



THE VOICE

Vol 26 Issue 31 2018-08-10

Minds We Meet

AUGSA Councillor, Katie Bradley

How to SUP with your Pup

Enjoying the Dog days of Summer

Get Organized

Weekend Warrior Style

Plus:

*The Fly on the Wall
In Conversation
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

Minds We Meet: *AUGSA Councillor, Katie Bradley*..... 4

Articles

Editorial: *Survey Says... (2018 Edition)* 3

Get Organized 17

How to SUP with your Pup..... 18

Columns

In Conversation: *with The Split Seconds*..... 6

The Not-So-Starving Student: *DIY Guacamole* 9

The Fit Student: *Put People to the Stress Test*..... 11

The Fly on the Wall: *From Dullsville to Delight, Part II*..... 12

Course Exam: *Phys 200*..... 15

Dear Barb: *Baby Steps* 20

News and Events

Student Sizzle 8

AU-Thentic Events 13

Scholarship of the Week..... 19

AUSU Update 22

Graphic

Poet Maeve: *Look to the Sky*..... 21

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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

Survey Says... (2018 Edition)

Karl Low



We now have the results of our Voice Survey, emails to the winners have been sent, and we're just waiting confirmation from them so that we can proudly trumpet who they are before we spill the beans. So, if you haven't received an email from us at the address you gave, then I'm afraid you weren't one of the lucky 16 people who got drawn. However, you can take heart in that you're helping to shape the Voice Magazine, sometimes in ways we didn't expect. I'll be doing up a fuller article on the results of the survey once I've read through more of the free form comments, but it certainly has been heartening so far to see the number of people who think that we're doing a pretty good job already.

After all, we don't get a lot of affirmation here if we're hitting the mark, or those who read are more doing it out of a sense of hope and duty than actual enjoyment. And I get it, people are busy, if they took the time to let every place they enjoyed know they actually enjoyed it, they'd have less time to, well, enjoy the things they're enjoying.

Which means that all we usually see are dry quantity statistics. How many looked at something, not how many

like it. So, communication like this just feels amazing. Once again, a big thank you to everyone who filled one out and even more so for the comments.

The survey also gave us a couple of surprises, such as only a few of you think we should move more toward video or audio. The way that everything on the web is going these days, I know that I've just kind of assumed that's what people wanted, even though I'm not that big on it myself. Turns out I'm not the only one. Don't get me wrong, there are some perfectly appropriate places to use video or audio broadcasting, but I find that more often I'm wondering why on earth a story needed video or audio, or why they couldn't at least put a transcript underneath so that I could skip down to the part that interests me. Maybe all the other broadcasters are just making the same assumption without asking. All of which means I'm sure glad we asked before spending the effort trying to do something most of you either don't care about or actively don't want.

Meanwhile, this issue, we have a good interview with graduate student Katie Bradley from the AUGSA, the second part of last week's "Fly on the Wall", where Jason Sullivan digs into the risk of our studies creating barriers to our education—when we become invested in a certain viewpoint—and how we need to be active learners to keep that from happening and realize the full benefits of our own educations.

We also have some advice on everything from organizing to picking people in your life or getting involved in a new activity with your dog of all things, plus scholarships, a whole bunch of events (meaning that there's probably one near you), interviews, and more!

So, while I'll be enjoying reading your comments, I hope you enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", with a stylized flourish at the end.

MINDS WE MEET



Katie Bradley is a Councillor in the Athabasca University Graduate Students' Association. Here we get to know one of our fabulous AUGSA councillors.

What brought you to AU?

I first took a course with AU in 2009 when I needed one 4th year communication credit to graduate a semester early from my undergrad at the University of Ottawa. Being in the last cohort to register, none was available. At the time I loved the self-directed nature and churned out the required 3 papers in about a month.

The second time was in August 2014 when I decided to apply for the Masters of Counselling program and needed some courses to meet the pre-requisites. Again, I loved the self-paced nature and often completed readings at lunch time or during slow times in my full-time job at SAIT. I had a lot of slow time.

Finally, I registered in first year of the Masters program in September 2016. I was in a work-from-home job by

that point and suddenly I was interacting with other students online daily, yet I felt more alone than ever before. I have found my masters to be a truly transformative experience, but when you only ever interact with people via 100-200 word posts that are carefully worded, it can make you feel more lonely than ever before. I remember a few times reading comments and thinking, do they mean what I think they mean? Or, I don't think this is what we're supposed to think, but everyone is jumping on board, how do I handle this? I tried reaching out to a few people but our attempts to meet up failed. Finally, in May 2017 another person attempted to set up a group and I enthusiastically joined. It made all the difference. I had people I could relate to, people who understood the challenges, people who I could get immediate feedback from in-person. One year later, we still meet weekly for coffee and support. I now know a lot of other people in the program who I keep in touch with, and I'm more active in things like the Facebook AU group, because I know how tough it can be to not know the answer but have no one you can ask. In that sense, I love being at AU. The program gave me the flexibility I needed, but everyone is in the same boat, so there's a lot of fellow feeling if you keep looking a group you can relate to.

What is the last book you read?

The Inconvenient Indian by Thomas King, but I feel like that makes me seem like I read smarter stuff than I usually do. The second-last book I read was *Steadfast* by Mercedes Lackey, which is a lot more indicative of the type of reading I do.

What show do you think everyone should binge watch?

Call the Midwife. I'm currently on Season 4 and it's a great balance between social commentary and interesting stories.

Why did you choose to run for AUGSA council?

Last year the AUGSA sent out an email asking for a volunteer to attend the CASA advocacy week in Ottawa. I worked at Parliament in my undergrad so I jumped at the chance to see it from the other side, so to speak. The experience was incredible. I loved seeing how organized a student organization could be, the messages they were conveying to Canada's politicians, and I was inspired by all of the undergraduate student leaders who were there. They were all doing so much, some while still taking a full course load, and I had never tried any of that before, despite being interested in politics. I know that one of my strengths is being very articulate, so I thought that I would be a good representative of my peers, as well as a good learning experience for me to see a different type of politics than I have before. I'm thinking student politics will be a little more civil than my past experience.

What are your academic goals for 2018?

