? What leads us to choose a particular elective? Sometimes the process feels purposeful, as though we are fulfilling an interest that has haunted or intrigued us for eons. Other times we might feel like uncertain fowl meandering through the traffic of unexpected consequences. After all, our core courses lead to a definite destination and are part of a broader disciplinary focus. But our electives can be one-off adventures into previously

uncharted terrain. If we're lucky, the whimsy of choosing an elective on a hunch can translate itself into a new-found passion or even a sense of destiny. Sometimes it may almost feel like we were *born* to take a certain course—as though our entire academic growth until that point led us to discover a new pedagogical treasure. Most of the time, however, we are wise to think twice before entering uncertain academic landscapes. Following convocation, we'll look back either satisfied or aghast at how we chose to proceed in selecting our electives.

The Ancient Greeks called the fulfilment of our purpose and potential our *entelechy*. The term literally translates to *completion over time* (New World Encyclopedia, online). Interestingly, *leche*

today is Spanish for *milk* and French for *to lick* thus suggesting a certain essential sustenance that we discover and, catlike, gleefully lap up from the world to fulfil ourselves. In any case, Aristotle coined the term. In his cosmology, if we throw a rock in the air it will inevitably land on the ground because rocks *belong* on the ground; the rock fulfils its rather humble entelechy by remaining close to the earth. Perhaps Aristotle would appreciate how we students discover and nurture our talents as we grow to become programmers, musicians or teachers.

Throughout history, theorists have deployed the concept of entelechy to describe how we can follow our inner tendencies. For Baruch Spinoza, 2000 years after Aristotle, entelechy involved discovering our own personal “adequate ideas”, which we ascertain by interrogating our whims and emotions and seeking their true causes. We find ourselves by examining ourselves and “knowing the causes which move one, and thus, making the causes internal and not external” (MacIntyre 540). Do our electives match what our most authentic selves require? It's up to us to find out. For Spinoza, “to have adequate ideas is, moreover, to grasp and to be guided by ‘the law of one's own nature’ (MacIntyre 539). To embrace our nature, our entelechy, is to consider our purpose as something that connects our outer reality with our inner potential.

### Isaac Newton and the Apple's Destiny

Action based on an inner nature stands in contrast to modern mechanistic worldviews, such as Isaac Newton's law of gravity where, if we toss a rock, gravity *sucks* it back to earth according to immutable physical laws. As students, labour market realities may function as a gravity that sucks us toward one major or another, but it's hard to deny that our greatest fulfilment arises when we pursue career paths that jive with our actual talents and interest. Entelechy seems stronger than cold calculation.

While the mythology of Newton's discovery of gravity involves him being bonked into epiphany by an itinerant apple, Spinoza stated that “we are in many ways driven about by external causes, and like the waves of the sea driven by contending winds, we are swayed hither and thither, unconscious of the issue and our destiny” (MacIntyre 539). Only by examining determinants and variables in our lives may we discover how to proceed in accord with our inner potential. For Spinoza the goal of knowledge “consists in knowing the causes internal and not external to the agent...Belief in free decision is among the illusions, the confused ideas, which the free man has discarded” (MacIntyre 540). To him there are forces beyond our awareness that impact our choices, and these need investigating if we are to act in accord with our adequate ideas. We are more than just apples falling fecklessly to earth by gravity or dreamers hazily imagining an illusory destiny: to make the most of our course selections we have to take as many factors into account as possible and, maybe, give our heart the final vote.

For our part, we have the opportunity as students to choose and fulfil potentials of our choice. As convocation occurs and we past or present graduates reminisce about our course choices, we might consider the variables that led us to pick one class or another.

Unlike traditional students, who are restrained by which course fits into their timetable, or what might match peer expectations, we at AU are relatively unrestricted in our choice of electives. With adequate research we increase our chance of success. We might email potential professors, something the Fly on the Wall has found exceedingly helpful time after time, as well as look up pdfs and excerpts of relevant course texts and associated theorists. The one thing we do only at risk of catastrophe is allow ourselves to wander into a position where we've signed up for a course that is out of our depth either in terms of our skill set or our self interest or both. This would be to miss Spinoza's injunction that many causes in our life remain obscure unless we actively interrogate why we feel or act in ways that we do. There's no sense in being featherbrained, especially given how few electives many of us have the opportunity to take if we are to fulfil our program requirements!



## Gottfried Leibniz and the Best of all Possible Worlds

Choosing between a multiplicity of good options is another matter entirely, and a joyous one. Here we might consider Gottfried Leibniz and his thoughts on entelechy. (Incidentally, Leibniz co-invented algebra at the same time as Newton although neither knew of the others' work). Leibniz saw us as composed of many aspects which cohere into a:

“dominant entelechy' of a body as the unextended substance that most clearly perceived the happenings in the various parts of the body. Influenced by the then-recent discovery of the telescope, Leibniz claimed that all bodies (organic and non-organic) were in turn made up of smaller organic bodies, with each of the latter having a dominant entelechy. These entities were the metaphysical basis of the physical world.” (New World Encyclopedia, online)

It's not hard to imagine Leibniz weighing his course selections by weighing up aspects of himself until he arrived at a decision!

