



THE VOICE

Vol 26 Issue 35 2018-09-07

The AAuthor Series

Reviewing *Home Ice*

Freelancing Pros and Cons

Working on the Fly

Meeting the Minds

Interviewing AU's Administration

Plus:

*Take Advantage of Student Status
Build a Routine For You
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

The Spam Is Real

Karl Low



I decided this week we need to change things up just a bit, so instead of our feature article being an interview, we're doing something a little bit different this time. This week, our feature article will be the start of something I hope we'll continue at some point in the future, something I'm calling "The AAuthor Series". These articles will be reserved for when we review books by people with some significant connection to AU, as a way to highlight just what AU people are responsible for. The book we review this time is *Home Ice*, by Dr. Angie Abdou, one of AU's English tutors specializing in the creative writing department and who we've spoken to a few times here at *The Voice Magazine*.

It of course helps that the article itself is a great read, and the book seems like something that could connect with every distance education student in one way or another.

However, that doesn't mean we've ditched the interviews either. This week, our interviewee isn't a student at all, but rather the research ethics officer and secretary and coordinator for the research ethics board at AU. As you get further into your studies, and especially as you hit graduate studies, the ability to research with and on humans is likely to become an important factor in your education. Gail is

probably the one who will help you to make sure that your research doesn't violate any ethics standards, so it seemed like a good idea to get to know her a little bit better.

Also this issue, we've got some great advice on how to make the most of your student status. A lot of AU students don't know about the availability of an AU student card. And even more don't know the full value of such a thing. As many AU students are older, many of you may think that you can't get such a thing as a student discount, but you'd be surprised. This week, Xin Xu takes a quick look at what you might be missing out on, and why being able to prove you're an AU student at any time might be a good thing.

Plus, a look at the pros and cons of freelancing, advice on how to age younger, how to set up routines that work for you, and more.

But what I really wanted to bring up this time is the deluge of spam that I've been receiving. I'm not sure if this is common to everybody on wordpress, or just places that say that they're media publications, but the amount of spam I get from people who essentially want to use *The Voice Magazine* to game search engines and bring their own results up higher seems to be at a high point.

It wouldn't even be that bad if so many of them weren't obviously using software and obviously lying about what they're doing. Recently, for instance, I received an email praising *The Voice Magazine's* content, something that's always nice to receive. They went on about how it's great to see such quality content being printed and then, oh, by the way, they had recently written an article themselves, very well sourced and with lots of great information about the health benefits of pomegranates, and thought it'd be a great fit with a certain article they'd read on *The Voice Magazine*, and would we be interested in putting a link to their article?

Funny thing was, this was the article they referenced. Go ahead and check it out. I'll wait.

Did you see what the reference to pomegranates was? No? It had me stumped too, until I took a closer look at some of the links. One of them is to a store called Pomegranate. That's it. That's literally the only connection to pomegranates in the article, and it's not even about the fruit.

Obviously, this person was just using software to search the web and find any possible connection to their subject matter, and then it would automatically fire off an email. I kind of understand that, but to go on with the praise about an article they've obviously never read just strikes me as rude and lazy. At least have the sense to double check the links the software throws you to see if they have any connection at all, or if you're just wasting people's time.

It's getting so that a good portion of my day is going through these emails now and trying to see if a sender is legitimately interested in our content or is simply another form of search engine spam. Personally, I've always thought that Internet Service Providers should get together and implement a system whereby if you hit a "spam" button on your email, it charges the sender of that email a dime. This dime is charged from your ISP to their ISP, and presumably from their ISP to them. Your ISP then forwards this money to whatever group is it that helps development of internet standards.

This way, bulk emails, especially the unwanted variety, have a cost and they'd mostly stop. Leaving the rest of us free to actually be productive and use email the way it was intended.

Until then though, enjoy the read!



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Aboriginal Clean Energy Scholarship

Sponsored by: BluEarth Renewables

Deadline: September 15, 2018

Potential payout: \$1000

Eligibility restriction: Applicants must be residents of Canada, members of an Aboriginal community (band or settlement) including First Nations, Métis and Inuit, and be pursuing full-time studies at an accredited Canadian university, college, or trades and technical school.

What's required: A completed online or e-mailed application form, proof of Aboriginal Status, a copy of your most recent unofficial academic transcript, a letter of recommendation, and a maximum 500-word essay explaining why you are a good candidate for the award.

Tips: Read the [FAQs](#) for additional information.

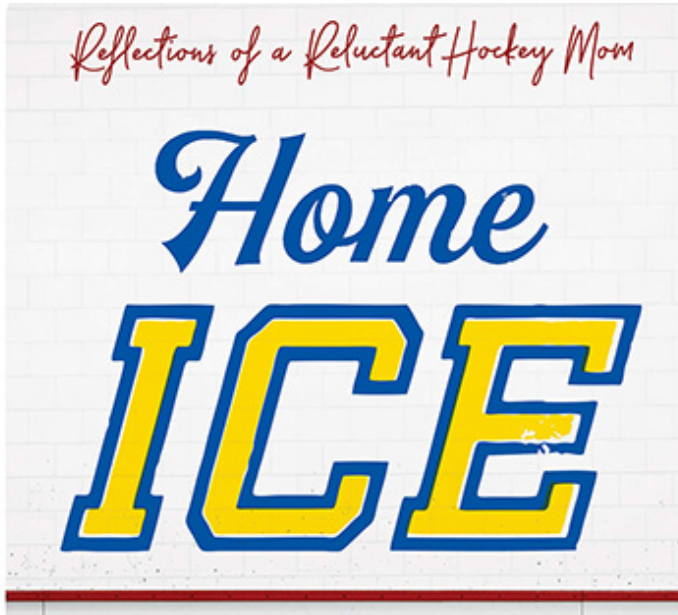
Where to get info: www.blueearthrenewables.com/community-investment/aboriginal-clean-energy-scholarship/



Author Series

Book Review
Home Ice, by Angie Abdou

Barbara Lehtiniemi



"The more we try to keep up with the Joneses in terms of preparing our little athletes for future success, the less likely we are to leave ourselves time to enjoy the simple pleasures of family life." - Angie Abdou, in Home Ice.