I'm very focused on my practicum right now, which starts in September. I got a placement—which was a lot more difficult than I thought it would be when I entered the program—so reality is coming a lot closer. That's why I'm reading books like *The Inconvenient Indian*, I want to learn more about different populations, perspectives, and experiences before I begin seeing clients and theory becomes practice. Mostly, I want to learn as much as I possibly can, and hopefully help a few people along the way.

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

That is a really tough one. It's not very historical, but Jane Goodall, back in the 60s or 70s when she was knocking down walls about objectivity in science, not to mention for women and conservation efforts around the globe. I did a project on her in elementary school, and she's been a favourite of mine ever since.

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

I'm trying to learn to crochet. I'd like to really sit down and get a project going, rather than just trying different patterns and tearing them out again. I just haven't had the time to pick something that I think I can actually finish.

Since being elected, what are your hopes for the 2018-2020 term?

It seems like the council and executive are a good mix of experienced and new voices. I think that everyone always wants to improve outreach and effective communication with students, which is so difficult in an online environment. I'd like to make the AUGSA more accessible from a policy perspective. When I was doing research during the election I noticed a few instances where published policy differed from the information we were given as candidates. I'd like to work on making sure that when documents are updated, they are updated everywhere, and that there is consistency across the board for when students need to access information.



In Conversation With The Split Seconds

Wanda Waterman



Escaping Persistent Digitized Confusion

The Split Seconds is a punk/rockabilly band that formed in Washington, DC, in 2015. The band is made up of frontman Drew Champion, drummer Sean Peterson, bassist Stephen Parsons, and guitarist Alex Massi. The grittily retro video for “Where Have All the Good Men Gone,” a track from their recently (June 8) released second album *Counterfeit Reality*, shows the discouragement faced by a woman in search of a meaningful relationship. They’re

now touring the album. Recently lead vocalist Drew Champion took the time to answer our questions about the band, his musical influences, and “covfefe.”

What kind of childhood did you have and what role did music play in it?

I always had a very intense emotional response listening to music as a kid. I recall being obsessed with certain Beatles, Beach Boys, and Ramones songs and some classical music as early as I can remember. When I began playing music it quickly became a very important part of who I was and what I wanted to do.

Were you trained in music or did you teach yourself?

It's been mostly self-study of various instructional material. I also took lessons for several years during high school and took a music theory class offered in my high school.

Why did you choose to play punk?

I play a lot of styles, but at some level I think that the sound and feel and energy of punk resonates with me on the deepest level. It's probably an indescribably complex combination of factors that links somebody's temperament to a musical style, but as soon as I heard punk it seemed like the right fit for me.

What's behind the bulk of your discontent?

I think discontentment in general is a result of reality failing to meet prior expectations. A lot of Split Seconds songs that deal with discontent or frustration are about feeling that somebody or some people have treated me in a way that I would not treat them and about lowering my expectation that other people and their opinions are worth a shit.

How did the bandmembers meet?

Originally, The Split Seconds was essentially a solo project where I recruited my drummer friend Gu, from Boardroom Heroes, to make *Center of Attention*. Near the end of recording that first album my mother met Sean randomly at a car repair shop where he was working, realized we

would make a good fit musically, and put us in touch. Sean and I started gigging with a variety of bassists and eventually brought Alex Massi on rhythm guitar and Stephen Parsons on bass. I still wrote the songs for *Counterfeit Reality*, but the song selection, the direction that the songs took, and the arrangements were a much more collaborative effort on this album.

How did you come up with your band name?

I don't recall exactly when I thought of it, but I had been holding onto it for a while as a good name for a tight, uptempo, classic punk rock group. It was also fitting because The Split Seconds started as a vehicle for me to record a bunch of songs I'd been writing for my prior group, and I didn't expect the project to last long or be successful. So that fatalism was baked right into the name.

What do you like best about *Counterfeit Reality*, and why?

I think that for the first time on this record I've been able to fully integrate my influences from punk, classic pop, rockabilly, classic rock, and even jazz and classical into a cohesive style. Also, lyrically, I think we've found our unique voice and message.

Did anything funny or weird happen while you were recording it?

For some reason I always needed Hot Fries during recording sessions. I must have eaten twenty large bags of Hot Fries during the sessions.

Who designed that brilliant album cover?

I came up with the concept of the Washington Monument with the picture inverted. It represents the primacy of subjective experience over objective truth. Alex then took that idea and based the design on some old jazz album covers from the '60's.

What's the story behind the song "Where Have All the Good Men Gone?"

It's not based on one single story, but a trend. We see a lot of sadness and desperation in men and women trying to navigate modern love and relationships. The title comes from an article about a woman failing to find a relationship with a decent guy. There's a lot that can be said on the subject, but we're not trying to preach. We're just putting into music what we've seen in our lives.

Is Washington DC a creatively stimulating city for a musicmaker?

It's very creatively stimulating if you're trying to make music that expresses frustration. If I were trying to write pastoral classical music or giddy pop music I'd probably need to move.

Have you ever seen the president in person?

I have not.

What do you suppose he'd say about your music?

Probably something along the lines of "covfefe."

How do you regenerate after giving yourself heavily to the music?

I don't. I just go to work.

What conditions do you need in your life to maintain creativity?

Ample time to work on my music and semi-adequate health.

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

I like a lot of old movies like *On The Waterfront*, *The Big Sleep*, *High Noon*, *The Searchers*, etc. Those old movies are really well-crafted, and the analog look, simplicity, and clear, bold messages really appeal to me. They allow me to escape the 21st century's persistent digitized confusion. It's not a direct influence, but I feel that their clear messages and focus on the fundamentals of craft of good film-making is similar to what we try to do with our music.

If you had an artistic mission statement, what would it be?

Tell the truth, make it catchy, keep it concise.

What's next for the Split Seconds?

We've worked hard to put out two records that we're proud of, and we're looking forward to more extensive touring.

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

Mihir seeks insight into the political economy program and is rewarded with a direct link to the program page. Natasha has made the leap from part-time to full-time studies and seeks tips to help with the transition.

Other posts include AUSU meet & greets, AU student town hall, and courses ACCT 250, MKTG 420, POLI 350, and SOCI 339.

reddit

User u/hkyoil seeks the student's version of El Dorado: easy 3-credit courses that don't require much studying.

