



# THE VOICE

Vol 26 Issue 44 2018-11-16

## **Dr. Jones' Winter First-Aid**

A Kit for the Winter Soul

**How to Make Cash**  
while Getting an Education

**In Conversation**  
with Rebel Rage

*Plus:*  
*The Secret to a Fine Arts Show*  
*A Response*  
*and much more!*



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# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://voicemagazine.org),**  
**and please indicate if we may publish your letter!**

***Hey! Did you know the Voice Magazine has a [Facebook page](#)?***

No kidding! We also do the [twitter](#) thing once in a while if you're into that.



## Editorial

### Acknowledging Winter

Karl Low



There can be no denying that winter is officially here now, no matter how much I've wanted to tell myself, "Surely there's still someone who hasn't felt like it's winter yet," but by mid-November, even I have to admit that that's just wishful thinking.

Winter also seems to be hitting the minds of the Voice Writers this week, with our feature article being a winter first-aid kit for the soul, brought to you by our esteemed (not-a-real) doctor, Darjeeling Jones. While we certainly can't guarantee this will cure all that ails you (especially if it's something like the flu, which, for the record, I've now had the dubious distinction of contracting both strains this year, trust me, get your flu shot) it certainly won't hurt.

Also, while I always appreciate knowing if my little rants here, or really anything in *The Voice Magazine* has moved people enough to send in a comment, it's not often that I manage to set off inspiration in one of our regular writers. However, last week, my editorial did just that, and you can see the response in Deanna Roney's appropriately titled "A Response".

Also this week, with Christmas fast approaching, students everywhere are looking forlornly at their wallets. For many AU students, January means a fresh year with fresh courses, and, of course, fresh tuition fees. Top that off with Christmas, the expense of Christmas cheer, and it's easy to understand why this time of year often sees spikes in food-bank use among post-secondary students. To help deal with that, Tara Panrucker has put forward a number of ways that distance students, especially, can take advantage of our flexible studies to earn a little more cash for the season.

I also feel I have to point out Wanda Waterman's interview with the band Rebel Rampage. This is a trio of guys who are not shy about having a particular point of view, and while the interview is mostly about their music, for those who are always concerned about bias in reporting, you may not like what these guys have to say. Or maybe you'll be in full agreement. Either way, the point I'm making is that while *The Voice Magazine* believes that having a bias is acceptable, even unavoidable in many instances, we also believe that what we report should be factual and fair. What individuals say and believe in interviews, however, is a different story. You've been warned.

Finally, as we near the end of November, it's once again time for me to start assigning homework. If you're a regular Voice reader, or even a new one that has a bunch of spare time, I'm starting my search for *The Best of the Voice 2018* issue. This is the first issue we publish in the new year that contains a sampling of the best stuff that we've produced over the entire year. It's a great way to ring in the new year and has the side effect of letting our writers recover from New Years celebration.

More importantly, however, it always turns out to be a great issue, and your input is part of what makes it that way. So start digging through our back issues, and, as always, enjoy the read!



## Porkpie Hat

### Dr. Jones' Winter First Aid Kit for the Soul

Darjeeling Jones



The first frosts and snows of the season have settled on good, old Winnipeg town, and arctic winds are blowing backward from the near-future to warn us of the harsh winter ahead. I know it will be harsh here because—did I mention Winnipeg? In just a few short weeks, the Red and Assiniboine rivers will be frozen to a depth of many feet, traversed by skates, skis, snowshoes, dog teams and even—incredibly, I’ve seen this—an intrepid soul or two in high heels; which requires serious levels of either drunkenness or blithe savoir faire.

Winter, of course, is the season with the highest physical injury rates, both in frequency and severity. I don’t actually know this for sure, but last night I scorched my hand by picking up a cast iron frying pan (drunkenness) that had moments before been taken out of a 450-degree oven by someone wearing nuclear-facility approved oven mitts (savoir faire). I know, I know; it’s a small sample size; I could definitely be wrong. Nothing is more likely. Still, I’m going to stick with that suspect statistic, just because it seems to fit nicely with my point, if you can call it a point.

So, winter—highest injury rates. Consider the possibilities: snowblower mishaps, windigo maulings, overheated saunas, collisions between balaclava-wearing cyclists and low-flying geese. And perhaps other, less common misfortunes. The thousand shocks that flesh is heir to, yada yada yada. But it’s not just the flesh, is it? Oh, no my beauties. Winter will surely sink its diamond dog teeth into your soul, as well as your glutes, if you don’t take precautions. Mid-November through to Spring: a multi-month smorgasbord of shadow and light, tinsel and hailstones, magic and shit.

So, with that cheery prospect on the horizon, we must do what we must do to weather the coming months in safety, comfort, and style. Just as we fill our expanding bellies with comfort foods and our bathroom cabinets with bandages and medicines, we must feed and fill our minds and our souls with cerebral and emotional delights. Of course, these delights will take different forms for each of us. Medieval madrigals, Islay single malts, two-tier boxes of Belgian chocolates, visits to botanical gardens, consumption of botanical distractions: choose your poison; whatever gets you through the long cold nights.

Doing my part, I have prepared a brief and highly random list of some admittedly -non-essential-but-possibly-life-saving soul-care items, to be stored in a safe dry space in your snowed-in home:

#### **Balm for cuts and scratches to the heart:**

- The jewel-like lyrics of Joanna Newsom, made even more beautiful and haunting by her ethereal harp-based music.

- The film *Amelie*, or anything by Hitchcock or Fellini.
- Going to Chinatown to buy incense and barbecued duck.