## Making Our Purpose Personal

Destiny also brings to mind predestination that bears consideration given battles over the nature of the universe and whether it was designed with some sort of destined outcome or arose by chance and physical laws. Where are we going or are we just going? A recent book review summarizes opposition to a destiny or entelechy viewpoint by ironically referring to Darwinian thought which claims that every organism exists solely to reproduce its species. Is reproduction a destiny, the entelechy of everyone? Or, in a universe free of the shackles of a prescribed destiny, is reproduction a side effect of an individual's life that lasted long enough and successfully enough for progeny to invariably occur? I mention this because for our practical purposes it can only help to seek courses that feel like they maximize our potential enjoyment of the educational process. We may not produce a future self with a career glittering with monetary rewards but if we use our electives wisely we may feel fulfilled and passionate about hitherto unknown worlds of knowledge. And it helps to think that we're here for reasons that fulfil ourselves rather than just to fill a slot in a future industry. The aforementioned book review, by a famous mathematician, notes that even in sciences like biology and ecology people assume that there is a purpose to nature all the time:

“Presumably, any religion or set of spiritual convictions that posits some kind of shaping intelligence in the cosmos and its history, some kind of entelechy, no matter how vague, providing purpose and direction for the universe, ipso facto incorporates a kind of "intelligent design theory". These belief-systems range from dogmatic, orthodox religion to non-sectarian theism, Deism, and even

## AU-thentic Events Upcoming AU Related Events

### Convocation 2018

Fri, June 8 and Saturday, June 9  
Athabasca Regional Multiplex, 2 University Drive, Athabasca AB  
In-person and live-streaming online  
Hosted by AU  
info at: [convocation.athabascau.ca/](http://convocation.athabascau.ca/)

### Online MBA Info Session

Wed, June 13, 10:00 to 11:00 am MDT  
Online  
Hosted by AU Faculty of Business  
[business.athabascau.ca/event-details/online-mba-executives-information-session-10/](http://business.athabascau.ca/event-details/online-mba-executives-information-session-10/)  
Register online at above link

### AUSU Council Meeting

Sat, June 16, 3:00 to 5:00 pm MDT  
Online  
Hosted by AUSU  
[www.ausu.org/event/june-council-meeting/](http://www.ausu.org/event/june-council-meeting/)  
No pre-registration required; e-mail [governance@ausu.org](mailto:governance@ausu.org) for meeting package

Spinozan pantheism. Rank atheists (like me) might not cotton to any of these ideas, but the point is that "intelligent design" in this very broad sense includes many creeds not particularly inimical to evolutionary theory or its privileged presence in biology classrooms. (Levitt, online)

One need not be interested in debates over Intelligent Design to appreciate the intellectual affinities that congeal out of seemingly-thin air as we enter new and unusual course material. The charge of feeling a part oneself made whole by the discovery of a new realm of education certainly has the scent of destiny within it.

### Happy Convocation 2018!

I hope every AU graduate past and present thinks as fondly of convocation as I do. This student would certainly not have the same life or be the same person today, let alone have the same sense of purpose or destiny, without the opportunity to flourish that AU provides. Whether or not we feel that we were destined to enrol in our major or minor or elective, the sense of success that goes with the completion of a diploma nonetheless transcends our lives in a special way.

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*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.*



## Scholarship of the Week

### Digging up scholarship treasure for AU students.

**Scholarship name:** Kelso Industrial Group \$1,000 Scholarship Essay Contest

**Sponsored by:** Kelso Industrial Group

**Deadline:** June 15, 2018

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be Canadian residents or legal permanent residents, and be enrolled in an undergrad program at an accredited school in Canada for Fall 2018. See full [eligibility requirements](#).

**What's required:** An online application form, along with a 800-1200 word essay on one of several infrastructure-related topics.

**Tips:** The online application link isn't obvious, but you can find it at [kelsoindustrial.com/kelso-scholarship-application.html](http://kelsoindustrial.com/kelso-scholarship-application.html).

**Where to get info:** [www.kelsoindustrial.com/kelso-scholarship.html](http://www.kelsoindustrial.com/kelso-scholarship.html)





**Brittany Daigle**

## Course Exam

### ARCH 200 (History of Ideas in Architecture I)

ARCH 200 (History of Ideas in Architecture I) is a three-credit introductory architecture history course that is intended for students who are enrolled in the BSc (Architecture) program at the RAIC Centre (Royal Architectural Institute of Canada) for Architecture at Athabasca University. Throughout this course, students will examine the principles and ideas that shaped architecture and cities in the Ancient and Medieval worlds from 3500 BCE to 1400 CE. ARCH 200 has no prerequisites, though ENGL 255 (Introductory Composition) is strongly recommended as this is a writing course.

ARCH 200 is made up of six units, with six assignments worth, respectively, five, ten, twenty, fifteen, thirty, and twenty percent of the final grade. There are no final exams for this course and you must achieve a minimum composite course grade of sixty seven percent to receive credit for ARCH 200.

Dr. Douglas MacLeod has been working at Athabasca University since October 1<sup>st</sup>, 2012. He has been the Chair of the Royal Architectural Institute of Canada for Architecture at Athabasca University for six years and he is currently coordinating twenty courses. The twenty courses that he coordinates includes the Architecture history, theory, and design studios courses and he has been coordinating ARCH 200 since 2012. He is a registered architect in the state of California and holds four degrees, which include a Bachelor of Architecture, a Bachelor of Science in Computer Science, a Masters in Environmental Design, and a Ph.D. in Environmental Design.