If hockey parents aren't shrieking in the stands this winter, it's because their noses are buried in *Home Ice*, author Angie Abdou's latest book. Abdou is the author of six previous books including *The Bone Cage* (2011) and *In Case I Go* (2017) and is an Associate Professor of Creative Writing at Athabasca University.

Do you have to be crazy to spend thousands of dollars, give up all your weekends, and spend eight months of the year shivering in cold

arenas drinking crappy coffee? Welcome to the reality of hockey parents.

In *Home Ice*, Angie Abdou describes a typical season—beginning in August with hockey camp and grinding on for eight months—of Atom hockey. Abdou sits in cold arenas for every practice and every game (well, except that time she snuck out for a beer) and contemplates the trials, the tribulations, and the tears of her nine-year-old son's hockey career.

There's friction from the beginning as Abdou and her husband disagree on whether their son, Ollie, should even play hockey. The family spends winter weekends on Fernie, BC's ski slopes. How would hockey fit? It doesn't. Differing interests pull Abdou's family in incompatible directions: one child wants to play hockey, the other wants to ski-race. Abdou's extraordinarily ordinary family confronts the dilemmas that accompany busy parents with busy kids.

Abdou and her husband settle on a "divide and conquer" strategy. Mom and son hit the arenas each weekend, while Dad and daughter hit the slopes. The upside of this bargain is the strengthening of mom-son and dad-daughter relationships. But fractures appear just about everywhere else. The weight of kids' hockey tips the balance and puts a strain on everything else: work, leisure, relationships (with spouses, other kids, extended family, etc.) and personal fulfillment. Each season is saturated with tense negotiations of whose interests, whose ambitions, whose opinions, are paramount.

A cleverly-crafted memoir, *Home Ice* delves into themes both off-ice and on. Abdou describes the competitive and shrieking parents, the bullying coaches, the lurking threat of physical abuse or physical injury, the steep financial investment, and she provides research on how these affect the players

Abdou's reflections are inward as well as outward. She uses her time driving to and sitting in arenas to contemplate motherhood, her own childhood, her parents, her spouse, her writing career, her life.

That Abdou has poured her soul into this book is evidenced by her simple honesty about her own struggles to be the best parent—the parent who knows where the line is between encouragement and helicopter parenting, and between helping their children find their own passions and moulding children into miniature versions of themselves.

Throughout each hockey season, Abdou is constantly re-evaluating: is this right for Ollie, for the family? Am I getting this parenting thing right?

Abdou has a self-confessed tendency to over-analyze, yet she uses these very analyses as a catalyst to chart the effects hockey has on its pint-sized players and their families. Quoting the latest research, Abdou provides information on the effects of concussion on young players, the creeping elitism inherent in an increasingly expensive sport, the toll youth hockey takes on parents and families.

As the season grinds on, Abdou is unflinchingly honest about the bruising her marriage takes. Couple time gets consumed by the black hole of careers and children's sporting interests. Communication between her and her husband deteriorates to bickering, icy silences, and petty parting shots ("Fuck you!", "No, fuck you!"), sometimes followed by block-caps text messages of conciliation.

"I wonder if other families navigate this terrain more gracefully," Abdou muses. "They must."

Hockey has become a religion and arenas are its shrines. In *Home Ice*, though, Abdou questions the tenets of junior hockey. Is the current structure the best for young players, their parents, and the game? Could it be better, kinder, more inclusive? Could it be more *fun*?

Reading *Home Ice* for the first time, I find myself compelled to lurk around the local arena and thrust a copy into every hockey parent's hands. But the appeal of *Home Ice* goes far beyond the rink. Abdou's memoir explores universal themes: the challenges of parenting, of relationships, of finding balance. Throughout, Abdou's penetrating wit provides a humorous foil to the seriousness of the hockey machine.

Home Ice is a sobering and relevant glimpse at what parents go through to give their children opportunities. Far beyond a hockey memoir, *Home Ice* is about the wrenching decisions parents make in their effort to give their children the best start in life. Most of all, *Home Ice* is about love: Abdou's love for her family, love for her children, and Ollie's love for the game.

Home Ice is published by ECW Press and was released September 4, 2018.

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



MEETING THE MINDS

INTERVIEWS with AU's EDUCATORS



Gail Leicht is the Research Ethics Officer of the Research Centre of AU. She is also the Secretary and Coordinator for the Research Ethics Board (REB), as described in the interview. Here we get to know about an integral member of the AU community.

Let's start with your background. What can you tell us, and what brought you to AU?

I am a native-born Athabaskan. After graduating high school, I lived in Edmonton for about 27 years. During that time, I did a lot of different things. I worked in healthcare administration. I worked in professional regulation. I worked at the College of Psychologists for 13 years, looking at professional conduct and did a lot of policy-regulation work.

I got some expertise in professional ethics and ethics as a topic area. I had a desire to come back to the community, where my parents still are. They are needing some extra assistance in their aging years. I found myself applying to AU. I came first to the

Research Centre 10 years ago covering a maternity leave in an administrative position.

Then I moved to Prior Learning Assessment. I was a portfolio mentor for students. I was also the assessment coordinator for 4.5 years. Then I moved back to the research center here as the research ethics officer (REO).

As the REO of a rather large institution, what tasks and responsibilities come along with that station?

I act as the secretary and coordinator for the REB. I coordinate meetings and the application process. It is a varied position. I see my role here to assist and facilitate the information for applicants—students, faculty, and external researchers and the like—who must all move through the ethics approval process in order to work with human participants in their research.