Twitter

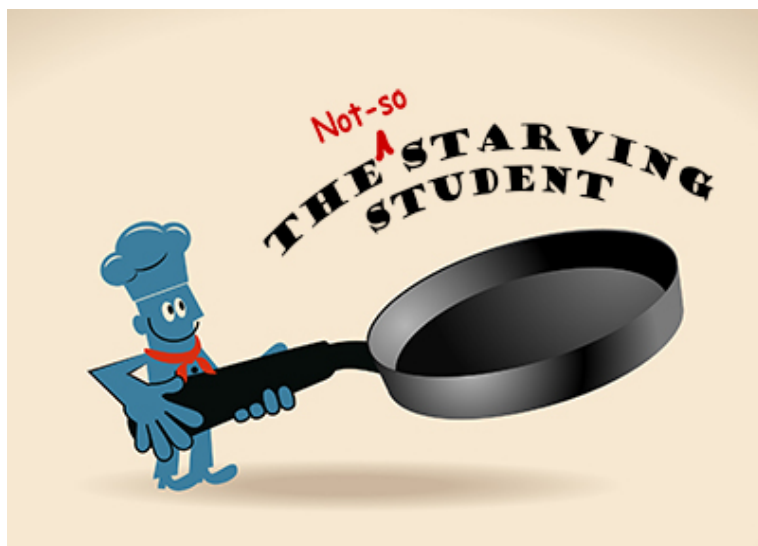
[@AthabascaU](#) tweets: "A Canada-wide Examination Invigilation Network has been established that is composed of many post-secondary institutions that are [#AthabascaU](#)-approved invigilation centres. <http://bit.ly/2v7Xn5t>."

[@AthabascaUBiz](#) tweets: "Keep us updated on what happens after [#AthaUBiz](#) - check out this month's Class Notes to see what your fellow colleagues have achieved! <http://bit.ly/2n0F9ia>."



The Not-So Starving Student DIY Guacamole

Xin Xu



“Guacamole for extra?” Is the phrase I hear the most at the local fast food chain or burger joint. But why pay extra for guacamole when you can do it yourself? Moreover, many fast food chains’ guacamole is heavily watered down and loses the richness and nutrients that homemade guacamole contains. Guacamole is simple to make, delicious, and contains countless health benefits. Among the proven benefits of avocado include antioxidant properties that protect the body against toxin build up, healthy plant fats that help promote heart health and contains fibres that will improve digestive health and nutrient absorption.

If you’re still on the fence about making this versatile dip yourself, the entire process from preparation to seasoning took less than 15 minutes. Guacamole is a nutritional and tasteful gem when added to your breakfast toast, house party appetizers and even salads dressings.

Step 1: Pick your finest

One of the first things you will notice about avocados is the color of the peel. The darker the peel color, the riper the fruit. Besides the color, test the firmness of the fruit by applying gentle pressure; if the fruit is overly soft and mushy like a boiled potato, it is best to avoid. However, if the fruit is too firm, it will not produce the best guacamole right away but letting it sit on the kitchen table for anytime within 10 days could help it soften without being overripe.

Here I used 4 ripe avocados for 2 serving sizes of guacamole



Step 2: Prepare supplementary ingredients

Avocados alone has a slight bitter taste and adding sweeter and tangier ingredients such as tomatoes and lemon juice helps neutralize its taste. For the perfect guacamole use:

¼ diced red onion (I’m using garden grown yellow onions)

½ diced ripe tomato (I’m using garden grown grape tomatoes)

2 tablespoons of fresh cilantro (here I’m

using ground cilantro leaves)

2 teaspoons of lemon juice

1 teaspoon of salt

Pepper to taste

Optional: Paprika, your favourite hot sauce



Step 3: Mash avocados

To remove the avocado flesh from the shell, use a spoon and move along the outer edges. Once the avocados are de-cored and separated from the shell, the most exciting part of the prep process begins. While a hand blender can be used here, I find the old-fashioned two spoon method of crushing avocados to work the best for rich guacamole. This method produces less wastage of ingredients and creates a thicker consistency. Once the avocados are well-crushed, add the diced onions and tomatoes in slowly as you continue to mash the avocados.



Run your spoon along the outer edges like this



So that you end up with these.



Step 4: Season

Slowly work in the rest of the supplementary ingredients to achieve consistency throughout.

Step 5: Serve

Taste test: unlike store bought guacamole, homemade guacamole has a rich creaminess without the added preservatives. If you're not a fan of chunky guacamole, try adding a teaspoon of olive oil to smooth out the consistency.

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



The Fit Student

Put People to the Stress Test

Marie Well



What happens when we get cast out? When people we love backstab us? When we get fed fists? *Stress happens!*

In grade school, a girl got persecuted. Swarms of students circled her, shoving her, day in, day out. She feared for her life. So, I started bringing her home at lunchtime. That is, until Mom saw her puff a Player's Light.

Decades later, at work, my colleague got smeared. While I ate lunch with three staff members, one piped up that she loathed this colleague. Then everyone agreed with her—except me. One guy got so riled with me, he threatened to have me fired unless I joined the rant. He and I almost wound up fist fighting. But I stood my ground. Little did I know, but my colleague heard everything from around the corner, tears stinging his

eyes. He would've quit that day, he said, had I not taken a stand. In the end, I kept my job, he kept his, and I made a friend for life.

This past month, staff at a store I visit turned on me. Previously, I viewed several as friends. Many had shared private tidbits about their lives, and we often laughed together. So, they caught me off guard. If I had to fend them off alone, I would have crumbled. But my boyfriend defused the pettiness. Then, the store manager disciplined the staff. Pays to know how to handle fire.

People can get funny. They might gang up on you. They might seem like buddies but behave like foes. But we need people to survive. Babies die without touch. Seniors pass early with no loved ones. But toxic buddies can lead to suicide. So, be smart: put people to the stress test.

