



THE VOICE

Vol 26 Issue 33 2018-08-24

Minds We Meet

AUGSA VP External, Meaghan Sullivan

My Personal Privacy Quest

The Balance of Publicity and Privacy

A Lesson in Fly Fishing

Why it's Like Your Studies

Plus:

20 Study Hacks

*Five Apps Students Should Have
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,
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

Wasn't That a Party?

Karl Low



The big news this week comes from the Conservative Party of Canada's Convention, where Maxime Bernier, MP for Beauce, Quebec, has announced that he is leaving the Conservative Party of Canada and will be creating a new party to represent the *conservative* perspective, since, he contends, the current Conservative party simply isn't doing that.

If you don't know who Maxime Bernier is, the quick rundown is that he was a leadership contender who tends to avow for policies that have a significant libertarian streak within them, that is, the idea that government should not be in the business of helping people so much as it is in the business of making sure people are not being prevented from helping themselves. Extreme proponents of libertarianism (of which I am not saying that Maxime Bernier is one) go so far as to suggest that the only thing which should be left to the public sphere to manage is the national military and police enforcement of private contracts, and everything else can be privatized, up to and including the justice system in some (as mentioned, extreme) cases.

As for Maxime Bernier, it's unlikely he'll go to such extremes, but he is a large proponent of the free market being the best solution for most things. He ran for the leadership with a platform against our dairy supply management, gun registration, and a number of other things he considered to be government over-reach. Lately he's been in the news for speaking about the perils of "extreme multiculturalism" which, to many, is simply seen as code for "brown-skinned immigrants". He disagrees, but, as yet, has not come out with what he really means by the phrase.

Normally, all of this wouldn't mean anything. One person leaving the Conservative Party of Canada is hardly an earth shattering event, and as Douglas Fildebrandt in Alberta is finding out, starting your own party isn't exactly an easy task.

The difference comes because of who Maxime Bernier is. He came in second place in the CPC's leadership convention, narrowly being beaten by Andrew Scheer in the 13th round of voting. And even at that, there's been a shadow cast over the leadership election with Maxime and some others making allegations of "fake" voters being brought in to support Andrew Scheer, on behalf of the dairy industry that benefits from supply management.

He has also been one of the most successful fund-raisers for the CPC. Especially in Quebec, where Conservatives typically have a difficult time raising money, and is also quite successful in Alberta and Ontario.

Both of these things suggest that he has a significant following among those who generally support conservatives, and, of course, the media is quick to take note of the last time there were two parties to the right of center, causing a split vote in the 30% or so bedrock of conservative support, and leading to multiple Liberal majorities.

Of course, this close to the 2019 election, the idea that Maxime Bernier would be able to pull enough support away from the Conservative Party of Canada—who are already seeking to

remind supporters of what happened before there was a unified party—to form government or even opposition, is extremely slim. It takes time to build up name recognition, and with Canada's first past the post system, you also need to build up a significant number of seats before many Canadians will consider putting their ballot toward what might be a "wasted vote". But that said, it doesn't take much of a draw to significantly affect the number of seats that the Conservative Party is willing to win, because, as we've seen in past elections, a difference of as little a percentage point or two can swing a party from opposition all the way into a majority.

And that's why Maxime Bernier is a big deal. Not because a lot of people think he has a chance of forming a significant challenge to the Conservative Party of Canada, but because he does have a chance of being a spoiler effect for a party that, for many, is in a desperate fight with a nemesis of old. Trudeau, at least for Conservative supporters here in Alberta, is simply a name viscerally linked with attacking the west and pushing aside conservative ideas for nearly a generation.

Meanwhile, in this week's issue of *The Voice Magazine* we look at everything from how one writer is trying to balance her personal privacy while at the same time having work be seen and recognized. We also have a list of 20 study hacks, and if that isn't enough, a number of apps to help you while you work your way through your courses.

And if you never thought that fly-fishing and AU courses have something in common, you might be surprised.

Plus, our feature interview with the AUGSA Vice President External, events coming to a place near you, scholarships, advice, and more!

Enjoy the read!



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Louise McKinney Scholarship

Sponsored by: Alberta Heritage Scholarship Fund

Deadline: September 1, 2018

Potential payout: \$2500

Eligibility restriction: Nominees must be Canadian Citizens or Permanent Residents, be Alberta residents, be studying full time in the second or subsequent year of an undergrad program at an eligible Alberta institution, and have a cumulative GPA of 3.8 or greater. See full [eligibility criteria](#).

What's required: A completed [nomination form](#), submitted through AU's award submission portal.

Tips: Read the nomination form carefully for eligibility criteria and the application process. Applications are submitted to the university's awards office, which then forwards their nominees for the award to Alberta Student Aid.

Where to get info: registrar.athabascau.ca/studentawards/undergraduate.php#118



MINDS WE MEET



Meaghan Sullivan is the Vice President External for the Athabasca University Students' Graduate Union. We talk to her about her background, goals, and more.

What brought you to AU?

AU is quite popular in Northern Alberta, has a great reputation, and so I initially learned of AU quite some years ago. When looking for a Masters' program that suited our travelling lifestyle, AU was the number one choice. The community of students has been wonderful, I have developed a lot of personal connections over the course of my program, and I'm enjoying the experience!

What is the last book you read?

School: *Corporate Finance, Third Canadian Edition* (Berk, DeMarzo, and Stangeland, 2015).

Leisure: The last book I read within the last couple of weeks was *The Winners Guide to Optimist Sailing* (Gary Jobson and Jay Kehoe) as we look for ways to support our 12-year-old son on improving his sailing performance.

What show do you think everyone should binge watch?

Brooklyn Nine Nine and/or *Game of Thrones* (obvious, right?).

Why did you choose to run for AUGSA council?

I felt there had to be sometime more I could do to contribute personally to the AU community. I wanted to become more involved, more connected. I enjoy working with other students and I am a firm believer in education so the opportunity to run for council really fit me as a person. Being a part of AUGSA has been a wonderful enhancement to my personal journey through my grad program, and my overall experience with Athabasca University.

What are your academic goals for 2018?