I spend time on the phone and with email. I provide pre-submission review and advice, particularly to graduate students who ask me to take a look at their applications and get them some feedback prior to them submitting their application for review by the Research Ethics board. I work with the board to ensure that we are compliant with the Tri-Council policy and relevant university policy and provide a place where applicants can reach out to if it might be needed. I do some research with a small “r” on behalf of the board to look up practices and guidelines, and so on, across the country from other institutions and boards.

I know there are various ethics certifications required for experiments involving human participants, such as the TCPS2, and other ones internationally. I've noticed a relatively set standard for research on humans. So what do you note, or bring to bear, when you are considering the validity of a particular study?

Number one, the role the Research Ethics Board plays. We are not the board or the proper process to critique in detail how the research methodology and procedures are to be done. Unless, it comes to bear on the ethical principles, which we are to uphold.

Certainly, if we look at a study, with the methodology proposed, and we cannot see how the research question can be answered appropriately using the methods proposed, we need to be mindful of that to ensure that participants' time is valued and not wasted. It goes along with respect for persons in the TCPS2. We do look at some of those aspects of a study.

The REB is tasked with looking at the main principles in the TCPS2 and if they are being upheld. They revolve around the idea of autonomy and informed consent. Informed consent is a large concept. It is a flowing concept.

It is not a specific activity or a specific occurrence in time. Rather, it is an ongoing dialogue between researcher and participant. Research participants must be free to choose whether they want to engage in a research project or not.

If they engage with the research project, they must be fully informed of what they are being asked to do, what the time commitment will be, why they are being asked to participate and their decision to participate must be free from coercion, and so on.

Really, the main purpose of the board and research ethics as a discipline or as an activity really comes from the idea that human participants in research must be protected because they have not been in the past. That is why the boards exist across Canada.

Certainly, in the United States, it is the same, and throughout the world. It is protecting participants from harm. By doing it, we protect the researchers from getting into situations, which they should not be in.

Have there been cases where boards in Canada have failed in their duties and responsibilities ethically?

I am sure there have been. I am not particularly aware of specific cases. Certainly, the panel or secretariat on research ethics would have that information. There is a complaint mechanism or a mechanism that the secretariat would investigate a complaint of that nature to be sure. But I honestly cannot tell you off the top if that is the case or not.

So far as I know, for undergraduate students at AU there are not many who are interested in research. But, there are fewer resources for students to become involved in research at the undergraduate level, and because AU is online, it can make unique barriers to getting some research experiences at the undergraduate level.

If students have an interest in taking an initiative, as there aren't as many pathways built yet, to conduct or start research, e.g., psychology doing a survey for an honors project or something of this nature, how might students become involved? How might the Research Ethics Office provide some guidance on how to do that?

I do not think I have been asked by undergraduate students. We have a well-oiled process for graduate students doing studies. Through the research Centre, there may be opportunities for an undergraduate student to be a research assistant and so on. I am not familiar enough with that process to comment on it.

I think, depending on the background of the student and what courses they are involved in, some undergraduate courses teach some of the research methods as an exercise. There are mechanisms for course-based activities that teach how to research, if you will.

It is a good question. I haven't come across that issue yet. Certainly, I would be open to having a conversation to work that through, but I wouldn't see that it would necessarily be much different from the process used for the graduate students.

As we do with the graduate students, the research has to be supervised. I assume that we would have the same conditions for an undergraduate student. I am here and would be happy to discuss that opportunity.

We would be more likely to see an undergraduate student involved as a research assistant.

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



How to Build a Routine that Works for You

Tara Panrucker



Now that the busy fall season is approaching full steam ahead, most of us are also heading back into a busy routine after summer breaks or vacations. Homework, sporting events, social clubs, and new part-time jobs often accompany us into September. A successful, smooth-running day, week, and month is built upon an organized schedule that works for both you and your family.

An excellent way to get started on setting up a new schedule is to write down everything that needs to be done. First, break down daily, weekly, and monthly tasks and insert them

into a time slot that makes sense in your paper or electronic planner. Then you can repeat it to occur regularly in your planner. That way, there are no surprises when you glance at your upcoming week or month ahead. For example:

Daily tasks

reading, walking the dog, tidying up kitchen/bathroom, studying, writing, working, personal hygiene, meal preparation.

Weekly tasks

Taking out garbage and recycling, laundry, planning weekly menus, writing major assignments, music practice, weeding and lawn maintenance, meeting with counselor, gym training, yoga classes, grocery shopping, attending social gatherings.

Monthly tasks

Parent meetings, cooking large portions for freezing, vehicle maintenance, doctor appointments, monthly home maintenance.

Next, consider what must be scheduled every morning, daytime, and evening. Then, choose what you can move around to do at the ideal time of day that works for you. Later, if you realize doing something in the morning, like exercise, isn't really working for you, change it to evenings and see if that works better. A schedule should never be written in stone and must remain flexible as lifestyles inevitably change over time.

The main thing is to not stress when you cannot adhere exactly to your schedule. Try and think of it as a guideline rather than a rigid schedule that must be followed at all times. There will be times when life throws a wrench into your best laid plans and you will have to let go of some things. Just remember you can get back to them later.

If you require more help, a few apps to investigate online are Google Calendar, Apple Calendar, and Microsoft Outlook. There are many more available depending on your specific needs, such as calendars you can share with family members to keep you all on the same page.

Another great tip is to delegate to others. Children gain a great deal of satisfaction and skills when they're given regular chores to complete around the house, like doing their own laundry or making their own sandwiches for lunches. Trusting others with responsibilities can also create a solid foundation of respect for one another, as well as a sharing of the burden.

Creating routine as a regular habit also gives most people a sense of control and stability in an often chaotic world. When you lay your head on your pillow at the end of the day, you can thank yourself for getting all those little things taken care of and be grateful for the time it gives you to focus on the bigger things, like achieving that degree, spending quality meals together with family, and training for the next big marathon.

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



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

AU courses start any month of the year, but September is still the traditional back-to-school month. Here are a couple article from the vault that still resonate today.