Brian Keane grades the stress test in his book *The Fitness Mindset: Eat for Energy, Train for Tension, Manage your Mindset, Reap the Results*:

- Why do we sink so much seeking A+ pals? “Deep down, most of us want to be accepted and liked by our peers and build positive and thriving relationships with people” (page 137 of 182, 77%)
- So, dote on pals who pass the stress test: “Think about the three or four people, friends, family members or partners who have your back and then do everything in your power to continuously build and nurture those relationships” (page 154 of 182, 87%).
- Steer clear of pals who bomb the stress test: “There were certain people in my life who just made me feel ... more insecure around them Here is the test for it: do you feel worse after having hung out or spoken to certain people? ... I recommend minimizing the amount of time you spend with them, or ... cutting them off completely” (page 131 of 182, 75%).
- Give an F-grade to backstabbers: “‘Talking behind someone’s back’ or to put it simply, ‘being two-faced,’ is probably the least desirable characteristic a person can have ... it can lead to a lot of built-up hate and trust issues” (page 157 of 182, 89%).

- On the bright side, if people turn Judas, it could mean you're living an A-plus life: "If people are talking about you, hating or nay-saying—assuming you are not hurting, harming, or neglecting people—it's probably a sign that you are moving in the right direction" (page 154 of 182, 87%).

Back in university, I got blackballed. Hounded for a year, I bawled daily. But I cherished the handful of friends who showed the smallest kindness. And I fell deeply in love with the one who rescued me. Friends for life!

"What goes around comes around," whispered the young girl persecuted on the playground. Except this time, she was a wounded adult, scrooched down as we ate lunch. But little did she know, we *all* get singled out sometime.



The Fly on the Wall From Dullsville to Delight, Part II

Jason Sullivan



Know Your limit, Epistemology Within It!

Limpid thought and diluted meaning beckon us when we relax our critical faculties; our egos may inflate as we mow down course after course, yet it remains for us to be reflexive and consider what we'd hitherto discounted. *Only fools rush in* and when we draw conclusions based more on our disciplinary assumptions than on the facts we shortchange ourselves academically and even personally. As Jacques Derrida put it, "impatience is never justified. It should

incite one to take one's time and to submit oneself to what is not self-evident-without avoiding it" (Derrida, 209). To our detriment do we cling to our fundamental beliefs about the world; to paraphrase an early 21st Century politician, we have to consider not only known knowns and known unknowns but also the forbidden and murky unknown unknowns that our epistemological baselines struggle to even *see*, let alone explain (Profita). If a point of view seems to lack a blindspot, the blindspot may, after all, be so large as to be cover all that appears visible.

We may want to believe, say, that Emile Durkeheim's sociological studies of suicide provide a timeless blueprint for understanding anomic alienation from collective norms. Yet, adherence to a doctrine adds up to only as much as its outlook can explain away about other possible causes (in this case brain chemistry, dietary nutrition or genetic makeup). We cannot escape the reality that even our most cherished academic disciplines have boundaries and limits and are susceptible to scathing denunciations; it helps to occasionally hold at bay the interpretive scripts our disciplines provide to us. Jacques Derrida noted that we often speak of another point of view by discounting it; we mute that which we do not wish to say even as we pay it homage, this apophatic

act demonstrates the power over us of what we desire not to see, think, or feel (Dictionary.com). Derrida wrote that:

“the voice of an utterance can conceal another, which it then appears to quote without quoting it, presenting itself as another form, namely, as a quotation of the other. Whence the subtlety, but also the conflict, the relations of force, even the aporias of a politics of doctrine” (Derrida 179, 'aporias', Dictionary.com).

We Athabasca students are not immune to the horror imparted by views foreign to our core beliefs; opposing beliefs can captivate, fascinate, repel, and tantalize us—even as we faithfully cling to our certainties.

Openness to other explanations is a pillar of critical thinking and is key to the value of education itself: in university we learn how to learn and how to think rather than merely learn the answers as a *captial 'T' truth*. Mystery plays a role: diaphanous folds of unmapped, untraceable, truth beckon from beyond the static realm of our discursive expectations. Derrida concludes that “a predicate can always conceal another predicate, or even the nakedness of an absence of predicate, the way the veil of a garment-sometimes indispensable-may both dissimulate and make visible the very thing that it dissimulates-and render it attractive at the same time” (Derrida 179). Unacceptable answers call us out of our comfort zone and may incite epiphanies that we can bring back to our disciplinary homeland. There's no sense in closing ourselves off to opposing views if we are comfortable with our own methodological limitations. Orwell said it best, perhaps: “even a single taboo can have an all-around crippling effect upon the mind, because there is always the danger that any thought which is freely followed up may lead to the forbidden thought.” (167). Is what's most forbidden to our academic selves the possibility that our epistemological dogmas may not be as unassailable as we'd like to believe?

Sometimes what is left out is what's most important. For instance, hummingbirds are renowned for possessing a brain the size of a grain of rice and yet know somehow to fly south for months every year.

AU-thentic Events Upcoming AU Related Events

Spruce Grove Meet and Greet

Mon, August 13, 7:00 to 9:00 pm MDT
Tim Hortons, 117 - 70 McLeod Ave, Spruce Grove AB
In person
Hosted by AUSU
www.ausu.org/event/spruce-grove-meet-greet/
No pre-registration required; see above link for details

Red Deer Meet and Greet

Tues, August 14, 6:00 to 8:00 pm MDT
Boston Pizza, 3215 Gaetz Ave, Red Deer AB
In person
Hosted by AUSU
www.ausu.org/event/red-deer-meet-greet/
No pre-registration required; see above link for details

Calgary South Meet & Greet

Wed, August 15, 11:00 am to 1:00 pm MDT
AU Exam Centre, 345 - 6th Ave SE, 6th floor, Calgary AB
In person
Hosted by AUSU
www.ausu.org/event/calgary-south-meet-greet/
No pre-registration required

Barrhead Meet & Greet

Wed, August 15, 5:00 to 7:00 pm MDT
Barrhead Neighbourhood Inn, 6011 - 49 St, Barrhead AB
In person
Hosted by AUSU
www.ausu.org/event/barrhead-meet-greet/
No pre-registration required

Calgary North Meet & Greet

Wed, August 15, 5:30 to 8:00 pm MDT
Boston Pizza, 3026 - 23 St NE, Calgary AB
In person
Hosted by AUSU
www.ausu.org/event/calgary-north-meet-greet/
No pre-registration required

Lethbridge Meet & Greet

Wed, August 15, 7:00 to 9:00 pm MDT
Two Guys and a Pizza, 316 - 11 St, Lethbridge AB
In person
Hosted by AUSU
www.ausu.org/event/lethbridge-meet-greet/
No pre-registration required

(Thompson). We know the why, but the how remains a mystery according to current science. Likewise, how do caribou, surveilled by satellite, know to suddenly switch their grazing path en masse to head to their calving grounds? (Caribou Grounds). And how do salmon always return to their home streams; why a home river rather than one a few tributaries down? (McPhee). Don't any salmon buck their biology?