I will be taking my first set of electives and I'm looking forward to tailoring my MBA program to meet the needs of my career goals. I look forward to courses in Project Management, Technology, and Learning & Performance.

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

Wow, so these two are of course still living, but they have both already made their mark on history so I will name them both: Michelle Obama for sure. Malala Youzafsa would also be pretty incredible to speak to.

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

I plan to learn how to sail with my first lesson beginning in June. I'm also looking to reignite my volunteer involvement and am just about to embark on a new journey as a Leader with Girl Guides Canada.

Since being elected, what are your hopes for the 2018/2019 term?

I hope we deliver a great research conference this year. I feel that research is an important aspect of the graduate level experience, so I'm excited to see how wonderfully the conference unfolds.

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



My Personal Privacy Quest

Wanda Waterman



First came Julian Assange. An interesting story, but *meh*. At first, he came across as a heroic knight errant galloping to the aid of the transparency essential to healthy democracies, but, according to those who worked with him, he was just as cover-uppish as the next megalomaniac. Worse, his exposés may have rendered the world less safe.

Then came the Edward Snowden case, during which we learned (and are still learning) the lengths to which the American government is willing to go to spy on its citizens—and how advanced is the technological knowhow behind the

effort. Snowden felt obliged to go hide out in Russia, of all places, for his own safety; so far was the US willing to go to rein him in and silence his horrifying revelations.

And then there was the whole Cambridge Analytics fiasco, in which a formerly reputable company put a “psychological” questionnaire on Facebook and thus illegally gathered personal information from over 50 million users, with the intent, it’s alleged, to sell this information to political campaigns to help them develop more effective propaganda. The plot appeared to have had a connection with—guess who?—the Russians, who seemed ready to jump through hoops to get Donald Trump elected. It seems that, however smart you may be, there’s always someone around the corner ready to sneak in and best you at your own game.

What, Me Worry?

All of this left me with the sense that I should be worrying much more than I was. Every new incident made me stop and reflect, but not long enough to take any action. We’re in a war to protect our personal information, but how much of our resources should we spend on such a battle? Do I care who knows my eye colour? My occupation? My debt history? Not especially.

And as a writer I had a bigger problem: how to get people to read my work.

I felt like I'd almost have to pay people to read my writing just to get some feedback. (When one of my comic strips got an angry response, I was delighted. *Yes! Somebody's reading my comic!*) People don't read much these days. Not even I, once a voracious devourer of novels, poetry, and polemics, could spare the time to cuddle up with a good book. I've been resorting to listening to new books on audio while washing dishes and cleaning floors.

So the thought of someone hacking into my online accounts and searching my writings for signs of subversion or radicalism similarly thrilled me to the bone. (*Yes! Someone's reading my blog! And trying to find the meaning in it!*)

Things that might go wrong

Then again, someone scrutinising my data might misunderstand something I wrote. I remember as early as the late nineties taking part in online chat groups that would be shut down for a couple of days if anyone mentioned the words "bush," "bomb," and "kill" in the same discussion, even if in totally unrelated contexts. What if the search engines are picking up word combinations from my emails and ascribing dark intentions?

One of the people I've carelessly added on Facebook because they're a friend of a friend might one day be implicated in a criminal plot. The first thing they're going to do is look up that person's Facebook friends, and there I'll be, with all my anti-Trump jokes.

And speaking of anti-Trump jokes, careless remarks I've made might be used as tinder in a mounting blaze against people who like to golf and passionately support the free market. Their demise would be, in part, on my hands. Egad.

Things already going on

This may be just paranoia, but recent history suggests that anything is possible.

And then there are the things that stick in my craw right now.

When I go to my email account and there's an advertisement for the same hiking boots I was just eyeing in another tab I feel *naked*. I feel like I'm not alone anymore, and worse, that the people who've entered my inner sanctum are only there for one reason. They don't want to talk about making the world a better place or how to love people better or to share a great recipe for peanut sauce. They don't want to be my friend. They just want my money.

And you know what *doesn't* make me feel naked? Actually being naked. Knowing that local teenagers couldn't give a hoot whether or not I don my bathrobe after I leave the shower. They all have smartphones on which they can scrutinise every aspect of the female anatomy in lurid colour. Oddly enough, the internet age has rendered real nudity redundant.

But then again, we don't have to be naked to feel like our privacy is being invaded. I have one email account that's been hacked into twice. The first time the hackers sent grammatically challenged letters to every one of my contacts saying I was stranded in a hotel in Spain, the authorities had taken my passport, and I needed thousands of dollars to get home.

The second time my data was compromised I was alerted. It was nice for them to tell me, but knowing that they were now legally obligated to do so shook my confidence a little. My efforts to get contacts to trash that address and use my new one have so far proved fruitless. People don't like throwing away your old email address once they've gotten used to it.

Nonetheless, the battle must continue. Recently when a client asked me to write a piece on the EU's General Data Protection Regulation, I actually sat up and took notice of what might go wrong

in my life if I didn't do something to protect myself. I made up a list. Here's what I've managed to get done so far:

1. I switched my default browser from Google Chrome to Firefox.
2. I switched my default search engine to Startpage.
3. I added Disconnect.me to Firefox to block ads.
4. I set up an email account with protonmail.
5. I looked into secure data storage, but still haven't yet found a free service that's secure. I will, though.

In the end

I haven't had a chance to feel smug or self-satisfied about this for more than a minute or two, and only because I lack the expertise to know if any of this actually protects my privacy. Years ago, they told us that more and more of the power in the world would be concentrated in the hands of those who controlled information technology. This is only partly true: The real power is concentrated in the hands of those who control those who control information technology.

Is this the moment to say, "Be very afraid"? Not at all. Fear would tickle the tyrants pink and excite their dictator glands to ever more new and daring exploits. The challenge now is to learn how *not* to be afraid, or at least how to stand our ground, arming ourselves with the consciousness of our true selves — those parts of us that defy definition and so are beyond exploitation. That's what we really need to keep safe, as it's the only thing that can survive our present woes.

Let's get busy.