When asked to describe ARCH 200 to someone who has not yet taken it, he states “ARCH 200 is a survey course of architectural history from prehistoric times right up to about the renaissance. Students will go through a number of case studies, looking at all different periods, not just the typical ones like classical Greece, and Rome. Students will look at Persia, India, and the Americas as well.”

When asked about the structure of the assignments, he states “There are six assignments in ARCH 200 and six units, so there is an assignment for every unit. What you are doing in the units is looking at a number of case studies, and the assignments ask you to interpret them. The assignments (essays) vary in length; some are one thousand words and others ask for twenty-five hundred words. You will be required to write a decent amount and that is where having taken ENGL 255 would benefit you.”

When asked what work ethic students would have to have to be successful in ARCH 200, he continues “As you know at Athabasca, it is an incredible thing, if a student completes the first assignment they are very likely to succeed in the course. Getting that first assignment done is absolutely essential. Instead of thinking about an enormous workload, what I suggest to people is to take five and get started. If you do that five minutes you may find that it extends into ten, fifteen, or twenty minutes. Once you get started, it snowballs, and that is what we need to do. We need to encourage students to get started. Also, one piece of advice, try not to leave all your assignments to the last week of your contract!”

**Brittany Daigle**



When asked what students struggle with the most, Dr. MacLeod states “Students really struggle with the length of the essays, the references, citations, and truly understanding what plagiarism is. We have adopted the APA style in ARCH 200 and we tend to cut first time offenders some slack, though we really do not tolerate repeat offenders. For repeat offenders, we follow the guidelines that the university has put forward to properly penalize them, whether that be assigning a zero for the assignment, failing them, or suspension. We take it very seriously, as it should be taken.”

When asked what students he would recommend this course to, he states “We get a lot of students that are not in the architecture program. If you find the topics discussed are of interest to you, then I would recommend you taking it, because it really is an interesting course and it is a lot of fun!”

When asked if there was anything that he would like to add, he states “I just wanted to stress that this is very much of a team effort. People like Lenore Hietkamp, Dr. Kristen Kornienko, Carol Mason, Emma Lowry, and Veronica Madonna have provided tremendous support to students in all of these courses and I want to make sure that they get acknowledged.”

Whether ARCH 200 is a mandatory course for your degree or program, or architectural history is of interest to you, this course will have you learning about complex structures in a variety of different time periods. If you have any further questions about ARCH 200, or you would like to provide any comments or feedback on the course, Dr. Douglas MacLeod encourages you to contact him through the Student Support Centre.

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

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



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

#### **AthaU Facebook Group**

Danielle wonders if there is a limit to the number of credits students can transfer to their AU degree program; short answer is most programs specify a minimum number of credits to be taken at AU. Alice encounters some ambiguous wording in a computer science quiz and wonders if other students found it intentionally tricky; most respondents say no. Jeffi seeks confirmation that students can access AU library materials beyond the end date of their course; still waiting for a final word on that.

Other posts include Twibbons, math help, inspiration, and courses CMNS 401 and MATH 376.

#### **Twitter**

@AthabascaU tweets: "If you are having difficulties with your individualized study course content, procedures, or assignments, contact your tutor. Your tutor's contact information is found in your course tutor letter, found under 'My Letters' in myAU. <http://bit.ly/2syhfO6> #AskAU."

@AthabascaUBiz tweets: "Do you know someone who works in non-profit and wants to complete an MBA? We have an incredible scholarship opportunity worth \$50,000 and are looking for a great recipient. Find out more here --> <http://bit.ly/2rlc2g4>."



## Don't be that Bird

Deanna Roney



As I sit here, trying to work, there is a finch that is determined to get through my window. It keeps coming back and trying, testing the window with its beak or feet. It never hits the window hard, not hard enough to knock itself out, but enough to test and see if maybe now it will be able to get through. Feeling a bit sorry for the bird I went out to chase it away. It fluttered into a nearby tree, only to return and try again.

Maybe it can't figure out another way around, maybe it sees something in my office that it really

wants. But one thing is for sure, this path is not going to work for it. It will succumb before the window does. It did get me thinking, through rattle of beak on glass, that while I sit here wondering why it doesn't take another path, that maybe we aren't so different. People have a tendency to get focused on a single path to get to where they want to go. A single, right, way to achieve what they want. But, like the bird, maybe that path is blocked and no matter how much you poke at it and try to stubbornly get through, all that is going to happen in the end is that you have a headache, and you've wasted time.

There tends to be one path that stands out, that you think is right. For example, to get into publishing the general belief is that you need to move to one of the big cities, preferably Toronto or New York, to get your start. Once you're there you take an internship and work your way up. And, this is one way to get there, but for me, there was something blocking my path (I didn't want to move to the big city, and, if I did, how would I survive there making what interns do?) If I had kept that path in mind, if I viewed it as the only path, I would have eventually given up. I would have banged my head against the window for so long trying to figure out a way to make it work that I would have knocked myself out.

Instead, I looked for alternate paths, I wasn't sure if there were any, and, some days, the more I looked the more I felt like beyond that one path was just a tangle of jungle, impossible to navigate. But, after looking hard enough and long enough other paths emerged and, without knowing what the outcome would be, if it could ever go beyond the internship level, I started walking.