We know that humans can choose to go against the grain. Blaise Pascal, in a timeless rebuff to biological determinists, who see our lives as a behaviourist puzzle that only appears to be a morass when we are ignorant of the causes that lead us by the ear to mindlessly engage in one action after another, stated: "Man is only a reed, the weakest in nature, but a thinking reed...Our whole dignity therefore consists of thought" (Pascal in Jenkins). Rather than throwing up our hands and declaring that non-thought is the substrate upon which our minds dream and wonder and leaving at that, Pascal asks us to consider the special value of us as thinking beings.

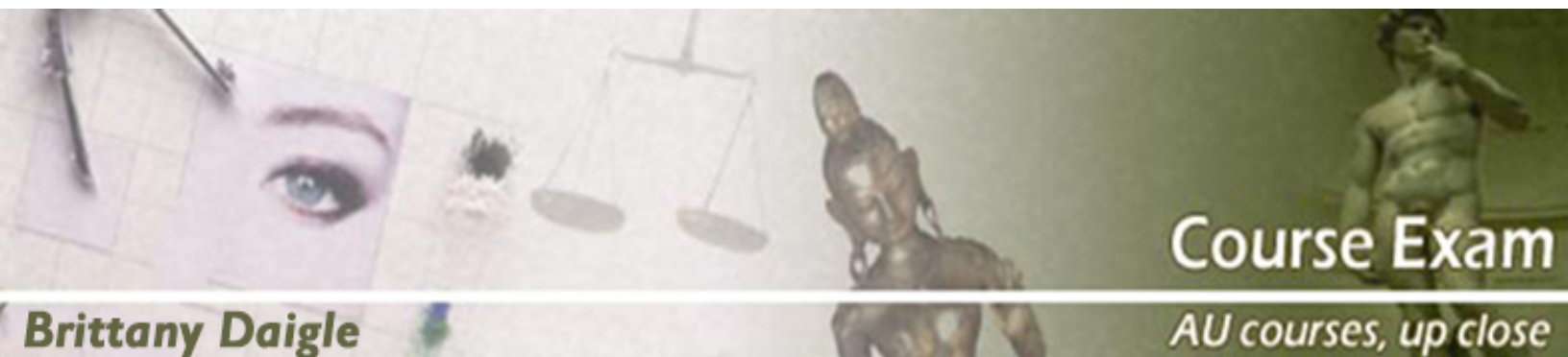
By elevating our educational journey and respecting it as an almost sacred personal mission we can only aid our efforts towards academic success. After all, only a total dillweed would complete dozens of courses and attend convocation only to offhandedly remark that a diploma was a mere *sheet of paper*. It may literally be a bundle of fibre but what it symbolizes, as with ancient papyrus scrolls, transcends the physical, corporeal, realm. To be a reed that thinks, and not just another weed, is a status of immeasurable value.

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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.





Course Exam

AU courses, up close

Course Exam

PHYS 200 (Introductory Physics)

Brittany Daigle

PHYS 200 (Introductory Physics) is a three-credit introductory physics course in algebra-based physics that introduces classical mechanics and includes a hands-on laboratory component. PHYS 200, combined with either PHYS 201 (Introductory Physics II) or PHYS 202 (Introductory Physics III), is the equivalent of one year of introductory physics. There are no prerequisites for this course, but students should be aware that this course is charged an additional lab fee.

Introductory Physics is made up of ten units, six laboratory experiments, assignments weighing twenty percent, lab reports weighing twenty percent, a midterm examination weighing twenty percent, and a final examination weighing forty percent. The ten units within this course cover topics, such as kinematics, circular motion, gravitation, statics, torque, energy resources, friction, drag, elasticity, and linear momentum. Students' final grades are based on the marks achieved in two assignments, six lab reports, and two examinations. To receive credit for PHYS 200, students must achieve a minimum of fifty percent on the final examination and on the lab component, and a course composite grade of at least fifty percent. Students do not need to pass the midterm to be able to pass this course.

Dr. Farook Al-Shamali has been working at Athabasca University since 2001 and has been the course coordinator for PHYS 200 for about fifteen years. Alongside PHYS 200 he also coordinates and tutors PHYS 201 (Introductory Physics II), PHYS 202 (Introductory Physics III), PHYS 204 (Physics for Scientists and Engineers I), PHYS 205 (Physics for Scientists and Engineers II), PHYS 210 (Conceptual Physics), and PHYS 295.

He states, "I received B.Sc. (Honors) in physics, B.Sc. (Honors) in geophysics and M.Sc. in physics from King Fahd University of Petroleum and Minerals, Saudi Arabia (<https://www.kfupm.edu.sa>). I also received a Ph.D. in theoretical particle physics in 1998 from the University of Alberta (<https://www.ualberta.ca/>)."

He continues, "I joined Athabasca University in 2001, and I am currently the Academic Coordinator for the physics courses. I have teaching experience in conventional and distance education systems and with publications in particle physics, geomagnetism, and physics education. My current interests include effective design of online courses and the development of low-cost home lab experiments."

When asked to describe PHYS 200 and to provide some information regarding the structure of the course, he states "PHYS 200 is a high enrollment course with students registering from all parts of the country, in addition to some international students. The course is algebra-based and has no pre-requisites. However, high school physics would be helpful."

Expanding on the course, Dr. Al-Shamali tells us that "The PHYS 200 course is based on the OpenStax College Physics eTextbook, which is an open source material. Students are also

provided with a carefully written Study Guide, which includes additional discussions and explanations and a large number of textbook problems solved in detail. The study material appears online in html code and uses the MathJax JavaScript platform, which combines the accessibility of html and the beauty of LaTeX mathematical equations. An important feature is the inclusion of interactive activities developed using the dynamic capabilities of Mathematica, in addition to some online simulations. Students are able to interact with objects moving in real time and appreciate the relationship between position, velocity and acceleration. The responsive design of the course website makes it mobile friendly.”