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



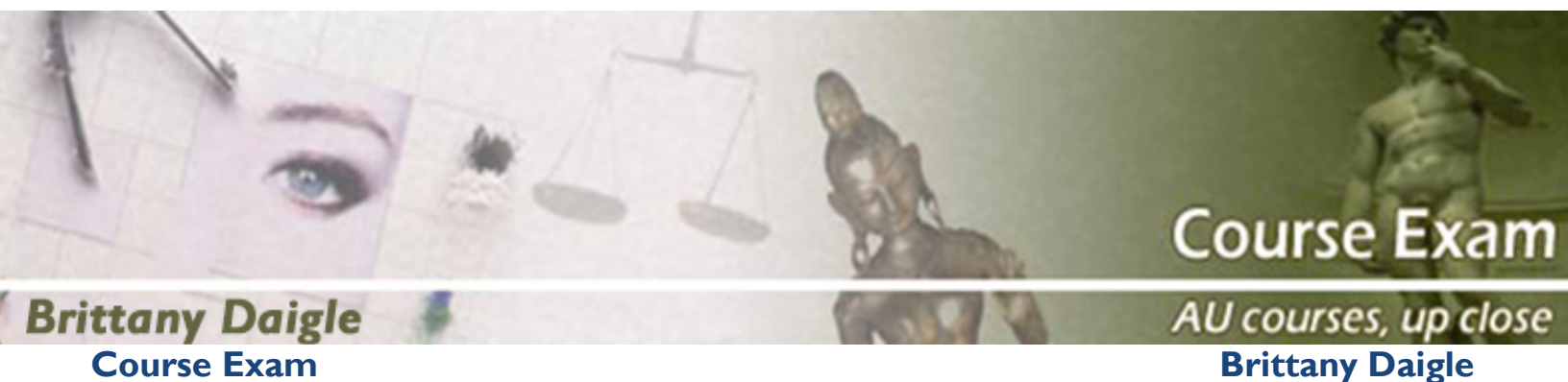
Unearthing classic articles from previous issues of *The Voice Magazine*.

To mark Knife Day, a "celebration of this marvellous tool," we're serving up two sharp articles that feature hunting knives.

Nothing to fear but fear. Writer Bill Pollett questions whether the world is becoming more dangerous or we have just become more fearful. "...statistically speaking, it is no more dangerous to thumb a ride today than it was in the '70s, or the '60s, or the '50s." [Porkpie Hat - A Hidden Knife](#), September 12, 2008.

A grizzly tale, literally. Wayne Benedict relates the tale of a trapped bear in BC's interior. "He slowly approached the bear, which was obviously worn out from its struggles against the trap, until he could see that it had nearly chewed its paw off to escape." [The Gleason Brothers](#), February 4, 2004.



**Brittany Daigle****Course Exam
TAXX 301 (Taxation I)****Course Exam***AU courses, up close***Brittany Daigle**

TAXX 301 (Taxation I) is a three-credit, senior level accounting course that emphasizes the determination of "Net Income for Tax Purposes." This course gives detailed attention to the components that make up this figure, including employment income, business and property income, and capital gains. The prerequisite for this course is Accounting 253: Introductory Financial Accounting, or an equivalent introductory financial accounting course from another college or university.

Taxation I consists of eleven lessons, five assignments, a midterm exam (pen and paper), and a final exam (pen and paper). To receive credit for this course, students will have to achieve an overall course grade of at least fifty percent, achieve a grade of at least fifty percent on assignment five, and achieve a grade of at least fifty percent on both the midterm and final examinations. Students should be aware that completion of assignments 1 and 2 and practice assignments 3 and 4 is not required in order to receive credit for the course, though assignments one and two both weigh five percent toward your final grade. Assignment three carries no weight. Assignments one and two are written assignments, and assignment five is a tax software application assignment.

Students should note that assignment five requires students to download tax return software from the textbook companion website to complete and submit two tax returns. This software will only run on a Windows operating system.

Students planning to transfer this course to a Chartered Professional Accountant designation are advised that they will be required to achieve a grade higher than the minimum passing grade. See the [CPA Requirements](#) for details.

Pamela Quon has been with Athabasca University for over twenty-five years. She was a tutor for ten years in [ACCT 250](#) (Accounting for Managers), [ACCT 355](#) (Cost Analysis), [ACCT 356](#) (Strategic and Competitive Analysis) and [ACCT 454](#) (Decision Analysis) before becoming a full-time course coordinator. In addition to TAXX301, she is currently the course coordinator for [ADMN 100](#) (Introductory Quantitative Skills for Business), [ACCT 250](#) (Accounting for Managers), and [ACCT 356](#) (Strategic and Competitive Analysis).

She states, "I was born in Hong Kong and immigrated to Canada as a young child. All my schooling and academic credentials were acquired in Canada. I have an undergraduate business degree with major in accounting from the U of Alberta and am a CMA (certified management accountant) and CPA (chartered professional accountant). After receiving my formal accounting and business training I worked many years in private industry. My interest in becoming a full-time educator prompted me to pursue further formal education and I obtained a master of distance education (Athabasca U) and am near completion of a doctorate in business administration – my research is on strategic management accounting."

She continues, "I love reading murder mystery books, hiking, bike riding, curling, and travelling to new places. I believe in volunteering for worthwhile causes. I was a board director for EFLS (Edmonton Financial Literacy Society), a non-profit organization delivering financial literacy education predominantly to low income clients."

When asked what type of work ethic students should have to be successful in this course, she states "To be successful in this course it is best for a student to follow the suggested study schedule. It is important for the student to be systematic and organized."

She further advises, "This course is an intermediate/senior level course and is suitable for business/accounting students. Students enrolled in this course may find some of the content difficult and my advice is that they should not hesitate to contact a tutor for support. Students planning to enroll in the course should ensure that they have the prerequisite for this course – ACCT 253 Introductory Financial Accounting or equivalent financial accounting course from another post-secondary institution."

When asked what she believes students will take away from this course, she stated "Students will have an appreciation of the Canadian tax system and gain the technical knowledge and applied skills in determining Net Income for tax purposes, Taxable Income and Tax Payable for individuals."