There are so many paths to the career that you want. It is important to explore them and find the one that fits you. As convocation nears I remember how I felt as I walked across that stage: excited and uncertain. I was uncertain of where I was going to go after I stepped off the stage. I was excited and proud to have finished my degree. I stared at the window between where I was, and where I wanted to go, and after bouncing off it a few times I found an alternate route.

I had to go and chase the bird away, again. I hope it stays away this time, I hope it finds it's other route. I hung some deterrents in the window to encourage it to move on, to tell it that this is not the path for it. But sometimes birds and people are too stubborn to look beyond their current route. As you graduate, or as you work your way through your degree, don't get frustrated when

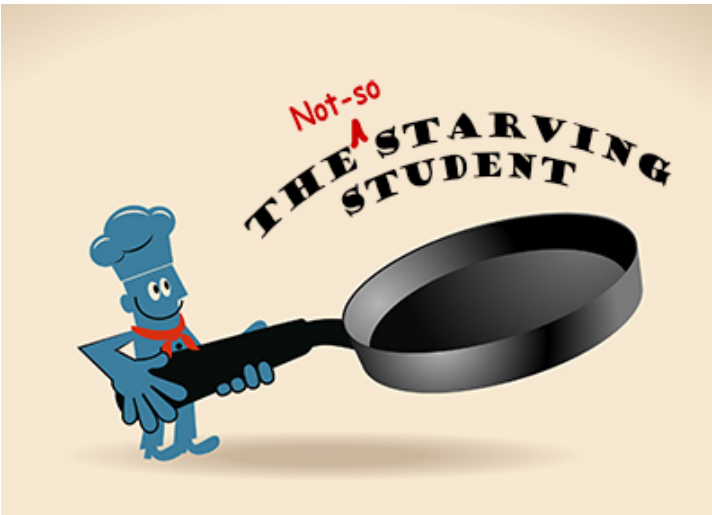
your path deviates from where you expected it to go, don't get frustrated when your road there isn't what you expected; you are taking your own path, your own journey, and be proud that you are blazing new trails instead of just banging your head on the glass.

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



## The Not-So Starving Student Alternative Protein Sources

**Xin Xu**



At some point you may have heard of the enormous waste associated with producing agriculture. While plant products drain resources such as water, land and fertilizer, livestock require an exhaustive list of resources from nutrients to a heated barn in the winter. The energy consumption doesn't stop there. The production of livestock is only part of the story, the second half of the story involves meat processing, which requires an ever-greater amount of labor and machinery. Upon close examination, this multi-billion-dollar industry isn't as sustainable as we might think. For one, the exploding growth of the middle class in

rapidly developing nations places greater demands on meat protein. One example of this growth is seen in East and Southern Africa where an improvement in quality of life has shown growth in meat consumption (Tschirley, 2015). Consequently, the question becomes, "Will we have enough resources to support this need?" Moreover, will it be environmentally possible to satiate the world's love affair with meat protein?

Of course, this isn't to persuade you to opt for a vegan diet (nor will it), but it certainly gets many agricultural scientists to think about protein substitution. The concept revolves around shifting our daily protein consumption from livestock to plant proteins, or the less palatable option, insects. Insects are known for their incredible high protein levels that exceed the protein per gram compared to traditional meat-based proteins. The argument for substitutes of meat protein is not simply a nutritious one, but one that involves sustainability. Compared to farming livestock, both insects and protein-rich plants produce less emissions and use less resources, which in turn means reduced costs as well (Richter, 2015).

Interestingly, while we quote protein substitution to be a novel idea intended to solve our protein problems, it has been in place for longer than we may think. For instance, countries such as South America and Eastern Asia have had insects on their menu for many generations. Elsewhere, where meat is scarce, plant proteins from lentils to chickpeas have been an important source of protein.

So perhaps a future of reduced meat protein intake might be a reality. But how nutritious is it for us? If we could overcome our psychological barriers associated with consuming insects or the more acceptable alternative, plant-based proteins, how do they compare with traditional meats like chicken, beef and fish?



For one, research has shown the cardiovascular benefits of plant-based proteins in lieu of red and white meats (Richter, 2015). These types of proteins have lower saturated fat content helping individuals better maintain their heart health. On the other hand, insect protein varies based on the insect. Specifically, a study nutritional study found crickets, palm weevil larvae and meal score significantly healthier than beef and chicken in overall nutrient value. However, little is known regarding the million of other insect species that could potentially be a dinner option.

Knowing all that, might you be looking for a few non-traditional sources of protein?



Coconut worms make a popular snack in Vietnam



This pure cricket powder helps athletes supplement their protein intake



In Japan, insects are a delicacy and make an unusual sushi platter



Lentils and chickpeas are among the highest plant-based proteins available

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



## Mood Music

Tara Panrucker



Many years ago, I awakened to my alarm playing a sad song on the radio, unkindly reminding me of a certain ex-boyfriend. At the time, the gloom that came over me was a forecast for the rest of the day—last-minute cancellations, spilled coffee, and more bad memories of the ex. It got me thinking about the powerful effects of sound on our mood, so why not use it to our advantage?