He went on to say, “The course involves a hands-on lab component, which consists of six lab experiments. The home lab manual allows students to perform full (and quality) lab experiments at home using personal smartphones, video analysis software, and some common household items. The Science Lab personnel are also available to help with any technical issue related to lab equipment. In addition to the lab reports, students are evaluated based on two assignments (18 questions each), one midterm, and a final examination. Sample examinations with formula sheets are available on the course website. Limited tutor service is provided to registered students via e-mail and phone. Most students who make the effort to complete the course do so successfully.”

When asked for any advice for anyone who is currently enrolled or about to enroll, he states “Unlike many other subjects, performance in a physics exam does not only depend on how much you know, but on how well you know! Therefore, when attempting a physics question your focus should be on achieving deeper understanding of concepts. Memorizing procedures of specific problems may not be an effective strategy. It is important to understand the physics behind the solution without being lost in the mathematical details.”

Furthermore, he states “The sample exams are not meant to prepare you for the exam, but rather to check how ready you appear to be. My advice is to solve as many problems as you can, while simulating actual exam conditions (20 min per problem and referring only to the formula sheet when possible). The end-of-chapter problems constitute a good resource for practice questions. Also note that the final exam is comprehensive, with the majority of the questions relevant to the second half of the course.”

When asked which students he would recommend this course to, he states “This would be a suitable course for any program that require 2 (or 6) credits of introductory general physics. Examples include (but not limited to) pre-med, neuroscience, radiology, biology, geology, nursing, computer science, environmental science, education, art, and business.”

When asked what he thinks students would take away from PHYS 200, he concludes “Physics is not a content-based subject, but rather a way of thinking. The critical thinking skills gained from the course should help to enhance the analytical mind and skills of the students which should reflect positively on all aspects of their lives. The course outcomes also provide a foundation to many subjects related to science and applied science.”

Whether PHYS 200 is a degree requirement of yours or the topics mentioned above are of interest to you, this course will have you learning interesting algebra-based physics concepts about movement and motion!

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



Get Organized

Deanna Roney



Staying organized can be tricky. I have found that, after a busy week, I lose sight of my desk. I have various piles that made sense at one point scattered around. Moving the piles into their appropriate home (and they do all have one, and, no, it isn't on my desk) is much easier at the end of the week than it is if I try to move them around (and remember what they are) at the beginning of the following week.

Come Monday, the piles that made sense on Friday are meaningless chaos. I have to take extra time and work through them,

reminding myself what they are before I can file them away.

It can be so easy to just walk away at the end of the day on Friday. To leave the piles where they are and forget about them for the weekend. But it only creates extra work. It makes Monday take a bit longer to get going. If there are things that need attention come Monday morning and they are lost in the piles then it takes that extra time to find them. This usually leaves me feeling like I am starting out my week trying to catch up. And I find that when I do this the feeling permeates the rest of the week.

By tidying up on Friday and having everything that needs immediate attention come Monday set out, I find I am able to dive right in and I feel productive. This feeling generally won't last the week, but starting the week positively is always better than starting out feeling behind.

Aside from keeping on top of desk organization at the end of the week, I have found a physical planner is essential. I track everything in there: hours, to do lists, and deadlines. I like to be able to flip open a book and see everything at a glance. I like to be able to scribble notes to myself around the edges. While it might look chaotic, it keeps me sane. I find this works (for me) much better than a digital planner. It took me a while to find a planner that worked for me. The layout was right and it had plenty of space for notes to myself (I also like buying from individuals and this one came from @frannerd). Some of the stock planners just were not conducive to me keeping on top of them, I would start strong and then it would become too chaotic (not enough room for extra notes) and I would lose sense of what needed to be done.

There are so many planners out there, even some you can customize, the first one that worked for me was a blank journal and I created a bullet journal, this planner I am using now follows a very similar style and I really am enjoying it –plus it came with stickers which can liven things up a bit.

Over this long weekend I broke my first “rule”. I did not clear off my desk. Instead, I piled things higher on it than I have in a while. Which means that now I need to really take the time to organize it—pushing my work back and making me feel like I am starting and already behind in this short week. I guess we need to remind ourselves every now and then why we do things –I am definitely remembering why I always clear my desk on Fridays.

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



How to SUP with your PUP

Tara Panrucker



As summer comes too quickly to an end, I thought I'd fit in a recreational article on getting outside with your furry family member before the snow flies—before it's too late!

Stand-Up Paddleboarding is not merely for people, it's also an excellent outdoor sport shared with your furry four-legged family member. With proper preparation, gear, and water training, SUP with your pup is a fun way to combine keeping fit with your love of the great Canadian outdoors.

Prior to entering the water, familiarize your dog with your Stand Up Paddleboard on land. Doing so

provides a safe, calm environment in which to use the reward system to train your dog. Place your board either on the ground in the back yard or on the floor in your living room, space permitting. Let your pup have a good sniff and become acquainted with the board. By encouraging your pup to stand or sit on the board and rewarding him or her with a treat, he or she will be eager to hop aboard once in the water.

The next logical step before heading out for a paddle is to ensure your dog feels comfortable swimming and playing in the water. Although certain breeds do not mix well with water, if your dog is already an accomplished swimmer, this stage is simple. And don't worry about what age to start your dog on a SUP as they can learn a new sport at any age. However, the earlier the better so you can begin great new water explorations.

For additional peace of mind, schedule a check-up with your veterinarian. He or she can confirm whether or not your canine is ready for water adventures.

Additionally, be sure to invest in necessary safety gear for your dog's welfare. A brightly coloured life jacket that fits your pup comfortably is crucial. One with a handy handle on top makes it easier for you to lift him or her out of the water as necessary. You may also decide to invest in a neoprene pad for your dog's comfort. Complete with a non-skid backing, the material repels water to keep your pup drier while riding. Additionally, a collapsible bowl is perfect for keeping your dog hydrated for any outdoor activity. Bring along fresh drinking water since who knows what may be floating in the body of water you plan on exploring.