She also warns that "Some of the topics that students have needed further clarification with were on capital gains, capital losses, ABIL (allowable business investment loss), CCA (capital cost allowance). It is very important for students to contact their tutor when they need further clarification on any course topics/content. This will ensure that students work through course materials more effectively and have a positive study experience."

Whether TAXX 301 is a degree requirement of yours or the topics that were discussed above are of interest to you, this course will have you learning all about the Canadian tax system!

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



AU-thentic Events Upcoming AU Related Events

Athabasca Meet & Greet

Fri, August 24, 5:00 to 7:00 pm MDT
Boston Pizza, 2201 - 48 Ave, Athabasca AB
In person
Hosted by AUSU
www.ausu.org/event/athabasca-meet-greet/
No pre-registration required

New Program Students Orientation (Undergrad)

Tues, August 28, 5:00 to 6:00 pm MDT
Online
Hosted by AU Faculty of Business
business.athabascau.ca/event-details/business-undergraduate-new-students-information-session-august2018/
Register online at above link

Presenting Your Work at a Conference

Thurs, August 30, 2:00 to 3:30 pm MDT
Online
Hosted by AU Faculty of Graduate Studies
fgs.athabascau.ca/news/presentations/
e-mail fgs@athabascau.ca with your student number to register
looking ahead...

AU Student Town Hall

Wed, September 12, 12:00 to 1:30 pm EDT
ARC The Hotel, 140 Slater St, O'Connor Boardroom, Ottawa ON
In person and online
Hosted by AU
www.eventbrite.ca/e/athabasca-university-student-town-hall-ottawa-tickets-48134848628
Register online at above link for in-person attendance;
online feed at
business.facebook.com/events/440786753092286/

Star Party

Sat, September 15, 6:00 to 11:00 pm MDT
AU Central, 1 University Dr, ARC Building, Athabasca AB
In person
Hosted by AU and The Royal Astronomical Society of Canada
www.eventbrite.ca/e/athabasca-university-star-party-tickets-48241583876
Register online at above link

Women of Interest

Buffy Sainte-Marie

Barb Godin



Buffy Sainte-Marie is a Canadian singer, songwriter, pacifist, and humanitarian who was a fearless advocate for the issues faced by Native Americans. She has received many accolades and honors for her work in education and social activism, including both an Academy Award and a Golden Globe Award for the best Original Song in 1983 for "Up Where We Belong." Also, that same year, she received an Honorary Doctor of Fine Arts from the University of Massachusetts. Sainte-Marie was inducted into the Canadian Music Hall of Fame in 1995. She became an officer of the Order of Canada in 1997. And these are just a few of the many honors and awards Buffy Sainte-Marie received in her over forty-year long career.

Buffy Sainte-Marie was born Beverly Saint-Marie, February 20, 1941 in Qu'Appelle Valley Saskatchewan, Canada, on the Piapot Plains Cree First Nation Reserve. Shortly after birth, she was adopted by a couple from Massachusetts who were of Mi'kmaq descent. Buffy graduated from the University of Massachusetts Amherst with a degree in teaching and Oriental

Philosophy. In 1968, she married her first husband, but they divorced a few years later. She had a son with her second husband, but that marriage also ended in divorce. Her third husband died of a heart attack.

Immersed within the 1960's folk scene, Buffy spent a lot of her time in the coffeehouses of Toronto's Yorkville district and New York's Greenwich Village alongside other Canadian singers including Leonard Cohen, Neil Young and Joni Mitchell. After witnessing wounded soldiers returning home from Vietnam while the government denied any involvement, Buffy was inspired to write her protest song "Universal Soldier" that later became a hit for Donovan. In the 1970's Buffy claimed she had been blacklisted by American radio stations, as Presidents Johnson and Nixon had been sending letters to radio stations praising them for not playing her music, thus putting the protest movement out of business.

Buffy Sainte-Marie released 13 albums throughout the 1960's and 1970's. She continued working in television and composing music throughout the 1980's and 90's. In 2008 a double CD was released titled *Buffy-Changing Woman/Sweet American*. She also made a comeback within the Canadian music scene with the release of her album *Running for the Drum*. Also, Buffy Sainte-Marie appeared on *Sesame Street* sporadically during the 1970's as she wanted to show the young people that "Indians still exist."

Buffy's 19th album *Medicine Songs* won the 2018 Juno for Indigenous Music Album of the Year. Throughout her long and prolific career Buffy Sainte-Marie has been a voice and an inspiration to many indigenous and female artists.

People sometimes ask me, because of the blacklisting, "Do you hate the government? Don't you hate white people?" No, it's greed that's the problem."

-- Buffy Sainte-Marie

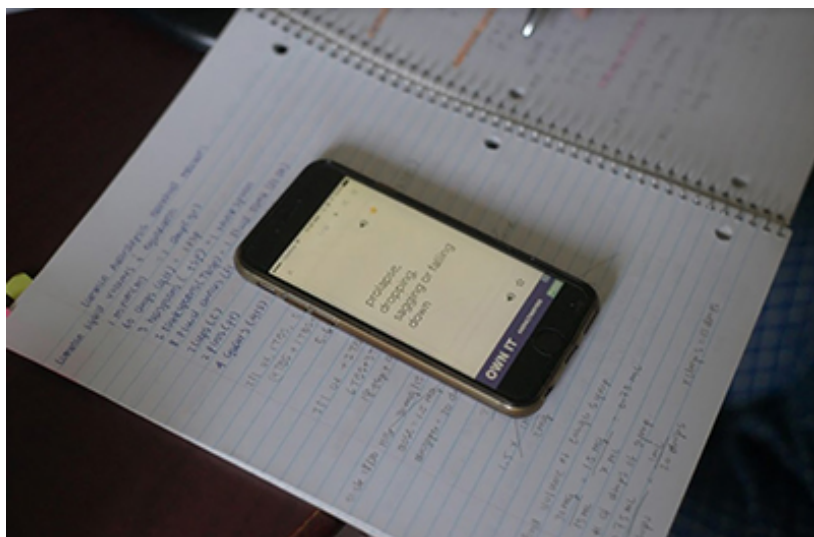
Additional information on this remarkable woman is available at:

https://www.inspiringquotes.us/quotes/Ye5B_QnvSID6e

<http://buffysainte-marie.com/>

Five Apps Every Student Should Have Both for Android and iOS systems

Xin Xu



Compared to the average university student, AU students are busy bees that multitask at every opportunity. We have commitments beyond just school, sometimes including supporting families, working at part- or full-time jobs, running our own businesses, or developing a new hobby or skill. With all these responsibilities in mind, reviewing for coursework might look a little different than the average student. It might mean studying opportunistically on public transit or listening to lecture recordings in the car. Having been a student for the past six years, I have a laundry list of technological aids that

allow me to multitask as a student regardless of where I am. Specifically, mobile applications have changed the way I operate on a daily basis. Since Fall semester is slowly creeping by, here some app essentials that every AU student should have