I began tuning out sad songs and tuning in to uplifting tunes. I saved my preferred inspirational songs for easy access so I could begin each day going forward on the right note. When I listen to a song that makes me smile, sing in the shower, or dance in the kitchen, the remainder of the day goes more serendipitously. A wonderful flow of energy accompanies a lively stream of music, generating further feel good vibes.

According to the article “The Scientific Benefits of Music” by Danielle M. Baker, at [scienceofpeople.com](http://scienceofpeople.com), there are five major benefits to listening to music, including the fact that it improves memory. Studies have shown that patients suffering memory loss can remember song lyrics. For anyone

studying for exams, this alone is a good reason to turn on the tunes. And everyone knows listening to music helps to amp up the intensity of a good workout; otherwise, why would gym-goers have headphones on?

Music preference is also very personal. Lyrics and beats that speak to your unique inner pulse can raise your energy levels. My musical choices range from Latin for unwinding and cooking; classical for studying, rap and pop for running, and new age sounds for meditation. Sometimes the meditation turns into a fabulous nap, and that feels good too.

Some ‘Feel Good’ tunes to add to your playlist are new discoveries; some are old classics that never go out of style:

- “I Got A Feeling,” The Black Eyed Peas
- “Beautiful Day,” U2
- “Happy,” Pharrell Williams
- “Tub Thumping,” Chumbawumba
- “We Are The Champions,” Queen
- “I Will Survive,” Gloria Gaynor
- “Break My Stride,” Matthew Wilder
- “Life’s What You Make It,” Talk Talk
- “Hey Beautiful Day,” Bedouin Soundclash
- “Walking On Sunshine,” Katrina and the Waves
- “Lust For Life,” Iggy Pop
- “Don’t Worry Be Happy,” Bobby McFerrin
- “Celebration,” Kool and The Gang
- “All I Wanna Do,” Sheryl Crow
- “Lovely Day,” Bill Withers
- “Footloose,” Kenny Loggins



- “Song 2,” Blur
- “Feel Good Inc.,” Gorillaz
- “Get Up Stand Up,” Bob Marley
- “What A Wonderful World,” Louis Armstrong
- “Float On,” Modest Mouse
- “Good Vibrations,” Beach Boys
- “Beautiful Sunday,” Daniel Boone
- “Feels So Good,” Jody Reynolds

Take a break from miserable, tormented songs and plug into upbeat, empowered tunes. Discover songs that sing to your soul on YouTube, iTunes, or in any music store. You’ll be sidewalk dancing your way to good vibrations (and maybe a few new friends) in no time. And if you want to know the ideal music to help you ace your exams, read “[Classical music and studying: The top 10 pieces to listen to for exam success](#)” at [independent.co.uk](http://independent.co.uk). On that note, let the rhythm move you in the right direction.

*Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.*



## The Fit Student

### How to Conquer Overtraining

Marie Well



Rocky Balboa loves to sweat. He must’ve made millions dripping in his flicks. But what if he burned out from overtraining? Well, he’d miss out on surging energy, awesome sleeps, fun training, and a massive appetite. Worse, he could get hit with an autoimmune disease, like I almost did.

During grad school, I exercised five hours most days. Before bed, I’d punch my pillow due to lactic acid burning my legs. When I had early morning classes, I’d catnap (more like crash) throughout the day. For two days after those early mornings, I’d have no muster to study. I’d do little but cry between catnaps—and workouts.

And then I came down with a vague bronchitis-pneumonia diagnosis. Yet, I continued to ride my bike, snorting into soggy toilet paper at stop signs; cycling

twice-a-day to the gym to weightlift, box, snoot, and cough.

Yes, I over-trained. And then I quit. During the next ten years of laziness, I grew sick.

To my joy, ten months ago, my doctor smartened me up. She said, “Get fit or get sick.” Over the next ten months, my feeble body sprouted muscles. Just last month, I finessed my fitness with high intensity interval training. Plus, I added wind sprints, swimming—and glorious steam baths.

But I crashed.

Ten-hour sleeps no longer refreshed me. I began trembling my first minute in the gym. And while doing chin-ups, I feared my muscles might tear. At bedtime, my body screamed for extra salmon, despite me having eaten a thousand more calories than burned.

Yes, I over-trained. *But, training is for life!*

So, I refuse to quit. Instead, I halved my training and took more rest days. But I still felt tired and ill. So, I pinpointed other culprits: excessive steam baths, toxic cinnamon intake, oversleeping, and overdoing high-intensity-interval-training. I cut back one-at-a-time until I regained my mojo.

*Sigh.* Elite athletes can train four or more hours a day. Why can't I? Well, they're youthful, so their bodies recover faster. Plus, they have access to physiotherapists, sports coaches, and excess nutrition. Michael Phelps, the swimming champ, ate between 8,000 to 10,000 calories a day at his peak.

I say, *Bah-humbug to age!* Studies say that strength trainers in their 70s get similar results as those in their 40s. And, hey, I'm not 70. My guess is, neither are you. So, let's do bicep curls beyond our 90<sup>th</sup> birthday.