#### **Bandages for the psyche:**

- The diaries of Anais Nin, or anything by Dylan Thomas or Virginia Woolf
- Walking through snow filled woods.
- Fortune telling or board games by candlelight.

#### **Ointments for the imagination:**

- Maria Callas, John Coltrane, Marlene Dietrich, Junior Wells, and Bob Dylan on vinyl.
- Reading *The Golden Compass* by Philip Pullman.
- Stealing an overhead projector from a high school, and putting on a shadow show.

#### **Powders for the heightening of pleasures:**

- Wearing Venetian leather carnival masks because it's Friday night.
- Installing a disco ball in your living room.
- Dancing on the frozen river in high heels, as you howl at the moon.

Any first aid tips of your own? I would dearly love to hear them! Life is short, but winter is long. The doctor is all ears.



### **Fly on the Wall** **A Simmel Plan**

**Jason Sullivan**



At *Cirque de Soleil* last week a unique opportunity presented itself: during intermission I gazed upward at a sea of audience faces entranced and captivated by the show and then over at the stage performers enraptured by the craft of their art. In this moment I attained a perfect middle between subject and object. It was an odd and vaguely paralytic sensation. Neither was I truly looking at anyone nor was anyone intentionally looking at me; I was merely in the societal crosshairs, as it were. I was like Schrodinger's cat, at once dead and alive in its box and thus occupying what physicists' term

*superposition* (Penn State, online). My brief view occasioned my remembrance of a philosopher who delved into the personal realm of what it is to be a subjective human, acutely aware of the presence of many others: George Simmel.



This micro-sociologist passed away one hundred years ago, just as the heroism and tragedy of the Great War was reaching its wrenching and contradictory conclusion. He noted that modern life is personal but takes on an impersonal form. This is also precisely how classrooms can feel: stale, impersonal, and institutional. For Simmel, genuine sociological understanding arises when we come to terms with the fact that “contents are not experienced as they are in themselves; they are shaped by the experiencing psyche” (Weingartner, 442). When we see the personal dimension of our role in a setting, we gaze all the way down the shady rabbit hole of human nature. The individual experience of Athabasca studies is a realm where the skeletal essence of higher learning is laid bare and we come in direct contact with the process of knowledge attainment itself.

Simmel was a polymath, and, like many students who, in their lives, pass through AU as an errant marble passes through a juvenile intestinal tract, his interest was in the workings of the underbelly and innards of society. Idlers, wanderers, outsiders, and coquetry (flirting!) were all treated with deft and wit in Simmel's a la carte presentation:

*“He was a virtuoso on the platform, punctuating the air with abrupt gestures and stabs, dramatically halting, and then releasing a torrent of dazzling ideas. What the great German critic Walter Benjamin once said of Marcel Proust, that his “most accurate, most convincing insights fasten on their objects as insects fasten on leaves” applies equally well to Simmel.”* (Coser, online).

Audience members were awed by his ability to prestidigitate innumerable topics within a single presentation. Despite these virtuoso skills he struggled to be accepted by the academic elite of his time. Rudolph H. Weingartner commented that “from the straitlaced viewpoint of the German academic hierarchy, Simmel was suspect” (Weingartner, 442). They found his protean approach difficult to understand; he was “insightful rather than expository, digressive rather than systematic; witty rather than solemn” (Weingartner, 442). Straddling realms of both audience and performer, Simmel broke a barrier rarely broached in classrooms to this day: the invisible wall between instructor who dispenses knowledge and pupil who receives it. At AU we inhabit a soft boundary between learner and teacher to the extent that our interactions with tutors do not take a traditional didactic form: mostly it's emails, phone conversations, and forum postings.

Simmel was an urbanite through and through; city life fascinated him as it compared to rural existence. He was a classic *man about town*, also known as a *flaneur* (Ng, online). As distance students we can, likewise call any location, wherever we study, our academic home. Yet, *everybody's got a little dirt road in 'em* as the song goes, and this applies most presciently to the many of us from small town educational backgrounds where K-12 schooling may have incited boredom or indifference. (Pritchett, online).

Simmel's study of cities suggests that every classroom is a tiny city in itself; thus, in our younger years, we were actually over-stimulated by being contained in a classroom setting. He sought to explain “how the personality accommodates itself in the adjustments to external forces” when they involve an increase and concentration of stimulation (Simmel, online). Be it a theatre hall, lecture hall, or hospital waiting room, modern life involves congregations of people within walls both physical and social. To this spoke Michel Foucault with his famous rhetorical injunction that asks “What is so astonishing about the fact that our prisons resemble our factories, schools, military bases, and hospitals-all of which in turn resemble prisons?” (Foucault, online).

Formative pre-schooling years are abundant in free play time that, while by no means mirrored in the bucolic drudgery of agrarian existence, finds parallel in the way life changes when entering brick and mortar schooling. Simmel describes how “the metropolitan man”, and here we can think of the traditional college student on an urbane (sic) college campus, “*develops an organ*

*protecting him against the threatening currents and discrepancies of his external environment which would uproot him. He reacts with his head instead of his heart...The modern mind has become more and more calculating. The calculative exactness of practical life, which the money economy has brought about, corresponds to the ideal of natural science: to transform the world into an arithmetic problem, to fix every part of the world by mathematical formulas"* (Simmel, online).

While studious consideration of our future employability is certainly foremost in our being at AU, we need not undergo a seismic psychological shift such that our incipient enjoyment of the learning process itself vanishes. Rather than *jarbrains waiting to be filled with numbered beans*, we *transgress the subject-object binary of learning* by short-circuiting the process where an instructor teaches and students absorb. Many tutor interactions take on a personal quality akin to a peer counsellor as much as to a professorial interaction, because, at AU, we are not treated like mere statistics or gerbils on a pedagogical treadmill.