#1 Quizlet or ANKI

Cost: free with option to upgrade to premium

For students who have used traditional flashcards, you will fall in love with online flashcards that can be created through Quizlet or ANKI. The best part about these flashcards is that they will automatically sync to your mobile device as well. Functionalities such as dictation of flashcards, interactive flashcard games and even scheduled learning sessions help you learn faster than ever before.

#2 HeadSpace

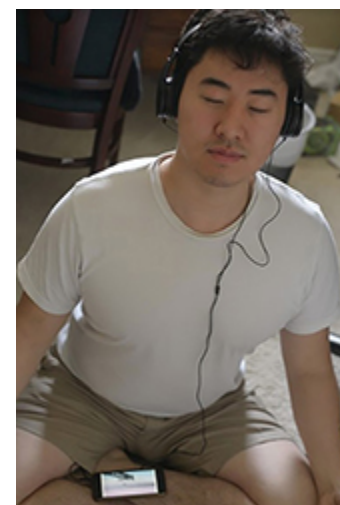
Cost: free with option to upgrade to premium

On a daily basis there's a lot floating through my mind whether its planning the next scholarship to apply for or your next meal. The amount of distractions in this world often makes it hard to wind down before bed or when our bodies need space to relax. I use this meditation app to help me unwind when the to-do list clutters or work frustrations get in the way. During the school year, the app can also be part of AU students' strategy to destress the night before the exam.

#3 Google Calendar

Cost: free

From functionalities including reminders, organizing multiple calendars, and confirming attendance at meetings, Google Calendar is a staple that students need in their toolbox. I use this app to separate my life calendar from my school calendar which helps me plan and execute tasks flawlessly. And with its beautiful layout and phone-computer sync ability, you can access your calendar anywhere and anytime.



#4 Notability

Cost: \$1.99

One of the app gems I found in my first year of post-secondary was this app that allowed me to take notes on my tablet computer, edit PDFs and even voice record segments of a lecture. While a small cost is associated, for students using tablets this application is a godsend that has improved my notetaking and made reading notes on public transport simpler.



#5 Habitica

Cost: free

Self-improvement is something heavily emphasized in post-secondary. Whether its improving our academic achievements or managing our own lives, there's always room to eliminate bad habits that lead us astray. For myself, I like to use this app as a means of curbing dysfunctional habits such as video-gaming, going to bed too late or binge eating frozen yogurt. The app allows us to monitor these activities in a

refreshing way. The RPG character from the app will gain new features every time a poor habit is avoided or a good habit is maintained.

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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Chanelle seeks feedback on courses EDUC 201 and 301; so far they're both getting good reviews. Lauren seeks tips for ACCT 250; responses suggest she's in for lots of reading and long quizzes.

Other posts include course videos, learning a second language, and AU's MAIS program.

reddit

A flurry of posts touching on courses BIOL 235, MATH 309, and TAXX 301 (the latter course was recently featured in *The Voice's* Course Exam column.)

Twitter

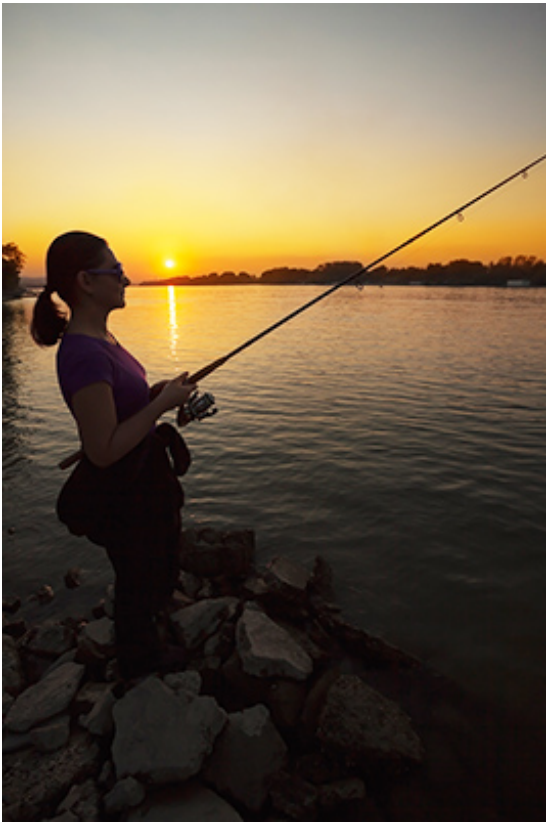
@AthabascaU tweets: "#NowHiring a #Communications Officer, responsible for maintaining & updating news section of the website, media relations, online & print publications, conducting interviews, writing assignments, & copy editing <http://bit.ly/2OANaWu> #yegjobs #yycjobs #yegcomms #yyccomms."

@austudentsunion tweets: "It's a Giveaway! Tweet @austudentsunion about how you are getting ready for the fall and fall classes to be entered to win great prizes like Amazon gift cards, swell water bottles, speakers and AUSU swag. This giveaway closes Aug 31st so don't wait!"



Lessons in Fly Fishing

Deanna Roney



Last year I threw my first casts with a spey rod, that is, an extra long rod that you use two hands to cast with. There is a definite technique to fishing this way and I found it enjoyable, fish or no fish. There was a challenge to learning the rod and the cast. When I went back out for the first time this year I found myself having to relearn it from the beginning.