In other words, if you hit a training stump, don't quit. Instead, do what the pros do—modify. Ben Shatto shows us how to conquer overtraining in his book *Preventing and Treating Overtraining Syndrome*:

- If you've over-trained, see a sports doctor: "If you are experiencing chronic aches or pains or are struggling with an aspect of your training, seek help immediately .... This would include designing a new training ... schedule to prevent OTS [overtraining syndrome] from recurring" (location 240, 44%).
- And rest to conquer overtraining syndrome: "One of the first and primary treatments for OTS is to rest. More rest is required the longer the overtraining has occurred .... If the overtraining has occurred for a short period of time (such as three to four weeks), then a brief three to five days of rest may be sufficient ..." (location 196, 2%).
- While recovering, train either less frequently or less intensely: "After the rest days, you must be slow and deliberate as you slowly taper back into training at a lower training volume until your recovery is complete. Typically, in mild cases, the intensity of training can be maintained as long as the volume is decreased" (location 196, 2%).
- And get a massage for faster recovery: "Consider seeing a masseuse for regular body work. Use mobility tools or a foam roller after exercise to speed up recovery times and decrease the risk of muscle soreness or restriction" (location 226, 41%).
- Consider acupuncture for OTS recovery, too: "During acupuncture sessions, you can take time to specifically work on intentional relaxation and meditation, which has the added benefit of addressing the nervous and hormonal systems" (location 240, 44%).
- Cut out caffeine, too: "Decrease the stimulants ... Intake of stimulants, such as caffeine, tend to worsen the condition" (location 240, 44%).
- Eats lots of fats for OTS recovery: "Limit sugary food, and add more protein and healthy fat in your diet .... I encourage that you consume a higher fat diet to help your body's hormonal system to re-regulate" (location 251, 44%).
- Lastly, drink lots of water to prevent injury: "Dehydrated tissues are prone to injury as they struggle to gain needed nutrients to heal and repair. Dehydrated tissues are less flexible and tend to accumulate waste products. Stay hydrated by drinking water" (location 273, 48%).

After stopping steam baths, my energy bounced back 90%. My energy then leapt to 98% after I slept less and stopped consuming toxic cinnamon doses.

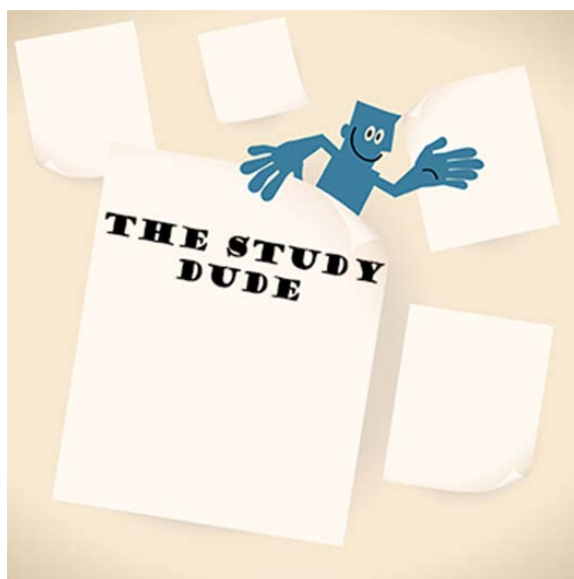
But I won't skimp on high intensity interval training. After all, Rocky went the distance. Surely, we can, too.

Warning: Consult a doctor before taking on a new exercise program. If your doctor pooh-poohs your fitness plan, get a second opinion from a sports medicine doctor. In Alberta, health care will cover the cost.



## The Study Dude Body Language

Marie Well



Learning body language could be the best thing you do. You'll chum up with supervisors and students. You'll win over bosses and colleagues. And one day that body language will secure you your dream job.

I bomb at nonverbal language. During interviews, I shrivel, almost disappearing. My shoulders hunch. My hands cover my lap. My crossed legs nervously bounce. And my hand karate chops the table when I make a point.

Weirdly, some interviewers have worse body language.

For instance, one interviewer looked small. His hands covered his groin while his knees buckled together. His shoulders stiffened into a shrug while his head hung low. When I asked him how much the job paid, he moaned, "You want the job, don't you?" Turns out he wanted me

to work for free.

Another interviewer yanked me with his handshake, his wide-eyes grinning, his eyebrows nearly pressed against mine. I wondered if he'd swallow me before he'd hire me. He did neither.

Unlike me and many, my boyfriend reads body language like a CIA operative. He recognizes people by the sounds of their walks. He uses body cues to read minds, guessing people's worries before they've spoken a word. Not surprisingly, he makes droves of friends (more like fans) wherever he goes.

I yearn to learn to read people.

So, I sought books on body language. I read about power poses, about speaking loudly, about animating the voice. I read about mirroring others' movements. But it all felt phony.

Then, I read books with images of crossed arms, furrowed brows, and hands on hips. "Is this all?" I thought. You might've wondered the same.