Likewise, at AU we do not have to concern ourselves with aloofness in the face of atavistic peers or their pep rally corollaries; we can just get down to business, to the things of study themselves. While a certain detached and ironic cynicism may find expression amongst college students keen to keep up cool appearances with their party-minded peers, we at Athabasca are presumably passionate about our material and willing to spend hours engaging with it directly. We don't really have an option of apathy: we either care enough to put in the work or we don't. Simmel illustrates aloofness characteristic of students generally as, again, something paralleled in city life: *"perhaps no psychic phenomenon which has been so unconditionally reserved to the metropolis as the blase attitude. The blase attitude results first from the rapidly changing and closely compressed contrasting stimulations of the nerves...The essence of the blase attitude consists in the blunting of discrimination. This does not mean that the objects are not perceived, as is the case with the half-wit, but rather than the meaning and differing value of things, and thereby the thing themselves, are experienced as unsubstantial"* (Simmel, online).

Simmel was an outgrowth of the spirit of his times: other theorists, notably Max Weber and Emile Durkheim, saw in modernism an anonymity and disempowerment akin to the erasure of essential human individuality. A fundamental split between knower and knowledge was taking place not unlike the demarcation between performer and audience, only this with life and death consequences for our mental well-being. Max Weber proclaimed that modernism risks creating a world lacking in the ecstasy of life lived creatively:

*"No one knows who will live in this cage in the future, or whether at the end of this tremendous development, entirely new prophets will arise, or there will be a great rebirth of old ideas and ideals, or, if neither,*

## **AU-thentic Events** **Upcoming AU Related Events**

### **Psychology Library Orientation**

Mon, Nov 19, 11:00 am to 12:00 pm MST  
Online

Hosted by AU Library

[library.athabasca.ca/orientations.html](http://library.athabasca.ca/orientations.html)

No pre-registration required

### **Tensioned Interfaces: Unsettling Settler Spaces and Places in Online Education**

Tues, Nov 20, 2:00 to 3:00 pm MST  
Online

Hosted by AU Faculty of Graduate Studies

[www.eventbrite.ca/e/fgs-presents-the-graduate-student-research-series-featuring-david-loewen-edd-program-tickets-52237182820](http://www.eventbrite.ca/e/fgs-presents-the-graduate-student-research-series-featuring-david-loewen-edd-program-tickets-52237182820)

Register online at above link

### **Online MBA Info Session**

Wed, Nov 21, 10:00 to 11:00 am MST  
Online

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/online-mba-executives-information-session-16/](http://business.athabasca.ca/event-details/online-mba-executives-information-session-16/)

Register online at above link

*All events are free unless otherwise specified*



*mechanized petrification, embellished with a sort of convulsive self-importance. For of the fast stage of this cultural development, it might well be truly said: "Specialists without spirit, sensualists without heart; this nullity imagines that it has attained a level of civilization never before achieved."* (Weber, online).

For his part Emile Durkheim lamented the difficulty in overcoming the social construction that forges our identity and its performativity:

*"Because society surpasses us, it obliges us to surpass ourselves, and to surpass itself, a being must, to some degree, depart from its nature—a departure that does not take place without causing more or less painful tensions"* (Durkheim [1914] 1973, 163).

Far from disinterest and half-hearted engagement with course material, we at AU can experience school life as the opening of new intellectual vistas leading to undiscovered cities of the mind. In a sense, our life at AU represents a return to a pre-modern landscape where leaning is a truly life-affirming affair, far from the viscidities of social sniping and teachers-pet lackeydom. Simmel might have enjoyed the Athabasca concept as a cure for modernism's dark side wherein:

*"The individual has become a mere cog in an enormous organization of things and powers which tear from his hands all progress, spirituality, and value in order to transform them from their subjective form into the form of a purely objective life"* (Simmel, online).

Awareness of our subjective personal landscapes, dialectical outgrowths of social interactions and circumstances where one's social position is clearly external to oneself rather than imbibed as natural and inevitable, is central to what, in the century following Simmel's death, came to be a hallmark of sociology. The timelessness of Simmel is how he diagnosed the ceaselessness of unchanging change so characteristic of modern life.

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## A Response

Deanna Roney



I wanted to take a moment to respond to Karl's editorial of last week. I think there is something really interesting in there that is worth discussing. I thought about his stance and not understanding Remembrance Day and part of the thought it is pretty wonderful that we are living in a time when so many people are in the same position. Where war has not directly impacted them. I would think that in a way those that fell in the world wars would probably feel pretty proud of that, that what they sacrificed has not gone in vain.

I was not directly impacted by the wars, and there haven't been wars of that size in my lifetime. There was a time when I was going through the ceremonies and everything felt abstract, those that fell, the terrors they faced. It was distanced from me. There were others in my class that were more directly impacted, they heard the stories growing up, or they saw the results in their grandparents.

A majority of the war remains abstract for me. But when I was in grade eleven I took a class trip to Normandy where I stood on the beaches and saw the stakes from where the men were jumping from the boats and into the water. I saw the graveyards with rows and rows of crosses. I saw the names, the ages of those fallen and I wondered what it must have been like for them. To lose life so young, to never know the peace that they were fighting for.

The moment that brought it to reality for me was when I stood in the Canadian War Cemetery and I spoke with the Veterans, the men and women that survived, whose friends were buried here. I listened to their voices, I saw pride in their eyes, and sorrow. They seemed happy to see school kids there. But what I remember most was the feeling of realization that this person standing before me saw the battle. They saw what I have only seen in documentaries. They lived through all of that. Not someone related to them. Not a parent or grandparent. But this person.