It came back to me quicker than I thought. And, I found that on the left side of the river, where the lead hand felt backward, was a smoother cast. I had more success getting it to lay out than I did on the other side, with the lead hand that felt right.

When I took my first course with AU it was one that I thought I would be successful at, one that would ease me back into school. And maybe it was, but I struggled with remembering the more effective structure of an essay. Punctuation that I had known so well before was getting muddled and lost. It had been a few years since I had to be concerned with the structure of a sentence, never mind an essay. But, like with this season of fishing, it took a bit of practice, and some fumbled casts, but eventually it started to come back to me.

One successful cast, the one that lays out perfectly (or as close as I'd been) reminded me that I can do it, even if the next one was a fumble. I knew I could; I had proof that I could. So when the first essay wasn't as polished or smooth as I would have liked, I worked to refine the skills. I pushed myself to learn and implement the notes from the tutors.

As I moved through my degree, the basics became ingrained. I knew by the end, without much conscious thought, how I was going to structure an essay. I knew how to structure the paragraphs within the essay. I understood how it worked, far more thoroughly than I ever had before. But that doesn't mean I never fumbled again.

Even someone who has been casting for years, who can do it without much thought, who has it ingrained in to their muscles the movements, the line, the feel, they will still fumble from time to time, but that doesn't take away from their success—a fumble now and then doesn't mean you don't know what you are doing. It doesn't mean that you've lost everything.

Even toward the end of the degree there were times when I would fumble an assignment, one that I thought I should be able to do without much thought, but sometimes that is the problem. We move with the belief that it will work just like it always has, we become careless, we don't correct for the wind or a different professor.

A fumble is a reminder that we need to be learning, always. We are never done growing. Within our own field or sport, there is always room to develop the basic skills, to continue to perfect them. Because, once we think we have the basics down and don't need to consider them, that's when we fumble, we drop the line, we stick a hook in our eyebrow, we bomb that essay.

With practice, I'm learning the movements necessary to spey cast. I am learning how to shoot the line and how to pull it back in. I am learning the way the line needs to curve in front of me as I pull it back, and I'm learning the distance the fly needs to be away from me before starting any of the movements. But next year, after the off-season, when I pick the rod back up, I know there will be days that I focus on practicing my cast and not on catching fish. After a time, these practice days will be shorter, but they will always be there.

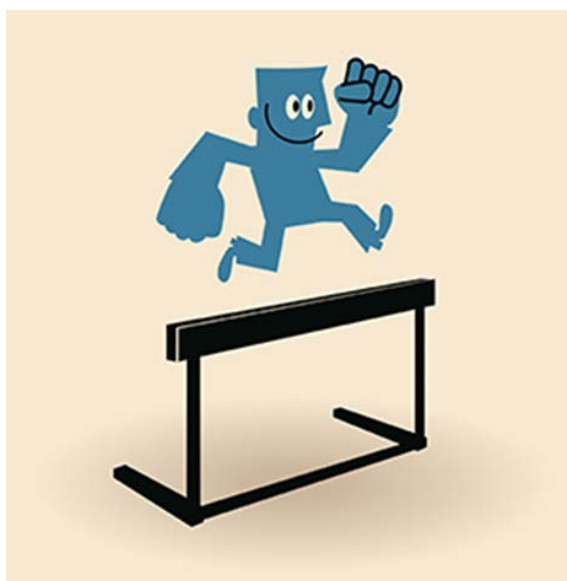
Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>



The Fit Student

Tuck that Tum into a Keto Speedo

Marie Well



Tuck that tum into a keto speedo by next summer. The ketogenic diet dishes up an anti-fat fad. The keto diet burns flab by feeding the body fats, not carbs. A paradox? Well, your body nibbles fat for energy when starved of sugars. And carbs break down into sugars. So, starve the body of carbs to burn away blubber.

How can keto diets serve you?

First, ketogenic diets heap relief upon epileptics. Doctors say marijuana does too. My doctor tried pushing weed on me to treat anxiety. I fired back, "No!" After all, weed ushers in mental illness. As if anxiety wasn't enough.

Second, ketogenic diets treat acne, according to author Epic Rios. A woman who served me supper had a face of pock marks. Not a spot without a boil. Rios would say that a ketogenic diet could have freed her flesh.

Third, ketogenic diets whittle away your waistline. My friends on the keto diet lost 15 to 30 pounds fast. Then they tapered off.

Fourth, ketogenic diets starve cancer cells of carbs, according to author Epic Rios. Meaning that cancer cells can't thrive 'though healthy cells survive.

But the diet has a drawback. The minute you cheat (by gorging carbs), you crash. The crash cropped up with a friend of mine. She suffered with side effects each time she munched muffins. If a fad comes with side effects, it sounds crude to me.

According to books I've read, it's rarely smart to cut out whole nutrition sources (such as carbs). Thus, to my mind, the keto diet serves like a band-aid, not a vaccine. And of course, always talk to a doctor if you're planning on making a significant change to your diet.

Despite drawbacks, the keto diet may work for you. Author Epic Rios shows you what to eat on the ketogenic diet in the book *Keto Fitness: The Ketogenic Diet, Bodybuilding and Strength Training*:

- On the keto diet, munch heaps of fats and few carbs: "Eating plenty of healthy fats and low carbs is going to be one of the most important things you can concentrate on when it comes to the ketogenic diet" (location 788 of 5175, 15%).

- Chew gobs of fats: “It is recommended that you get somewhere between 70 to 75 percent of your daily calories from healthy fats” (location 801, 15%).
- Skip the grease-spoons. McDonald’s dishes up bad fats: “Going to the local fast food restaurant and eating a big burger with fries will not count because these are bad fats” (location 801, 15%).
- Instead, chew “healthy fats like olive oil, fats from dairy products, and fats that come in healthy protein sources” (location 801, 15%).
- And graze on teeny tads of protein: “You will need between 15 and 20 percent of your daily calories from protein” (location 801, 15%).
- But barely bite the carbs: “Keep ... carb intake down to five percent or lower. If you are really into weightlifting, you can sometimes go up to ten percent” (location 801, 15%).
- Pick carbs from fruits and veggies: “When choosing carbs to eat stick with healthy options like fruits and vegetables that will help to keep you feeling full” (location 814, 16%).
- Avoid “bread and pasta ... baked goods ... process frozen foods ... sodas ... fast foods ...deli meats” (location 875-906, 17%).