You should also consider a stable paddle board with a foam or rubber deck for your dog's comfort and traction. Inflatable paddle boards are ideal due to their soft platforms and stability. You don't want your fur-buddy slipping all over the place on a hard, smooth board. Remember that longer boards, generally ten to twelve feet long, offer increased stability. Consult with a knowledgeable salesperson in-store before investing in a dog-friendly board.

As a precaution, avoid leashing your dog to the board as he or she may become dangerously entangled. Check park rules and regulations ahead of time where you plan to paddle. And never force your dog onto the board as this can prove traumatic. Continue offering positive, calm

reinforcement, in addition to small treats to warrant your pup knows SUP time is fun time. Also, be mindful of where your pup sits or stands so you don't inadvertently bump your fur-buddy with the paddle.

Undoubtedly, all dogs are different and some calmer than others. In the beginning, practice paddling with your dog in shallow water near shore to become accustomed to riding on the board together. Practice balancing maneuvers, especially when your pup decides to leap into the water unexpectedly. Remain patient and expect a wet mishap or two. On the other hand, your dog may be fine to sit and chill the entire ride—lucky you! Smaller dogs can sit almost anywhere on the board, including the bow, while larger dogs should remain near the back third of the board for optimal balance.

There's not much else to do other than paddle and have a great time! Relishing moments together in nature is important to the well-being of both you and your canine. Make lasting memories for years to come exploring new lakes, rivers, and oceans with your fur-buddy.

On a final note, there is a growing trend to collect trash while exploring lakes and parks to help clean up our environment. A few coffee shops on Vancouver Island offer pails to take out with your morning latte to fill with plastics or other trash discovered on beaches or in the water, to be properly recycled or disposed of. Before you begin a new school year "Try to leave the Earth a better place than when you arrived," as Sidney Sheldon has said.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Tweaked SEO Scholarship

Sponsored by: Tweaked SEO

Deadline: August 31, 2018

Potential payout: \$1000

Eligibility restriction: Applicants must be 18 years of age or older, enrolled in a post-secondary institution in Canada or the U.S., and have a GPA of at least 3.2.

What's required: An online application or e-mail with contact info, along with a 700-word article on any Digital Marketing topic.

Tips: Demonstrating a high level of enthusiasm for business or marketing will boost your application toward the top of the pile.

Where to get info: www.tweakedseo.com/scholarship/





Dear
Barb

Barbara Godin

Baby Steps

Dear Barb:

I have gotten myself into a bad situation and I'm not really sure what to do about it. My ex and I had been dating for two years when we broke up. Then I started dating Jay, we get along great and have a lot of fun. Last month I was at a conference in Toronto and ran into my ex who was also at the same conference. We went out for a drink for old times' sake, and well things got out of hand and we ended up spending the night in his room. I didn't even tell Jay that I ran into my ex, let alone that we had slept together. Unfortunately, a month later I did a pregnancy test and I'm pregnant. I don't know what to do. I know if I were to tell Jay I was pregnant he would assume it was his and be really happy, as he loves kids. On the other hand, if it is my ex's baby I don't feel it would be fair not to tell him. Also if I was going to pass the baby off as Jay's there may be problems as Jay is fair, and my ex is very dark. I'm not sure who the father is, but I have a sense that it is my ex. I don't want to abort the baby, as that goes against my beliefs. I really need some advice. Thanks, Ellen.

Hi Ellen:

Thanks for writing. Yes, you are in a dilemma. My belief is always that honesty is the best policy. This was your indiscretion and you need to make it right. These kinds of things have a way of resurfacing at the worst possible times. You need to be honest with both men and see where the cards fall. Your present boyfriend will have a lot of things to process, since he will feel betrayed and angry and may break off the relationship. You don't say whether your ex is in a relationship, if he is, he will also have to come clean with his partner. When the child is born, for thirty or forty dollars you can do a paternity test to find out who the biological father is.

Another consideration is whether you will include the father's name on the birth certificate, as this will require his signature, otherwise you would just leave the area blank. You can add the father's name at a later date if you choose to. Naming the child's father on a birth certificate is beneficial for the child; if the father were to pass away the child would be entitled to Canada Pension Plan survivor benefits. Once the child is born and the paternity results are in, you and the biological father need to make some decisions about the parenting of this child. Also the birth father may, or may not, want to be a part of the child's life. This is a delicate situation and you can only take one step at a time. Begin by being honest with everyone and proceed from there. Good luck, Olivia, and I hope everything turns out well for everyone involved.