I remember standing on Vimy Ridge, walking through the tunnels and trenches, seeing the scars of war still evident in the landscape.

I remember seeing the veterans get off the bus and tears well in their eyes. I wondered what they were remembering? It isn't an abstract thought for them. It was their reality, and it was not that long ago.

I think it is important to remember what they went through because we learn from our past and maybe that will stop us from repeating it. But, I also think it is a tribute to those who fought that some of us no longer understand the direct impact of war.

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



## How to Make Extra Cash While Getting an Education

**Tara Panrucker**



The cost of living and getting an education are both pricey prospects in Canada. Furthermore, Christmas is coming! While many online students balance the 9-5 full-time traditional job with course work, there are plenty of ways to make extra cash on the side for those attracted to a more flexible lifestyle. See if the following suggestions suit your unique talents and reduce money worries so you can continue to focus on your studies.

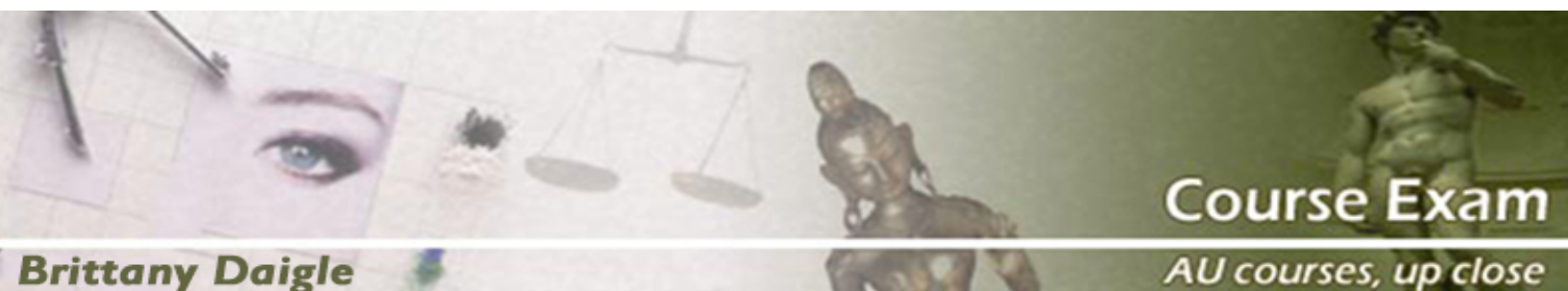
1. Start a part-time pet sitting or dog walking service in your area. Stock up on client's testimonials to attract new prospects.
2. Get crafty and display your beautiful scarves or pottery at the Christmas craft fairs. Sell, sell, sell!
3. If you just can't leave your computer alone, sign up to do online surveys for extra cash and gift cards.
4. Schedule an appointment with a financial advisor and discover how you can put your savings into investments and make passive income while you study.
5. If you live near a university, find out if they have any paid studies you can partake in, if you're feeling brave.
6. Major companies hire seasonal merchandisers in all territories over the holiday seasons. You can expect to be equipped with a cool tablet and require your own reliable transportation to travel between stores to price check, install Point of Sale (POS), and make the shelves look pretty for the customers. The bonus is you often have a flexible schedule that fits right in with your studies.
7. Become a direct sales person on the side, old school, with AVON, Tupperware, or another similar type organization.
8. If you have a garage, tools, and mechanical aptitude, offer to do affordable oil or tire changes for friends and family.
9. Additionally, many seniors need a handy person to help them with all kinds of repairs and maintenance around their homes; they're staying home longer to maintain their independence. Advertise your services online.
10. Run errands, such as personal shopping and picking up parcels for those too busy to do so.
11. If you're a tech wizard, why not help those less fortunate, technically-challenged people (me!), get their computers and phones in smooth running, clutter-free condition.
12. Sign up to be an online tutor and mentor other students.
13. Snow removal artists unite and help your fellow Canadians gain access to the outside world again after yet another heavy snow fall! All you need is a sturdy back and a good shovel.



14. De-clutter your basement and garage and everywhere else in the house. List all those items you no longer use online and make some cold hard cash, tax-free.
15. Dust off your old Nikon and take Christmas photos for friends and family.
16. Work part-time at your local gym and get a free gym membership in the process. Like Hal Johnson and Joanne McLeod of *Body Break* say, “Keep fit and have fun!”
17. If you have extra room in your home, join AirBnB and meet interesting people from all over the world while generating bed and breakfast income.
18. Have something to say and share? Write articles or start a new column on the Athabasca University news site ‘The Voice.’
19. Construction is booming across Canada. Labour is always in short supply—learn valuable new skills and keep fit while working at the same time. No more gym membership required!
20. Put your barista skills to work and make java at your local coffee shop.

Of course, the types of income opportunities you have depend where you live. However, with online cash making options available anywhere, there is sure to be a great side job or business you can create. Take charge of your income-generating abilities. Better yet, make it something that is of service to others or makes the world a better place to live. Nice work!

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



**Brittany Daigle**

**Course Exam**

**ENVS 200 (Introduction to Environmental Studies)**

**Course Exam**

*AU courses, up close*

**Brittany Daigle**

ENVS 200 (Introduction to Environmental Studies) is a three-credit social science course. It introduces students to the field of environmental studies and provides them with basic information about a variety of environmental issues, concepts, debates, events, and actors or thinkers. This survey course presents an overview of key concepts related to environmental analysis such as resilience, carrying capacity, and environmental justice, as well as a range of topics related to contemporary environmental issues such as water, biodiversity, and ecological design. In particular the course explores the principles of sustainable development and sustainability. Students are introduced to some of the complexity and debate regarding these concepts and are required to critically engage in applying the concepts. The course also introduces students to critical interdisciplinary analysis and provides opportunities to develop and refine such skills.