I've since found an effective—but crazy—book on body language. Janine Driver shares secrets of body language in *You Say More Than You Think: The 7-Day Plan for using the New Body Language to Get What You Want*:

- First, body language happens with the legs: “Feet always point in the direction of our interest” (location 1270, 41%).
- But bouncing legs can give the wrong impression: “Bouncing or moving one’s legs while seated can show nervousness” (location 1242, 40%).
- Avoid crossing your ankles: Crossed ankles “make a person, mostly often female, look like a little kid who is either bored out of her mind or terrified of getting into trouble. This pose makes you appear small, closed off, and as if you do not have both feet on the ground” (location 1207, 39%).
- Second, don’t hide your hands: “Any time a person hides a body part—especially something as important as their hands—people see it as a message of nervousness” (location 1200, 38%).
- Third, confident men highlight their groins: “When men are confident, they’ll flash their bits in what I call crotch displays” (location 1270, 41%).
- But women should act modestly: “Ladies, be very conservative; there’s never a time when it’s appropriate to flash your bits to get what you want, so focus more on using your power hand gestures to earn respect and professional admiration” (location 1248, 40%).
- Modest or not, don’t cover your crotch with your hands: “If you notice yourself standing in the fig leaf, put your hands behind your back. It’s really that simple; you’ll send the message that you are confident and you have all the answers” (location 1312, 42%).
- Fourth, thumbs signal power: “Keep an eye out for those celebrities whose hands are in their pockets, but who always stick out their thumb—those displays are powerful signals of independence” (location 1280, 41%).
- A thumb gesture called one-handed hooking sends romantic vibes: “Instead of letting your thumbs rest on the outside of your pockets, you can put your thumbs in your pockets with the rest of your hand on the outside. This cowboy maneuver is called ‘hooking’ .... Hooking, hanging your thumbs on your belt, pants, or pockets, is not for the faint of heart .... How sexy and powerful is one-handed hooking? Very” (location 1291, 41%).
- Fifth, point your belly button at your object of interest: “A halfhearted handshake with your belly button turned away is essentially the same as giving someone the ‘cold shoulder’—which, when employed consciously, can also be quite useful” (location 1069, 34%).
- Bosses like you best when you point your belly button: “Direct your belly button toward your boss and increase your odds at boosting rapport” (location 1001, 32%).
- Don’t point your belly button at the exit: “When we suddenly turn our navel toward a door or an exit or simply away from someone, we subconsciously send the signal that we want out of the conversation and perhaps even out of the interaction” (location 983, 31%).
- A shift in belly button direction pinpoints an issue: “Suddenly you see one of your employees angling her navel in a new direction during a discussion about revenue numbers. That shift may indicate a hidden emotion, a difference in opinion, or a lack of interest—thus yielding you a perfect Probing Point” (location 990, 31%).

I once hoped to write a thesis on body postures of elite politicians. I proposed to do so in grad school, but I couldn’t secure a supervisor. If I knew how to read belly buttons, I’d have drafted a better skeleton for my proposal.







## The Ties that Don't Bind

*Dear Barb:*

*My adult son has cut off all ties with me and I am devastated! Since his dad and I divorced my son and I have always had issues. There seems to be a tension between us, almost like he is blaming me for the divorce. I did make the choice to leave the marriage, but I don't see how this should have damaged my relationship with my son.*

*I have tried to contact him, sent him cards, texts, Christmas and birthday presents, but this has gone on for over a year this time. He has done this to me a couple of times before and each time when we got back together I tried to find out what the problem was. The last time he told me it had nothing to do with me, it was just things that he had to work out. He told me he has now matured and is able to handle stress better. Obviously, that wasn't the case.*

*This last blow up occurred because my son expected me to remove some pictures of his ex-wife on social media and I refused. My son gave me an ultimatum: if I didn't do it he wouldn't speak to me again. I refused to remove the pictures because other family members are in them.*

*I love my son tremendously, but I have been through this so many times with him, and unless I do exactly what he wants, he does this to*

*me. Why would a child do this to a parent? I did not abuse or neglect him in any way. I am finding this very difficult to deal with, some days I'm ok and other days it makes me extremely sad. Do you have any advice for a heartbroken mother? Thanks, Anne.*

Hi Anne:

So sorry to hear about your situation. I have gotten a few letters about similar scenarios. There are a lot of people who have a hard time dealing with conflict, so rather than face it, they chose to escape. It sounds like your son may be struggling with this. It is extremely painful when an adult child cuts off contact with a parent, especially a mother. Mothers are always dealing with feelings of guilt and questioning whether they were good mothers, so something like this just magnifies those feelings. Plus there is the belief that other people will think they must have been a terrible parent for their child to do this. You have a right to take a stand and make your own choices and decisions, as does your son. You are not flaunting this by tagging your son in these pictures and he has to respect your right to put whatever you want on your social media accounts. It seems he doesn't want to see any reminders of his failed marriage but eliminating the pictures does not make the failed marriage disappear. When you feel bad, remember that you did not cut your son out of your life, this was his choice. Try not to let anger get the best of you. Perhaps at some point you will be able to have a conversation about what is really bothering your son and you may find out, as he has said, that it really has nothing to do with you. In the mean-time a support group may help you get through this difficult time. Thank you for sharing with our readers.