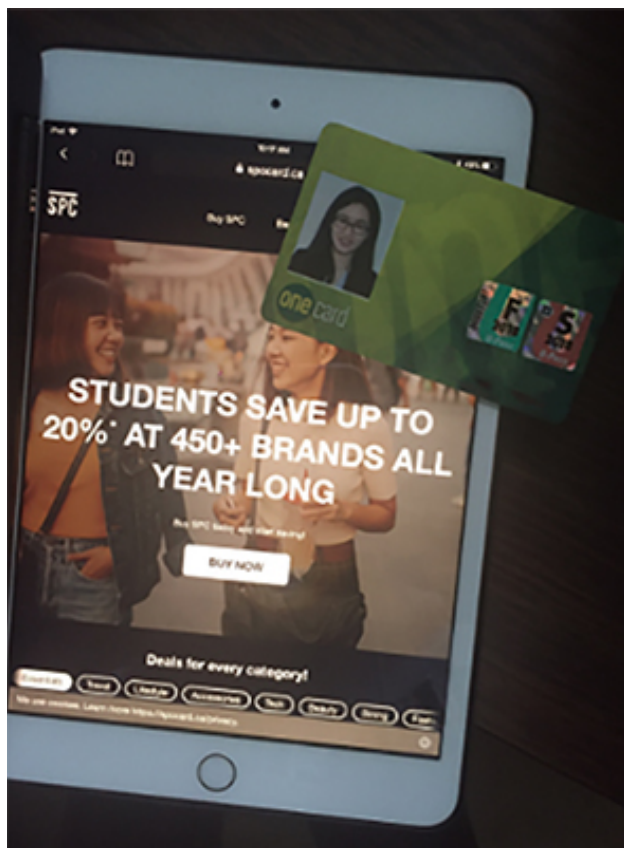
Taking the plunge. Veteran Voice contributor Hazel Anaka recounts her elation—and misgivings—when returning to school 29 years after college. "When my box of textbooks, novels, short story collection and study guides arrived through Canada Post I was alternately giddy with excitement and terrified with apprehension." From *Where I Sit - Back to School*, December 3, 2003.

Counting the years. Former Voice editor, AUSU councillor, and AUSU executive director Tamra Ross ponders the notion of a university "year" at AU. "Often students who study at a steady, relentless pace fail to realize how far they have come." *Back to School Blues?*, August 28, 2002.



Five Ways to Take Advantage of Your Student Status

Xin Xu



Back-to-school season for students often means an overwhelming series of stimuli and activity. AU students particularly have a host of to-dos on their list including paying tuition, stocking up on school supplies and Kraft dinner. And then there's the lack of income security and the hefty cost of education. However, there are many hidden perks to the student status. So don't miss the opportunity to use your student status to its fullest potential. Having your student ID handy is the key to seizing the day as a student. Whether you're at the local gym or online shopping, knowing where to turn for student discounts will make those alumni and graduates jealous.

• **Student Restaurant deals:** The notorious student discounts in many local bars, restaurants, and fast food chains are often unknown to students. Arby's, Dairy Queen and Burger King all offer 10% off for students with valid student IDs. Additionally, students with SPC cards gain the extra edge by showing their card and receiving special offers at the checkout counter.

- **Student Amazon discount:** with one-day shipping that comes at half the price of the \$119 annual fee, student prime has saved me time and money numerous times. Specifically, textbooks on Amazon that come either as paperback or Kindle editions help me to acquire mandatory textbooks with a single click. Even if you're not shopping for textbooks, Amazon also has prime days which offer even greater deals for the budget shoppers. While I am not affiliated with Amazon in anyway, I can come to appreciate the convenience this has created in my academic career.
- **Student Internet deals:** while many students are aware of the savings of using a student internet or phone plan, I have encountered many who still opt to pay full price. What better way to sign up for an internet plan half the original price of what a working adult pays? For myself, I signed up for my student internet plan in early August when many telecommunication companies' student deal plans begin to surface. If you are sharing your living space with other students, team up for even greater cost savings.
- **Student technology deals:** If you're looking to purchase a new laptop or software, usually waiting until back to school season (August to September) is a sure-fire way to save more with student pricing. Apple offers deals in September with \$100 gift cards or brand-name





headphones. Microsoft, Dell, Adobe and Best Buy also have their individual student deals for essential software such as Microsoft Office.

- **Student travel discount:** The biggest mistake some of my friends have made while travelling is not bringing their student IDs. For example, while out travelling in East Asia, a few friends forgotten their student IDs on the trip and paid nearly double the admission tickets to popular destinations such as the Great Wall of China. Many foreign student IDs are accepted. Besides admission tickets, transportation methods such as the Greyhound also provide additional student pricing.

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

Katy is stymied trying to sync her athabasca.edu calendar with her iphone calendar; less than an hour later, a response points her in the right direction. Rosemarie wonders if she has an AU e-mail address; a response directs her to the info in myAU. Tiana is curious if it's possible to complete 3 courses in 3 months; responses suggest it's possible, with a good plan and dedication.

Other posts include transfer credit evaluation, exam materials and Proctor U, e-text downloads, Dear Barb, and AU student cards.

reddit

Oops! SarashSureShot accidentally submitted an essay she'd downloaded from the internet to use for reference, got slapped with an academic misconduct penalty, and now she's wondering what chance she has with her appeal.

Twitter

@AthabascaU tweets: "Heads up: Students may complete midterm and final exams at any time during their course contract period, including the course contract start or end dates. <http://bit.ly/2wEFcp6> #AskAU."

@AU_Press tweets: "Join us at @AudreysBooks next Wednesday for the launch of this important new memoir about life as a female freedom fighter during India's independence movement. <http://ow.ly/cgZo30lGavv> #yegevents #yegreads."



Freelancing Pros and Cons

Deanna Roney



and make sure he heals quickly.