This course has no prerequisites and it has a Challenge for Credit option is that is of interest to you. Also, students should be aware that ENVS 200 cannot be taken for credit if credit has already been obtained for ENVS 252.

Introduction to Environmental Studies is made up of twelve units, four assignments (two assignments worth ten percent and two assignments weighing twenty-five percent), and a final

exam, which is worth thirty percent. The topics that are covered in this course include water, biodiversity, forests, food, agriculture, ecological design, urban sustainability, energy, and climate change. The final exam for this course must be taken online with an Athabasca University approved exam invigilator at an approved invigilation center. For a list of invigilators who can accommodate online exams, visit the [Exam Invigilation Network](#).

Dr. Lorelei Hanson joined Athabasca University in 2003 and has been the tutor, author, and coordinator of ENVS 200 since 2003. I gave her the opportunity to briefly introduce herself and she stated "I am an associate professor of environmental studies at Athabasca University and a fellow with the Energy Futures Lab, a social learning lab focused on identifying innovation pathways to disrupt and transition Alberta's energy system. My research interests include energy transition, critical sustainability, food security, public dialogue on climate change and environmental history. I am the editor of recently published *Public Deliberation on Climate Change: Lessons from Alberta Climate Dialogue*, that evaluates the tensions, challenges, and opportunities that emerge when publics are convened to deliberate on wicked issues like climate change. My academic work can also be found in journals such as *Environmental Politics*, *The International Journal of Interdisciplinary Environmental Studies* and *Local Environment: The International Journal of Justice and Sustainability*. In my personal life I practice permaculture."

Alongside ENVS 200, Dr. Hanson coordinates [ENVS 243](#) (Environmental Change in a Global Context), [ENVS 435](#) (Transformative Change in Building Sustainable Communities), [ENVS 461](#) (The History and Politics of Ecology), and [GLST 243](#) (Environmental Change in a Global Context).

Dr. Hanson provides a brief overview of the structure of the course, stating "This course will provide students a broad overview of a range of environmental issues and how one undertakes interdisciplinary analysis. Assignment one is Questions and Answers. Some of the questions require a paragraph or two but most only require one or two sentences to answer the question. Assignment two is adding to an Environmental Timeline which requires students to write seven hundred and fifty to twelve hundred and fifty words. Assignment three and assignment four (Labeled as 3A and 3B) is a comparison of two environmental organizations. Part A requires students to write three hundred and fifty words to five hundred words and Part B requires students to write twenty-seven hundred and fifty words to thirty-two hundred and fifty words. The final exam is comprehensive of course material and includes multiple choice and short answer questions."

She provides her insight as to what advice she would give to students who are already enrolled or who are about to enroll in ENVS 200, she states "Students come to the course with different skills, knowledge, and experiences and this affects the amount of time they need to devote to this course. Follow the instructions, review the marking matrices, submit assignments in a timely and sequential manner, and use the feedback provided to improve and you should be successful in the course. It is not a difficult course if the students follow the instructions, submit assignments before the last few weeks, use the assignment feedback to improve, and are able to write clearly."

Overall, she would recommend this course to "Anyone with an interest in environmental issues."

Whether ENVS 200 is a degree or program requirement of yours or the topics that were discussed above are of interest to you, this course will have you learning interesting topics surrounding environmental studies!

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



## The Fit Student Plant Your Habits

Marie Well



Everyone in our lives plant seeds in our psyche. Someday, those seeds may blossom. My brother's love for acting spurred me to perform in school plays. My step-father's love of sports turned me into a gym junkie. My Grandma's love for style nudged my own style up a notch. But my boyfriend's passions for fitness, spirituality, and lifelong learning nursed me the most.

Whether you feel blessed or blah about your loved ones, they've all nurtured seeds within you. Seek and celebrate those seeds that shine.

It's one thing to sprout seeds. It's another to fit them all in a 24-hour window. So, we must fuss and choose. Some new habits take no time, such as voicing gratitude. Others can span a lifetime, such as hoisting weights in a gym. But time's still scarce, so tune into your values when choosing habits.

Some habits you'll prize. For me, I need not a drip of willpower to workout. Once the habit formed, my pleasure for gym-time sprung up. Now I train so backbreaking, I've begun to crash. Worse, rest days feel like missing the flight to Honolulu. Yes, once your habits bloom, you might get hooked.

Author Dr. Detlef Beeker prods us to form three new habits. I say, first seek the healthy seeds family and friends have planted. My mom cooks, cleans, crochets, and gardens. My papa (coined jack of all trades) runs a top-notch luxury company. And my brother excels at math, acting, and business. Buried within your loved ones' habits nestles your rosebush.

Prof. Dr. Detlef Beeker maps out tips for forming habits in his book *Stress is a Decision: 40 Simple Habits to Defeat Stress and Find Inner Peace*:

- Nurse good habits to wind up happy: "If we have many good habits in our lives, then we easily have a good life" (location 182 of 2177, 8%).
- Make your habits count: "90% of our actions are automatic or habitual. The question is, do we have good habits or bad habits?" (location 378, 17%).
- A habit made won't easily fade: "The good thing about habits is that we do not have to spend willpower" (location 228, 10%).
- Spend up to a year forming habits: "Scientists have found that actions take between 18 and 254 days to become a habit" (location 237, 11%).
- The habits that take a year are the time-gobblers: "Doing sports for 90 minutes a day takes longer to make a habit than to meditate in 5 minutes" (location 260, 12%).
- Sprinkle some small habits into your mix: "Habits can be better introduced if they are small. It is important that you see every little progress positively" (location 339, 16%).
- Map out three new habits right now: "Start with three or a maximum of four habits that you integrate into your life" (location 246, 11%).