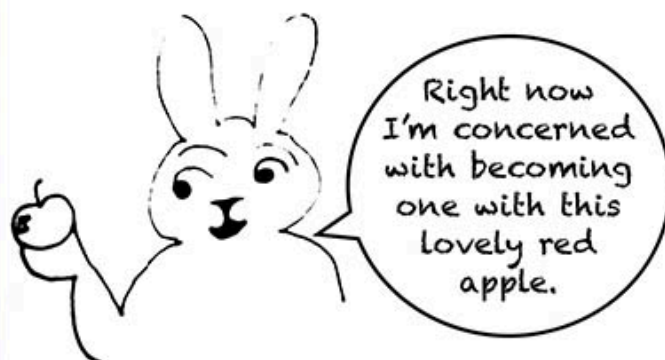
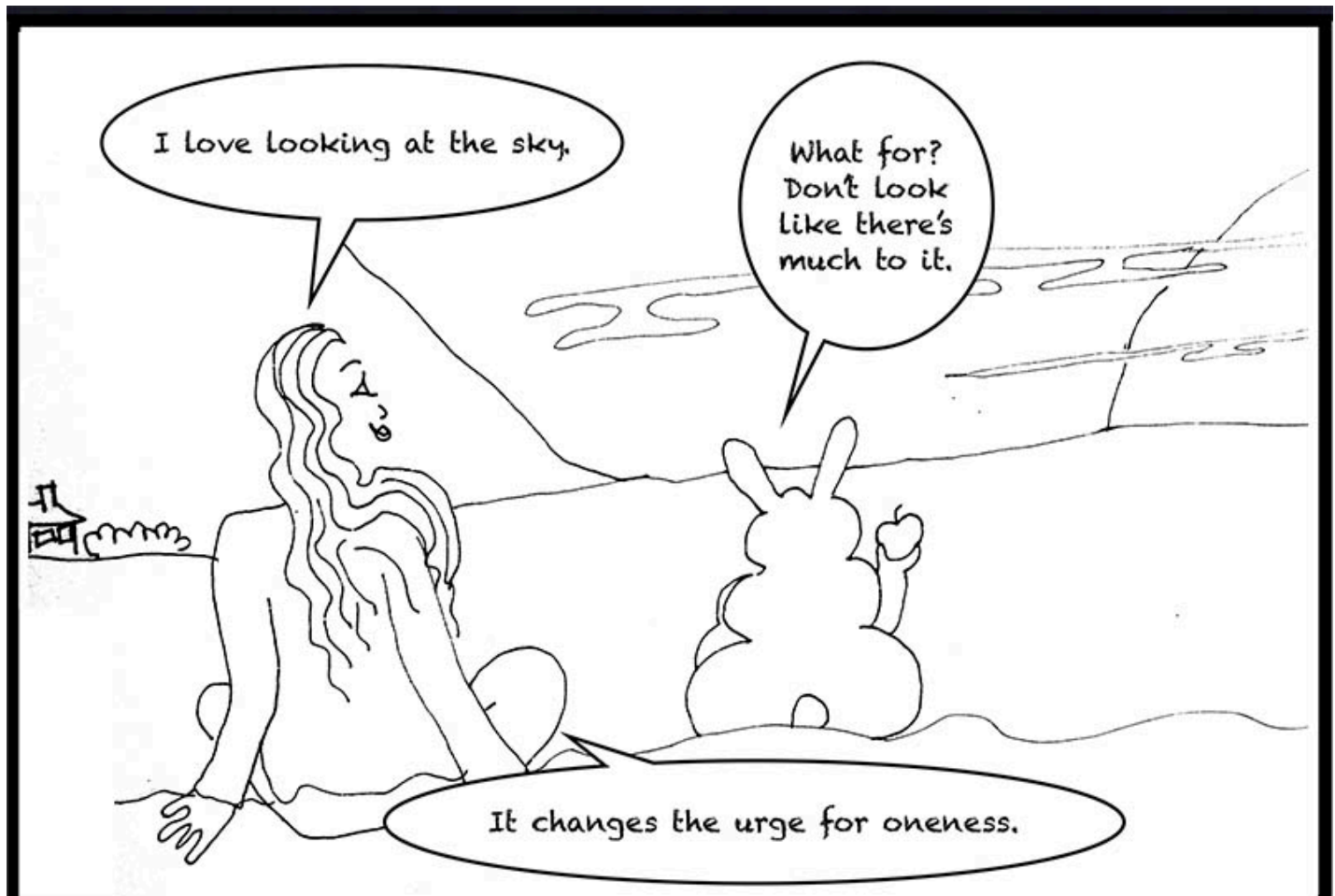
Follow Barb on twitter @BarbGod

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Poet Maeve
Look to the Sky

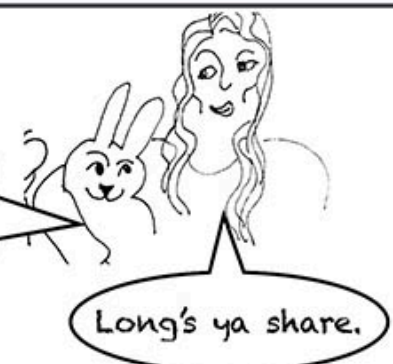
Wanda Waterman



When we think about becoming one with objects of desire we try to take those things into ourselves, or to own them.

With the sky it's the opposite. The more you look at it, the more you want to give yourself up to become a part of it.

Can I contemplate becoming one with the sky while consuming this delicious apple?





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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IMPORTANT DATES

- **Aug 3:** Facebook Live with AUSU VP Finance & Admin
- **Aug 9:** Public Council Meeting
- **Aug 9:** AUSU Annual Members Meeting

Upcoming Events

August 13th - Spruce Grove Meet & Greet

If you are in the Spruce Grove area, be sure to visit your AUSU President to discuss AU's learning Framework, find out the new things going on at AUSU, and meet other AU undergraduate students.

Time: 7:00pm-9:00pm MST

Date: Monday, August 13th

Location: Tim Hortons, 117 - 70 McLeod Ave

August 14th - Red Deer Meet & Greet

AUSU President, Brandon Simmons will be in Red Deer on the 14th for the opportunity to speak with you about AU's learning framework and AUSU initiatives.

Time: 6:00pm-8:00pm MST

Date: Tuesday, August 14th

Location: Boston Pizza, 3026 23St NE

August 15th - Lethbridge Meet & Greet

Join Darcie Fleming to discuss AU's learning framework, find out what's new at AUSU, and meet other Lethbridge and area members.

Time: 7:00pm-9:00pm MST

Date: Wednesday, August 15th

Location: Two Guys and a Pizza, 316 11St S

August 15th - Barrhead Meet & Greet

AUSU's Vice President of Finance and Administration, Natasha Donahue is hosting a Meet and Greet in Barrhead, AB. Natasha can't wait to meet Barrhead and area members. Come out to learn more about AUSU and what is new.

Time: 5:00pm-7:00pm MST

Date: Wednesday, August 15th

Location: Barrhead Neighbourhood Inn, 6011 49 St. Barrhead, AB

August 15th - Calgary South Meet & Greet

Brandon Simmons will be at AU's Exam Center located on Bow Valley College's campus in between exams to discuss AU's learning framework and AUSU initiatives.

Time: 11:00am-1:00pm MST

Date: Wednesday, August 15th

Location: AU Exam Centre, 6th Floor 345-6 Ave SE

August 15th - Calgary North Meet & Greet

Brandon Simmons will also be hosting a Northern Calgary Meet and Greet to discuss AU's learning framework and AUSU initiatives.

Time: 5:30pm-8:00pm MST

Date: Wednesday, August 15th

Location: Boston Pizza, 3026 23 St NE

Don't worry, there will be more August Alberta, British Columbia and Ontario Meet & Greet locations announced soon!

Looking for upcoming AU & AUSU events? Search with the hashtag **#AUevents** to find the latest events being promoted on social media platforms.

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