There are many perks to being able to work from home and I love that I have found a way to do that, doing jobs that I love. But working freelance has its downsides too. Beyond the usual, you don't know what your income is going to be month to month, which can make it hard to create a budget. There are also extra responsibilities that come with working in this manner.

Working freelance means that you need to be responsible for your own taxes. That means, tracking your expenses, as well as your income. When you get your first freelance job it can be easy to brush it off as "not that much money" and ignore the tax side of things but if you are hoping to grow this into a career then this is something you need to consider from day one.

If you purchase notebooks, pens, desktop calculator, anything that is directly related to the work you are doing then these receipts need to be saved and filed. You also need to track your monthly income and you should deduct taxes from yourself –worst case scenario if you overtax yourself is that you have an extra lump of money in a savings account. When you are working for yourself you need to be aware of your income tax bracket and you need to set that money aside, because when tax season comes around and you're handed a bill it is too easy to dig yourself into a hole. If you don't pay off that first income tax amount, and you spend the next year paying for it, when the next tax season comes around you are (again) not going to have enough saved, because what you would have saved was spent paying off the previous year—so save yourself a headache and put 15%-30% into a savings account.

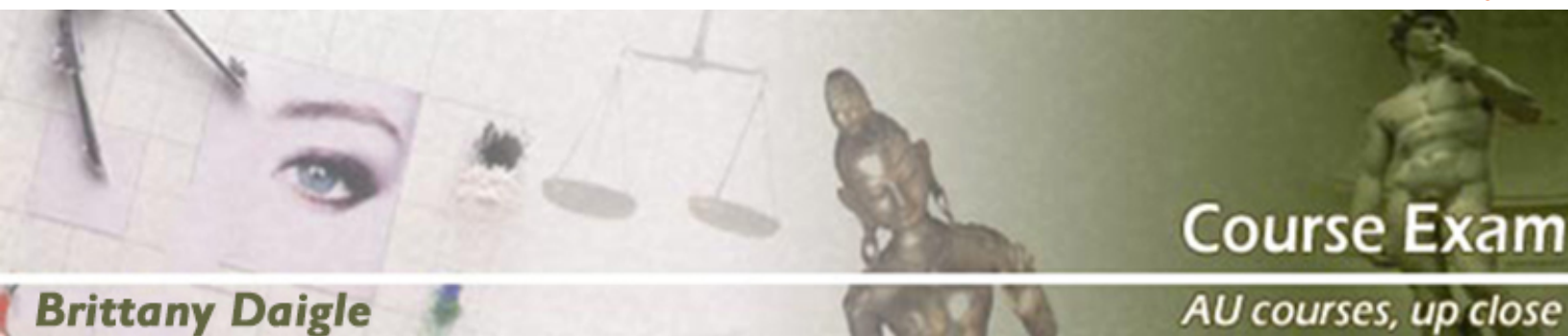
Aside from the income tax side of things working from home can be as challenging as it is rewarding. There is no set time-frame for when you are working. It might mean that long weekends lose their meaning and you end up working on labour day instead of fishing on the river. It means making sacrifices when you don't always want to because reputation and being reliable is important to establish from day one, and meeting deadlines is critical. If you make a positive reputation for yourself within the industry then you will find that you will be recommended for more work.

Working freelance or as an independent contractor has its benefits. One of which is working from home. As AU alumni, the ability to focus and work effectively from home was honed throughout the course of my degree. It means that some mornings I start work while still in my pj's, I can eat breakfast at my desk, I can break for lunch when I am hungry (or I realize I have blown by noon only because my stomach is growling), it means that if one of my dogs is sick or hurts himself I can monitor him

It is important, though, to know where to draw the line. This idea of crafting a reputation and having quick turn around times with quality work is important, but it is also important to know when to take some time off. It is important to find *balance* and not run yourself into the ground—which is far too easy to do when you work from home. When I worked an office job, when I got home it was off-time. Regardless of what work needed to be done, that was left at the office and it would be ready when I got back in in the morning. With freelance, though, the office is home and it always feels like you can put in just a few more minutes, do just one more thing, but before you know it, the sun has set and you've lost your evening.

Working as an independent contractor, or freelance is very rewarding. You get out of it when you put into it. The more you work, the more you make, and it is a pretty amazing feeling to know that you are able to craft a living for yourself in this fashion. To get the best out of this career you have worked so hard for you need to remember to find balance in the day to day, to give yourself some grace, and never forget about the Canada Revenue Agency (because they won't forget about you.)

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



Brittany Daigle

Course Exam

AU courses, up close

Course Exam

Brittany Daigle

FREN 100 (French for Beginners I)

FREN 100 (French for Beginners I) is a three-credit, introductory French course designed for students who wish to begin learning French. This course will familiarize students with the foundations of the French language and will help them to develop the four basic language skills of reading, writing, aural comprehension, and speaking. This course may be taken for credit toward most degree programs, though it cannot be applied to the BA major in French.

There are no prerequisites for FREN 100, though students should be aware that this course is demanding for those with no prior knowledge of the French language. A good understanding of English grammar is essential and students are advised not to take FREN 100 and FREN 101 (French for Beginners II) at the same time.

French for Beginners I is made up of five written assignments weighing six percent each, four oral assignments weighing three percent each, an oral examination worth eight percent, and a written examination weighing fifty percent.

Throughout this course students will learn basic vocabulary and how to write simple sentences that are grammatically and structurally correct. Also, students will learn how to express themselves orally and in writing in simple French. To receive credit for FREN 100, students must achieve a minimum composite grade of at least fifty percent on the five written assignments, as well as a minimum grade of at least fifty percent on the final written examination. Students must

also achieve a minimum composite grade of at least fifty percent on the four oral assignments, and a minimum grade of fifty percent on the final oral examination.

Students should note that this course contains a special course feature! Each lesson in the *French in Action* textbook has a corresponding video component that students are required to watch. Students can watch these videos online or borrow them from [Athabasca University Library](#).