Keto diet or not, never skimp on your RDA of healthy fats. After all, fats feed bushy-tailed brains. So, eat fatty fish, nut butter, flaxseed, avocado, coconut oil, and yogurt. By next summer, you’ll tuck that tum into a keto speedo.



20 Effective Study Hacks

Tara Panrucker



Our parents have always encouraged us to study hard for tests in school. We know we need to study to be prepared; others tell us good luck on our studies. But, have you ever examined your study process? Do you habitually schedule study time every week or do you just read all your course material over and over prior to an exam and hope for the best? Fortunately, we have numerous ways to study available and can choose the practices that work best for us.

1. Examine past tests for possible information that may come up again. Make sure you know the answers.
2. Join a study group, or create your own. There is power in numbers and more brains with varying methods of answering questions.
3. Schedule blocks of time in your weekly schedule for study.
4. Take care to eat healthy meals and snacks for optimal study energy. Drink plenty of water, and keep caffeine and sugar to a minimum since it only leads to jitters and energy slumps later, and eat lots

of fresh fruits and vegetables with nuts and nut butters for healthy protein. Add a multi-vitamin to cover every nutritional base.

5. Find your perfect study spot. Some people require complete quiet, so a home office is ideal. Other people study best with background noise, so a coffee shop makes an ideal place to learn.
6. Take regular study breaks so your concentration remains strong. Stretching or going for a drink of water or a short walk will re-energize you physically and give your mental capacities a break to keep going.
7. Write flash cards with mock questions for practice and effective learning.
8. Play soft music and have energizing essential oils diffusing nearby. Engaging more of your senses during the study process can help you retain information more efficiently.
9. If you have a great memory, try using poems, songs, or acronyms to memorize the course work.
10. Rewrite notes to discover areas you may have missed earlier and ask the teacher to fill in. You can also share your study partners' notes and rewrite them for further clarity.
11. Consider making a Power Point presentation or writing a lesson as if you were teaching the information to someone else. Visuals will help solidify material in your mind.
12. Avoid negative thinking and projecting disastrous results in your test-taking. Instead, talk to yourself positively all along the way, post inspiring quotes in your study space, and boost your study-mates' confidence as well by reassuring them you are all going to ace your exams. Positivity only breeds more of the same.
13. Turn the sound off on your phone while studying and leave the computer off if you can. Eliminating distractions helps you focus on the task at hand.
14. Review old assignments and make corrections so as not to repeat the same mistakes again.
15. Use additional visual aids to learn information. Draw flow charts or diagrams to illustrate and illuminate points.
16. Explain in detail specific ideas to friends or family members; it will help highlight areas that require further reading.
17. Make certain you have study items with you. Pack spare pens, pencils, sticky notes, extra paper, and any other things that may help you instead of scrambling for missing items last minute.
18. Schedule study to coincide with your energy levels. If you're at your optimal mentally in the evenings, then schedule study at night. Avoid heavy writing study when your energy is low.
19. Practice active listening in class and take lecture notes in your own words throughout to retain information.
20. Ask questions on things you missed on incomplete notes to fill in the gaps.

Examine your study habits and see if you can fine tune them. Perhaps there is a better way than drinking a pot of coffee and cramming two days before a major exam. Ask friends for their study tips and experiment. Getting stuck in a habitual study rut could be hurting your grades. Increase your chances of success by planning ahead and hit the books with confidence.

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





Dear
Barb

Barbara Godin

Caught in a compromising situation!

Dear Barb:

This is the first time I have written into a column like this, but I really need some advice. I met this wonderful woman and we have been dating for a month. She has a five-year-old son, whom I have never officially met, but we have seen each other under somewhat awkward circumstances. I usually don't stay overnight unless her son is at his dad's, but the other night things got hot and heavy so we decided I would stay over and leave really early in the morning before her son got up. Well that night there was a loud thunderstorm and her son woke up and came into his mom's room crying. Kara got him out of the room quickly and brought him back to his room. She stayed with him for a while and I got my stuff together and left as soon as she came back. The next day Kara told me her son didn't mention it. We are hoping that he didn't see me. What is the right thing to do in this situation? I don't want to be responsible for traumatizing the kid.

Thanks, Darren.

Hey Darren:

That's a big oops! Children walking in on their parents having sex can be traumatizing, but it seems like your friend handled it well and since her son didn't mention it the next day it's probably a good sign. Some people freak out when this happens and the child will definitely end up feeling

traumatized. This may be an indication that it is a good time for you and your friend to have a discussion so that this doesn't happen again.

To begin with, you should decide together whether it is time for you to be introduced to her son. If you decide that this isn't what you want to do, then you should take better precautions so that this does not occur again. Until your relationship is serious, the best resolve would be not to sleep over when the child is in the house. There are rules that people who are dating and have children should follow. For example, the general consensus is not to introduce your child to your partner until you have been dating at least six months. This is the length of time it takes to even begin to know a person. Children should not be exposed to every date or short-term relationship you are involved in. It is not healthy for children to become attached to a new person every few months, and then that person leaves their lives. This behaviour could lead to commitment issues as an adult. Take your time and stick with your routine of only staying overnight only when the son is with his dad.

Thanks for writing Darren.