- Spend a month performing each of the three habits: “Take the three habits you have chosen and perform them for at least 30 days” (location 260, 12%).
- Celebrate your successes, especially the tiny ones: “It is better to celebrate every little success. ‘I meditated today! I did well!’” (location 339, 16%).
- One you perform a new habit for 30 days, reward yourself. And then make new habits.

Good habits to form? Be generous, friendly, and kind. And don’t feel shy in saying, “I love you” one too many times—even if met with scorn. Any good trait you possess makes your life easier, says the author Beeker.

But if your loved one has only the habit of hollering, well, join the military.



## The Not-So Starving Student

### Good vs. Bad Coffee: How do you Tell?

**Xin Xu**



Prior to starting university, I rarely drank coffee. In fact, being an underweight, 5’3 sized girl meant my body was highly sensitive to caffeine. One sip would cause a cascade of events some of which involved jittering, anxiety, and headaches. However, the strong culture of caffeine on university campuses and in the professional workplace initiated my path to the dark side (literally, as I now drink my coffee black). Having repeatedly doused myself with cups and cups of Tim Hortons’ coffee, my body is less sensitive to caffeine itself but more sensitive to the particular taste of premium coffee. While the occasional instant coffee packets used at home work

miracles while on-the-go, I’ve learned a thing or two about what makes certain coffee stand out. What’s the difference between good and bad coffee? For many it’s hard to tell. However, after asking my friends, family, colleagues and peers, I’ve gained certain consensus among the avid caffeine fans about what good coffee is like for them.

### Acidity

Acidity refers to the balance of acidity and sweetness of the brew. Excessively sour coffee is an indication of brewed coffee that has been left on the heater for too long or under extracted. If the grounds are not fine enough or brewed too quickly, the sourness will overtake the taste of the coffee. Cold brew generally reduces the acidity significantly. On the other hand, excessively bitter tasting coffee means the beans may have been ground too fine or brewed too slowly. A happy medium exists for certain specialty brews. For example, trying a French press coffee compared to a regular drip coffee



will show you a world of difference between the two brews.



### Body

The texture of one sip of coffee will tell you if the content is too viscous, oily, or watery. The body is determined by the type of processing used. For example, in typical drip coffee, the water only passes through the caffeine once and without high pressure, extracting very little flavor from the coffee grinds. Some coffee can be watered down or even combined with brew from a previous day making the content less concentrated with a weaker flavor profile.

### Aroma

The reason why coffee beans are used as opposed to ground coffee is the retention of the caffeine aroma. Most of the aroma is lost when coffee beans are turned to powdery mix. If you're looking for high quality

coffee, take a close look at whether the shop uses ground coffee or coffee beans. If the coffee beans are also roasted and milled locally, the flavor will be that much stronger.

### Aftertaste

Good coffee should not have a lingering aftertaste. Is the aftertaste unpleasant and acidic? Similarly, having no aftertaste may mean the coffee is too dilute.

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



## Scholarship of the Week

**Digging up scholarship treasure for AU students.**

**Scholarship name:** 7BinaryOptions.com Scholarship Essay Contest

**Sponsored by:** [7BinaryOptions.com](http://7BinaryOptions.com)

**Deadline:** December 15, 2018

**Potential payout:** \$3000

**Eligibility restriction:** Students 16 years of age or older, studying at any level.

**What's required:** An email along with a 700- to 1500-word essay describing the goals you will achieve in 10 years.

**Tips:** Read the essay requirements carefully.

**Where to get info:** [www.7binaryoptions.com/scholarship/](http://www.7binaryoptions.com/scholarship/)



## The Creative Spark!

### The Secret to Crafting Fine Art Exhibits

Marie Well



Do you have an inner artist? A wannabe designer who never got over kindergarten finger paints? A tech happy tinkerer who wants to mold a NASA jet propeller?

Ever since I saw my first Banff Centre art installment, I fell in love. The abstract messages in each design made you think. The digital clown laughing, and then crying, and then displaying a wide range of ever-changing emotions, made you think. Surely, it had some significance. But I never figured it out.

Surely if I studied design from post-modernism to psychedelics, I'd have greater insight into what was going on. And who has the slightest insight into what makes modern art artistic? A splash from paint buckets chucked at a canvas sells for thousands. Maybe the dream of kindergarten finger paints ain't so farfetched after all.

And who hasn't dreamed of building a NASA robot for the sake of fine art? Robots have little other purpose, after all. Alexa turns off lights and turns on music in celebration of Big Macs and easy living. Even a five-year-old gets kicks out of pushing buttons. Why delegate it to a robot?

So, how do these fine art exhibitors think up displays? Well, they might need a Master of Fine Arts, theory, and a proposal heaped with buzz words.