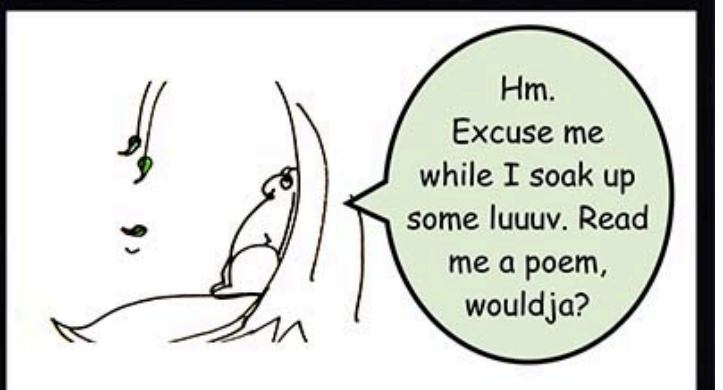
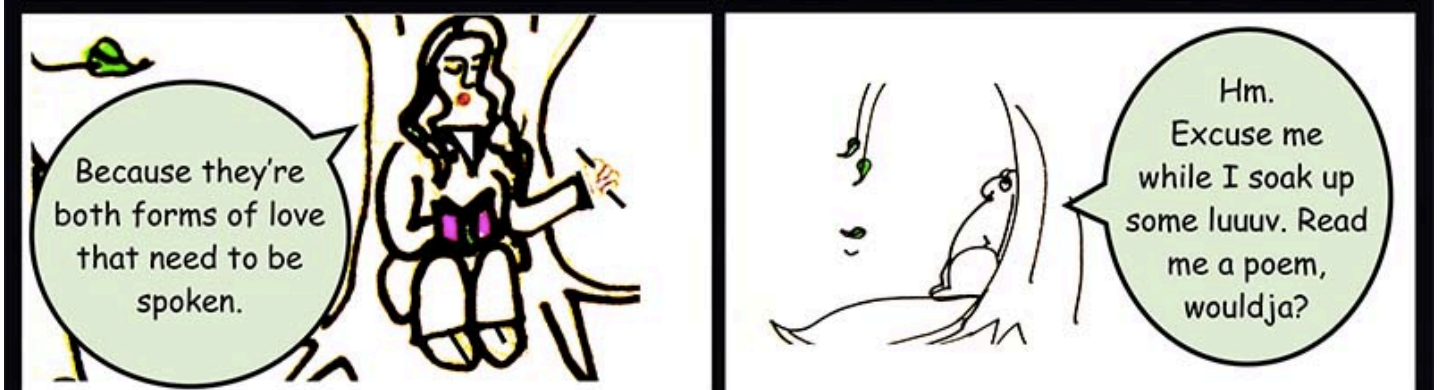
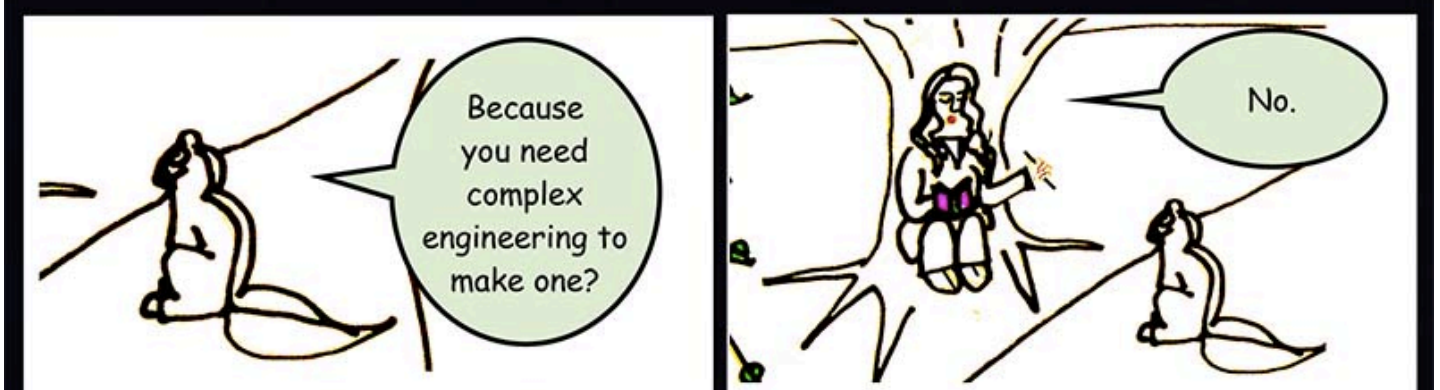
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**Poet Maeve**  
**A Tree is Like a Poem**

**Wanda Waterman**







**AUSU**  
ATHABASCA UNIVERSITY  
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## IMPORTANT DATES

- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [Council Changeover Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 10:** [Deadline to register in a course starting June 1](#)
- **May 15:** [June degree requirements deadline](#)
- **May 31:** [Deadline to apply for course extension for June](#)

## Stress Awareness

Going through a stressful time? You're not alone. Three-quarters of adults experience stress in their daily lives, recent studies have shown. Major stressors include money, work, and personal health concerns. Trying to balance your studies with work, relationships, and a social life – all while trying to set yourself up for future success – can be tough.

**Student LifeLine** is there to help you identify your sources of stress and find effective ways to manage them.

Check out the [Stress Awareness](#) feature on their homepage (Username: **AUSU**, password: **wellness**), where you'll find a variety of resources to help you lead a happier and less stressed life, including a brand-new Stress Management Toolkit.

You7 can also contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak to a caring, professional consultant for free expert advice or help!

**This is a FREE service for all AUSU members!**

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## Want to Know More About Your new AUSU Executives?

The new team officially took office on April 10, 2018! Click the links below to check out their biographies!

**AUSU President:** [Brandon Simmons](#)

**VP External and Student Affairs:** [Melinda Goertz](#)

**VP Finance and Administration:** [Natasha Donahue](#)



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