Dr. Vina Tirven-Gadum has been with Athabasca University since July 1st, 2003 and has been the course coordinator for FREN 100 since she arrived. She does not tutor the course anymore, though she did teach the course for the first two or three years of her arrival at AU. Aside from FREN 100, she coordinates nine other French courses, namely: FREN 101 (French for Beginners II), [FREN 301](#) (Composition française), [FREN 358](#) (Initiation à la littérature d'expression française I), [FREN 363](#) (Le Roman français du 20^e siècle), [FREN 387](#) (Français, langue des affaires), [FREN 403](#) (Stylistique comparée), [FREN 420](#) (Poésie et théâtre du 19^e siècle), [FREN 421](#) (Le Roman du 19^e siècle), and [FREN 422](#) (Littérature française du 17^e siècle).

She states, "My name is Vina Tirven-Gadum. I am an Associate professor of French language and French Literary Studies; and also, the Chair for the Centre for Humanities. I live in Edmonton, Alberta. In terms of my areas of specialization, I focus on the works of the Russo-French author Romain Gary, as well as other French/Francophone authors of the 19th, 20th and early 21st centuries. My main area of specialization is in the field of linguistic fingerprinting."

She notes FREN 100 as the most junior level French course that is offered at AU, describing it as, "designed for learners who may have taken French many years ago, have forgotten most of it, and need to refresh their knowledge of the language. FREN 100 can also be taken by absolute beginners; although it can be quite demanding for those who have no prior knowledge of French. It is a core course providing a solid foundation in which students may later build. It will familiarize learners with the foundations of the French language by developing a basic proficiency in these four basic language skills: reading, writing, listening comprehension and speaking. It is a traditional grammar-based course, focusing on the use of proper French grammar and formal French/Francophone writing. It will introduce elements of grammar i.e. the conjugation of regular and irregular verbs in various tenses; the formation and placement of adjectives and adverbs, the use of various types of pronouns and so forth. It will also introduce a wide range of French vocabulary and expressions that are based on

AU-thentic Events Upcoming AU Related Events

AU MBA for Executives Info Session - Mississauga

Mon, September 10, 12:00 to 1:30 pm EDT
Toronto Airport Marriott Hotel, 901 Dixon Rd, Toronto ON

In person

Hosted by AU Faculty of Business
[business.athabasca.ca/event-](http://business.athabasca.ca/event-details/athabasca-university-mba-for-executives-information-session-mississauga/)

[details/athabasca-university-mba-for-executives-information-session-mississauga/](http://business.athabasca.ca/event-details/athabasca-university-mba-for-executives-information-session-mississauga/)

Register online at above link

Hearables for online learning: The beginning

Wed, September 12, 11:00 am to 12:00 pm MDT

Online

Hosted by AU's International Review of Research in Open and Distributed Learning (IRRODL)

athabasca.adobeconnect.com/cider

No pre-registration required; for more info visit cider.athabasca.ca/

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/

specific themes (family, food, clothing, leisure etc.). By the end of the course, students will be able to ask and answer a variety of questions.”

She continues, “The course is based on a suggested 17–20-week schedule. It covers the first 10 chapters of the main text-book *En Bons Termes*; and many chapters of *French in Action*. There are no quizzes, no multiple-choice questions in this course. Instead there are four written assignments, based on material studied in the first ten chapters of *En Bons Termes* (for example assignment No 1 covers material presented in chapters 1-4; assignment No 2 focuses on material studied in chapters 1-6 and so forth.) Students will also have to write a short French composition of 150–175 words on a given topic. Also, there are four oral assignments based on material studied in *French in Action* which students will have to do with their tutors over the phone. Students will also have to take a final oral exam on the phone with their tutor; plus, they must write a final written exam. This is a closed book invigilated exam. Students are not allowed to use textbooks, workbooks, notes, tapes, cell phones, hand-held computers or laptop computers, other electronic/digital devices or to consult with other people while writing this examination.”

When asked about the work ethic students will have to have to be successful in this course, she states “As this is offered as a Distance education course, students have the flexibility to study at their own pace and set their own schedule – but it also requires motivation, commitment and perseverance to do well in FREN 100. I often tell students that in order to be successful in this course, they should spend between 10-15 hours of study a week.”

As for which aspect of FREN 100 is the most difficult for students to understand, she states “The most difficult aspect of the course is probably the large number of verb conjugation, verb tenses, French vocabulary and so forth that they will have to memorize, in order to succeed in it. That is why I always stress to students that cramming for their final exam does not work with a course like FREN 100.”

Whether FREN 100 is a program requirement of yours or learning a new language is of interest to you, this course will have you learning the basics of the French language. Understanding the French language is extremely beneficial when living in Canada, especially being that it is one of the two official languages.

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

More AU-thentic Events

MBA in Hockey Management Info Session

Thurs, September 13, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business
business.athabasca.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-8/
Register online at above link

AUSU Council Meeting

Thurs, September 13, 6:30 to 8:30 pm MDT
Online

Hosted by AUSU
www.ausu.org/event/september-council-meeting-3/
No pre-registration required; e-mail governance@ausu.org for meeting package

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

The Fit Student

Age 30 Years Younger

Marie Well



Do you want the brain of John von Neumann or the bod of Wonder Woman? Well, what you nibble now builds or breaks you later. (Same with what you think and do now.) You see, your body replaces cells fast. You get a spanking-new body every seven years. That might mean you grow a new brain, too.

And you *can* age younger (a process called anabolism, according to author Tom O'Bryan).

So, build a 10-star brain and bod with nutrition, fitness, and collagen.

As a teen, each day I snacked on sweets plus one slice of pizza. As a young adult, I starved myself skinny. And as an older adult, I gorged garbage. I wound up huffed, hunched, and woozy walking malls.

But I aged 30-years *younger* in the last fifteen months. Yes! The clock spun thirty years backwards. My body now looks better than it

did age 18.