But after reading *Graphic Design The New Basics*, I think I figured out how Fine Art exhibitors approach their creations: through projects. The book's authors Ellen Lupton and Jennifer Cole Phillips show various projects for thought-provoking design:

- Brainstorm your art into the Banff Centre: "Generating multiple iterations of one subject is a means of digging deeper .... This classic exercise asks designers to choose one subject and visually interpret it in one hundred ways" (p. 14).
- And why not show-off your design's dance moves? "After building a solid typographic composition, designers applied a series of actions (both physical and digital) to their initial design. The actions were prompted by a list of verbs, including fold, cut, tear, touch, warp, reflect, multiply, copy, disperse, compress, and reflect. Each designer chose how to turn these verbs into design ..." (p. 24).
- How about displaying your very own Dr. Jekyll? "This project invites each designer to develop a fictitious person that amplifies, undermines, or rediscovers an element of themselves and then to design through the lens of that character" (p. 27).
- The idea of space makes for great exhibits: "In this project, designers explore point, line, and plane as tools for expressions. They immerse themselves in space and observe it from multiple points of view, including different vantage points (above, below) and different psychological orientations (as a male, a female, a giraffe, a shrimp, etc.). Participants generate images of their chosen spaces ..." (p. 44).
- Make fine art out of words: "In this exercise, designers composed five justified squares of type inside a ten-inch frame. Variation of type style, texture, and value were achieved by combining contrasting characteristics such as old-style italic serifs, uniformly weighted



sans serifs, geometric slab serifs, and so on .... Finally, students manipulated the squares to achieve ... balance, tension, and depth” (p. 74).

Had it not been for the generous donations of Alberta’s energy sector, I never would have seen the Banff Centre exhibits. Left versus right? Let’s face it, without a sugar daddy, there wouldn’t be much to enjoy at the Banff Centre.



## In Conversation with Rebel Rampage

Wanda Waterman



### Angry Rebels with a Pressing Cause

Rebel Rampage is a California-based power trio with an outspoken rancor for the current American leadership. Their mission statement is “Armed with words and music to resist oppression by the government and inspire change for equality and justice,” and they were active in drumming up opposition to the Republican Party in the recent

midterm elections.

They’ll be releasing their album *Divided We Fall*, (Angelo Moore of Fishbone is a guest musician) on November 18 and will be giving out free copies to members of the American Civil Liberties Union (ACLU). The video for their song “Immigration Man” paints a compassionate portrait of a sad circumstance while the angry musical delivery rages against the injustices of a racist system.

Frontman Graham Czach, the band’s vocalist, bassist, and songwriter, recently took the time to explain how they got here and to share a little of the zeal behind what he calls his “protest rock power trio.”

### What kind of childhood did you have?

I had a great and crazy childhood filled with lots of adventure and extremes. I grew up in the Northwest Suburbs of Chicago, in an unincorporated part of Palatine, a forest preserve. Not that far outside the city, it was great to be able to have the best of both worlds and to have the woods and nature as a second home as well as the city to visit and experience when I wanted. It was a healthy balance.

My parents were very loving and the biggest music appreciators there are. They still go see almost more shows a year than I perform, and I do about 150+ gigs a year professionally with all the bands I’m in. I look back at my childhood as one of the best times of my life, carefree and happy, living it to the fullest and experiencing everything I could. I was also a wild child and have tons of crazy stories you almost wouldn’t believe without witnesses, but that’s for another time.

**What role did music play in it?**

I was always listening to music and had headphones glued to my head almost all the time. I started playing the upright bass and electric bass in orchestra and bands in school when I was seven or eight and have been playing ever since. Heavy metal was a huge influence on me when I was young, and the first thing I learned on bass was "Anesthesia (Pulling Teeth)," the Cliff Burton solo on Metallica's *Kill Em' All* album.

I definitely was a metalhead through most of junior high and high school years but was always into the classic rock I grew up on with my parents, such as the Beatles, Led Zeppelin, Jimi Hendrix, CSNY, and more. Led Zeppelin is my favorite rock band of all time, and I personally think the best. I was in original bands since I can remember and have been putting out albums with one band or another since the early '90's. Music with real messages and substance always struck a chord with me and hit me deep because it had purpose, you could really feel the emotion and get behind it in a real way.

**Who do you credit for teaching you compassion and a love for justice?**

My mother was the best example of how to be a good person by caring for all living and non-living things with the utmost compassion and by standing up for what's right and seeing justice served when needed. She's a social justice warrior and always gets involved in standing up for equality and justice for all.

**What was your reaction to the results of the midterm elections?**

Mixed. I think it's great and a positive step forward with some sort of sanity to have the House back in Democrat majority so they can start reversing some of these horrible courses this abomination of an administration has taken, especially stopping the wannabe fascist dictator Trump. I think it's also great that a record number of women and minorities were elected to office and overturned so many red states and districts.

However, it boggles my mind how many people still vote for the insane Republican Party and agenda, at this point, against their own interests. It's just plain ignorance and believing the propaganda of Fox News and the constant fearmongering and hateful rhetoric of #notmypresident Trump. It's unbelievable that anyone can still support him. He's the worst thing that's ever happened to this country, ever.

I still have hope for the future and believe that sometimes it has to get worse to get better. It looks like that is playing out in this case. I just wish this nightmare would end. Trump has committed so many impeachable offenses at this point and thrown our country into such a constitutional crisis that he should have already been gone. It's up to the power of the people and I will go as far as to say we need a revolution. It's time!

**Why did you choose the power trio format?**

I always wanted to be in a power trio rock band. The chemistry and sound is so huge and infectious and also allows you to expand in ways that you can't with bigger bands. It's the trifecta of power. Some of my favorite power trios are Jimi Hendrix, Cream, Muse, The Police, Nirvana, Emerson Lake & Palmer, Rush, and Primus, to name a few. The sound is always so unique because each member has room to really shine and let their own creativity and style come through. It's raw and bare for everyone to really sink their teeth into and feel the emotion and power. It's the best format for the messages and activist music we're making.