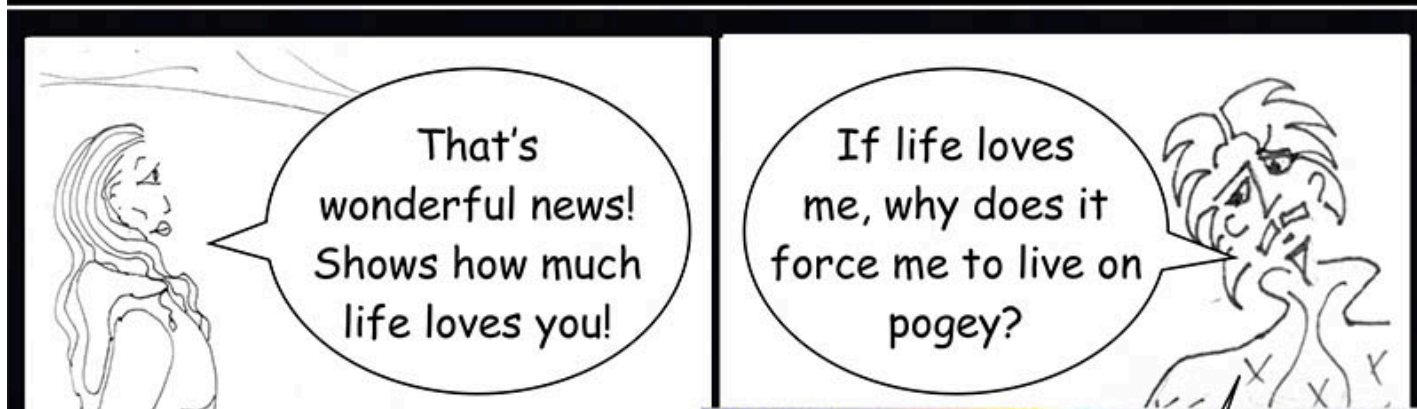
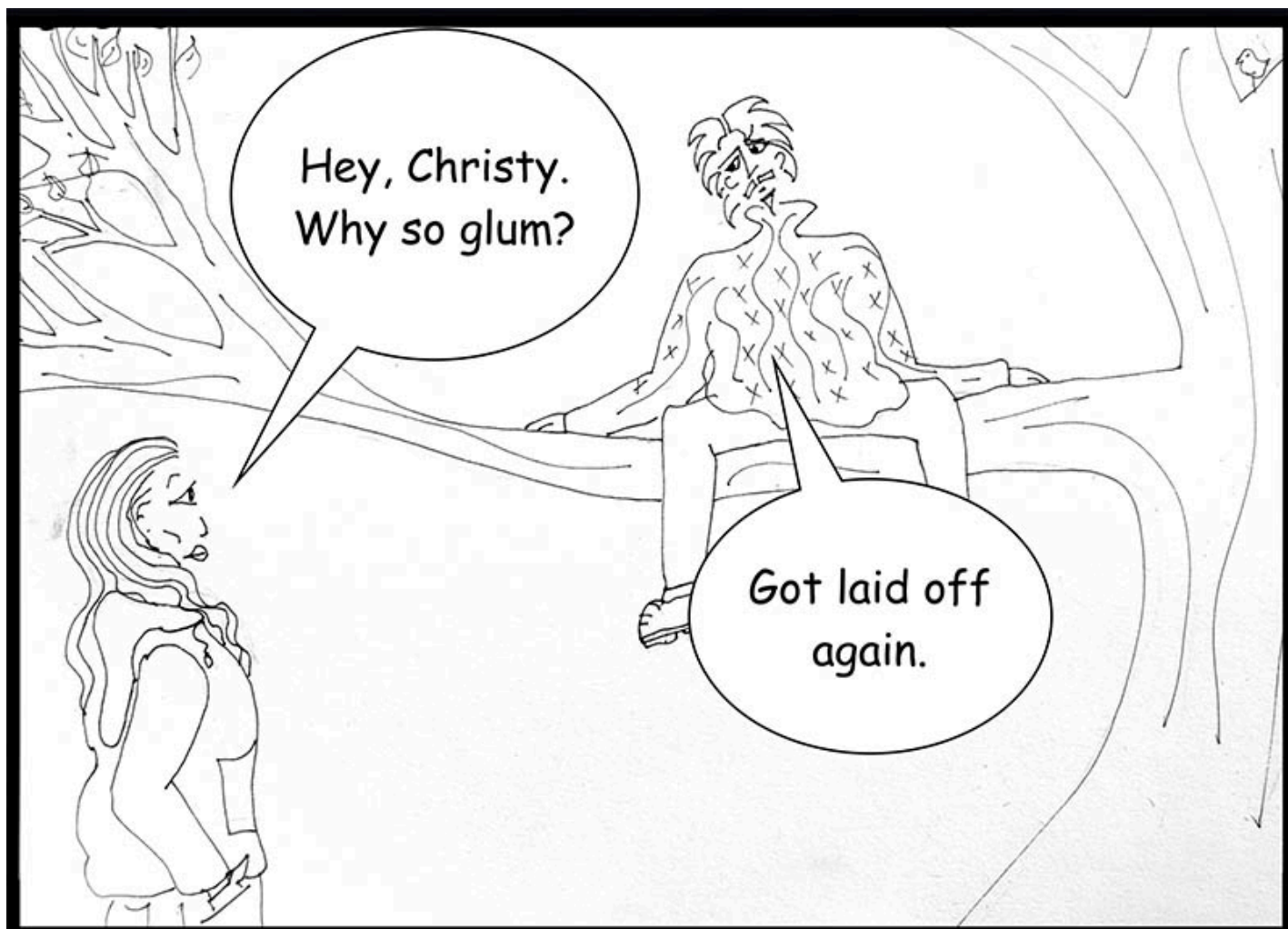
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Poet Maeve
Loved by Life

Wanda Waterman





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IMPORTANT DATES

- **August 24th:** Athabasca Meet & Greet
- **August 31st:** **AUSU Twitter Giveaway closes**
- **September 3rd:** **AUSU Office is closed for Labour Day**
- **September 13th:** **Public Council Meeting**

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Our contest ends **August 31st**, so don't miss out before September long weekend.

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AUSU will keep students at the heart of the organization, understanding that its primary objective is to enhance the overall undergraduate student experience at Athabasca University. AUSU accomplishes this by keeping students first, remaining relevant, being accountable, striving for excellence, fostering community, and strongly advocating for our members.

We'd love to hear from you!

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