And you can turn back time, too. Here's how I did it:

To halt aging, I cut out sugar, except for fruit and 88% dark chocolate. I also tossed gluten and dairy, except bran and Greek yogurt. I snack on the odd slice of pizza. But, now that I eat super healthy, I get stabbing cramps when scarfing a slice. So, I've ditched pizza, too.

To stop the body clock, I muster two daily workouts. Yoga or cardio every morning. Weights most nights. After all, nothing beats aging—and stress—like gym-bustling.

To reverse skin aging, I guzzle bone broth brewed from grass-fed cows. Bone broth boosts gut-health, beats colds, and, of course, builds bones. But most of all, bone broth's collagen serves as nature's botox. No need for injections or botched plastic surgery.

Here's how to build a new 10-star bod and brain. Tom O'Bryan shows how in his book *The Autoimmune Fix: How to Stop Hidden Autoimmune Damage that Keeps You Sick, Fat, and Tired Before It Turns Into Disease*:

- What you munch today matters 7 years later: "We have an entire new body every 7 years" (location 1754, 27%).
- Aim to build a 10-star bod and brain: "When a cell reproduces itself, it reproduces an exact duplicate of itself. So a 7.6 functioning cell will replicate another 7.6 functioning cell, even though your DNA blueprint says that you can be a 10" (location 3004, 46%).

- Junky foods age new cells, lowering your new bod's star-rating: "But if you continue to live the same lifestyle, meaning eating foods that you have a sensitivity to, drinking too much, or eating junk foods, you are taxing your liver further. Pretty soon your liver will begin functioning as a [lower] 7.5. When that cell reproduces, you reproduce a 7.5" (location 3004, 46%). And so on.
- Growing unhealthier cells has a scientific name: "This process of getting old is technically referred to as catabolism" (location 3013, 46%).
- But a healthy diet nudges you closer to a 10-star rating: "Your cells are ... able to reproduce newer, healthier cells as long as you continue to provide a healthier environment by eating more nutrient-dense, less inflammatory foods. Instead of being a 7.3, you begin functioning as a 7.4. When that cell reproduces, it reproduces as a 7.4" (location 3013, 46%). And so on.
- Growing healthier cells has a scientific name: "This process of getting younger and stronger is technically referred to as anabolism" (location 3023, 46%). Ah, the word *anabolism* sounds scientifically sweet, doesn't it? Yes, you can grow younger!
- Don't live a one-star life: "Oddly, chronic health conditions are almost accepted as normal parts of life: fatigue, pain, depression, obesity, insomnia, anxiety, headaches, and many more" (location 492, 7%).
- Instead, eat a 10-star diet: "When you take out gluten, dairy, and sugar from your diet, you're lowering your body's toxic exposures" (location 3089, 47%).
- The less toxins, the better your cells reproduce at higher-star ratings: "If you have 100 toxins coming in and you reduce 80 of them, then your body can handle the other 20 much easier" (location 3099, 47%).
- Voila! Here's a 10-star diet: "Instead of eating harmful foods that make you forgetful, sick, fat, and tired, you'll be enjoying all types of fruits and vegetables; clean meats, fish, and poultry; and healthy fats" (location 3255, 50%),
- Most of all, probiotics boost your bod's star-rating by blasting away inflammation: "Eat one forkful of fermented foods every day ..." (location 2023, 31%). "Good choices include: coconut kefir, naturally fermented pickles ... kimchi, kombucha, olives, pickled ginger, sauerkraut" (location 3581, 55%). O'Bryan recommends you take "a mixed probiotic capsule along with your fermented vegetables" (location 4330, 62%).

Daily, I eat sauerkraut and probiotic yogurt. I also drink organic apple cider vinegar with its murky probiotics known as the "mother."

I'd once get sick as soon as a sneeze sounded. Now, no colds. No fevers. No nausea. And I once suffered severe anxiety. Now, never.

So, change your diet today. In seven years, you'll have the brain and bod of John von Neumann wed with Wonder Woman.

Caution: Always see a clinical doctor before making health-related changes. Also see a sport's medicine doctor if your goal is to go from (obese) couch potato to top physical shape.





Dear
Barb

Barbara Godin

Doesn't Anybody Want to Work Anymore?

Dear Barb

Hey! I'm a hard-working guy in my thirties, plus working on my degree at Athabasca. I have never had a problem finding a job, maybe not a top paying job, but at least I was working. I have a problem with all these young people in their twenties complaining about not being able to find work. Come on! I can walk through any mall or down any street and see signs in the windows looking to hire people.

Also, there are many online sites offering jobs. For example, ca.indeed.com is the number one job search site in Canada. You just upload your resume and send it off to the jobs you are interested in. I don't understand why people don't want to work anymore. I also know a lot of people who are on disability or trying to get on it. Am I the only one who doesn't get it!

Thanks for reading my letter, John.

Hey John:

Work ethic - the principle that hard work is intrinsically virtuous or worthy of reward.

I'm sure many people share your feelings, but I don't think it's simply that young people don't want to work. I believe the foundation of a strong work ethic begins early in life and for

many this may be absent. Also, many of today's young people want to skip the lower levels and go right to the top. If they have a degree, they believe this automatically gives them the advantage of higher pay and to be able to begin at a more advanced position in the company. In some companies this is true, but not always. A degree will give you the opportunity to work your way up, but rarely do you start out at the top. As well, many of today's young people who have degrees in Human Resources, Marketing, or other specialized fields are finding it difficult to find jobs in their field, as these positions are limited. I know of a friend whose daughter graduated from college as an auto mechanic and has not been able to find a job in her field for over a year. A woman working in a male oriented field, such as auto mechanics, is just not readily accepted yet.

Another reason why many young people are not motivated to work is because they are not ready to leave home; often called a "failure to launch." While living at home they have everything they need: meals are prepared, laundry is done and all they need is a part time job for spending money. The desire is just not there. For whatever reason many of today's parents are not motivating their children to do the adult thing and move on with their lives. Beyond these reasons, there could be a mental health issue which is preventing some young people from being able to work and ending up on disability. For example, they could be seriously depressed, addicted to drugs, or suffering from anxiety. John, you are not alone in your thinking, but as with all situations, we don't always know the whole story. Thanks for writing.

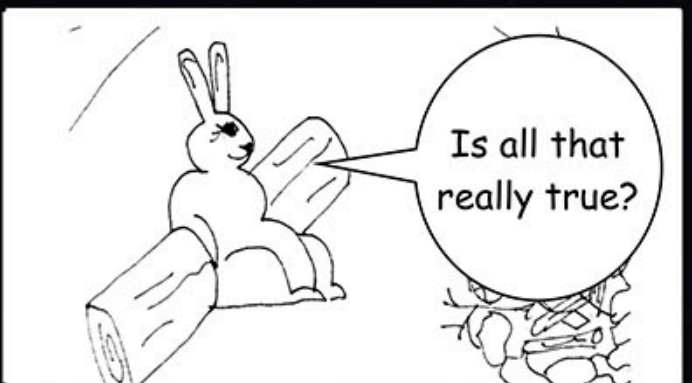
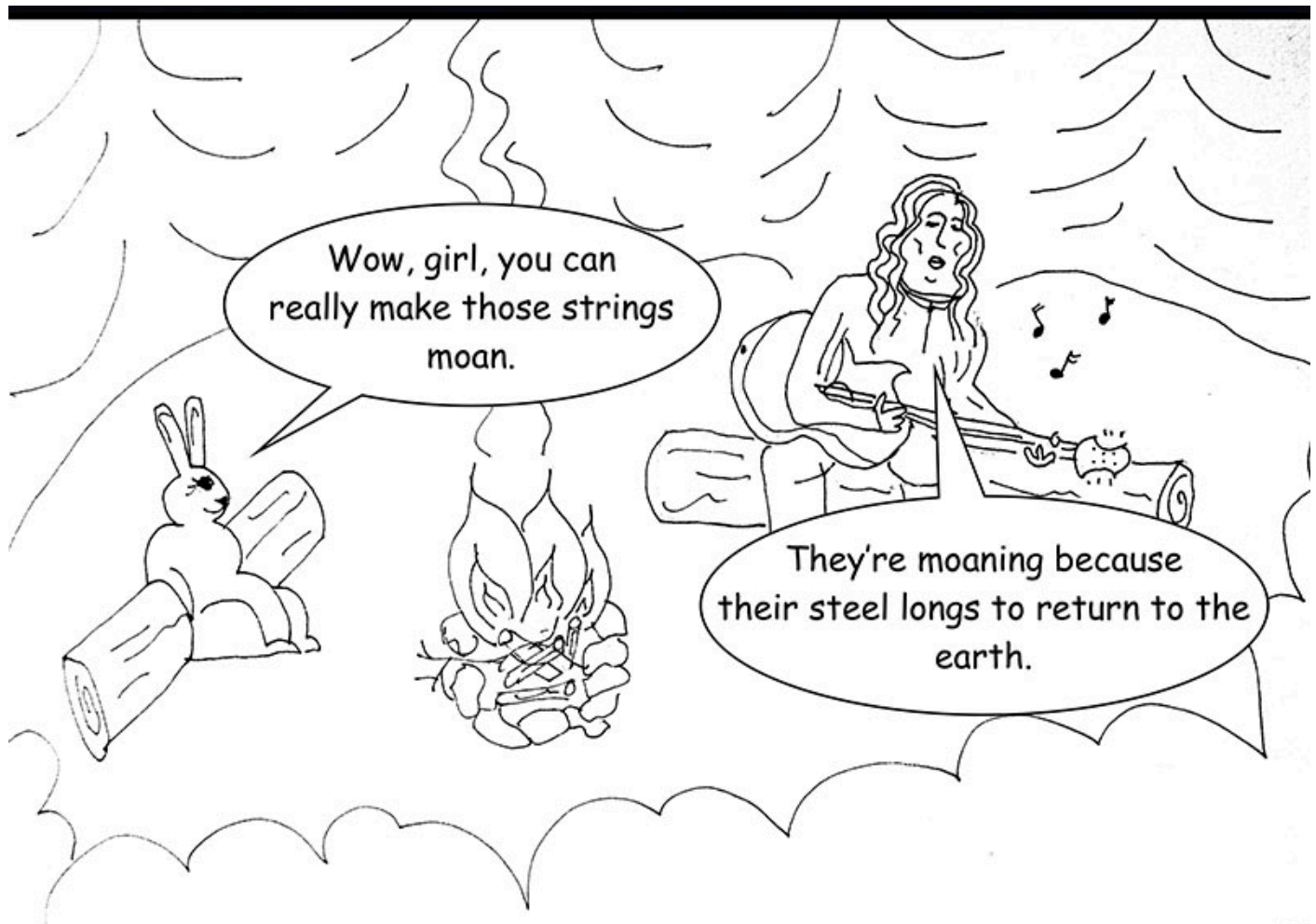
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Poet Maeve
Why my Guitar Gently Weeps

Wanda Waterman





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

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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**

FYi Doctors Discounts

FYi Doctor is a partnered with AUSU to bring AUSU members some great deals for their vision needs. They have some great deals going on right now that you won't want to miss out on!

**BACK TO SCHOOL
BACK TO WORK
— EVENT —**

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Second pair must be of equal or lesser value.
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While you are there, be sure to take a minute to check out all of the other great services AUSU has to offer. Let us help make your AU experience a little easier.

Twitter Giveaway

That's right, AUSU has more great prizes to give away!



Tweet [@austudentsunion](https://twitter.com/austudentsunion) about how you are getting ready for fall for your chance to win Amazon gift cards, Swell water bottles, and more! Be sure to use the hashtag #aufallprep

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

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Website: ausu.org

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!

CLASSIFIEDS

Classifieds are free for AU students!
Contact voice@voicemagazine.org for more information.

THE VOICE

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