**How did the bandmembers meet?**

I knew Dylan McGee Jones (guitar) for years when we both lived in Chicago and were in the music scene. We had so many mutual friends and colleagues that we eventually played on some gigs

together and became good friends. He recorded guitar on my second solo EP, *Star by Star*, in 2014-15. He moved to L.A. shortly before I did and started playing guitar for Gallant.

I moved out about a year and a half later and we started playing some in L.A. We both discussed doing a project like this for some time as a power trio with some real rock and solid messages. Once the 2016 election happened, it was a no-brainer and I started writing like a mad man because I felt the urgency and there was no shortness of inspiration and material to write about with the shit show that ensued.

After I had demoed out most of the album, I sent it to Dylan and he recommended Punky Balfour (drums) as the perfect fit. Punky was also recommended to me by others in LA. When he came over to my house the first time and I played him the demos, it was an instant connect and we've been like brothers ever since. He's a monster drummer and always brings the music to the next level.

The chemistry in this band is incendiary when we play live, and I think you can hear it on the record as well. It's our responsibility as artists that have a platform to speak out and stand up for rights, equality, truth, and justice. Over generations, the positive social impact on millions of global citizens by musicians such as John Lennon, Bob Marley, Nina Simone, Bono, Zach De La Rocha, Bob Dylan, Joan Baez, Ani DiFranco, Kendrick Lamar, Henry Rollins, and Lauryn Hill is unwavering and everlasting. We intend on following in these influential footsteps by remaining passionate about this music and the mission to save our democracy!

### **What's the story behind the song "Immigration Man?"**

It's a cover song of the 1972 classic hit protest song by Graham Nash, which was performed by Graham Nash and David Crosby. I always loved that song and wanted to reimagine it in a modern rock anthem context, as it is so timely right now with the immigration crisis at hand. I wrote heavy riffs around the harmonic progression and added hits, etc. The original version is quite different. I tried to also remain true to the original though with respect to the melodies and messages. It came out better than expected and we think it sounds great as a modern rock anthem version of the song.

### **How did Angelo Moore get involved?**

At Summerfest in Milwaukee 2017, I was performing with a band there and on the flight back to LA I met Angelo Moore of Fishbone, who had also performed at Summerfest. I was on a flight with the whole Fishbone band and crew. I recognized Angelo because he and Fishbone were a big influence on me and I grew up listening to them. We immediately hit it off, talking about music and politics, etc., and got each other riled up about the current political climate.

I told him about this Rebel Rampage album and project and we both agreed there were no coincidences about this, and we tossed around the idea of collaborating. Fishbone and Angelo's messages have always spoken out on important issues, especially racism. We exchanged info and he said to send some of the music over to see if we could collaborate on something. I sent him a few songs and he really dug the music, which led to "Red Star" being the one to try out.

We scheduled a time for me to come over to his studio and work on some ideas for horn parts and vocals. I show up and Angelo is running on overdrive like he always is, an amazing true artist savant and an inspiring individual. He instantly started playing along on his sax and writing parts right there and tracking them. I said he didn't need to record them or do it right then, we can just talk through some things, but when inspirado is happening, you don't fuck it up and mess with the flow.

So he continued to lay down some ideas and we guided it to the right place together. He then gets up and walks over to the organ where his theremin was and starts playing the song on



theremin, it was incredible. So cool! It made me think of the sonar from a sub, which fits perfectly for the Russian red star theme.

We had one more session at my home studio where he came over and cut the vocals and also laid down all those thick harmonies on the choruses as well as the second verse parts and the shouts at the end. Such a great experience working with him on this song. It turned out great and we are close friends now as well as tight musical comrades. Love that dude.

### **What's next for Rebel Rampage?**

We're working on releasing the next single off the album, "I Am The Power," featuring Emily Armstrong (Dead Sara) with a video. The album release show is our next main focus, which is 11/18 at the York Manor in Los Angeles, where we're partnering with the ACLU SoCal with special guest speakers and Angelo Moore (Fishbone) guesting with us on "Red Star" and more.

We're also working on partnering with various resistance organizations to rally the people and make some change through music. Vinyl albums are being made and will be available next month, but you can order them now at [rebelrampage.com](http://rebelrampage.com) as well as CDs, T-Shirts, Posters, and Stickers. Please help spread the word and the music to create change and make a difference.

We are on a mission!



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

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

#### **AthaU Facebook Group**

Toni seeks advice to get back on track; many encouraging responses posted. Mark is considering challenging several courses and seeks feedback from students who have gone this route. Paul starts a conversation on the academic ramifications of a "W".

Other posts include references for grad study applications, average marking times, accessing course materials, and courses ENGL 305, INST 370, and PSYC 345.

#### **Twitter**

@AthabascaU tweets: "Introducing #AthabascaU's new Writer in Residence: [t.co/RoovflwWfH](https://t.co/RoovflwWfH)."

@austudentsunion tweets: "Need a health care plan but cannot afford one? Check out AUSU's Health Plan Bursary, worth up to \$1000 towards a health plan. Applications accepted anytime. <https://bit.ly/1GIWJhi>."

#### **Youtube**

A challenge for students from AU's president in the one-minute Student Services Quick Comments, posted by Athabasca University.





Dear  
Barb

Barbara Godin

## Moving On Too Soon?

Dear Barb:

*I am a guy in my thirties and I can't seem to maintain a relationship with a woman. On an intellectual level I do want to get married and have a family, but I can't seem to commit. Most of my relationships last about six months, and then I start to pull away. I am not able to take the relationship to the next level. I try to find something wrong with the girl to justify ending the relationship. To be honest most of the time there isn't anything wrong with the girl, I just get scared and feel I will never live up to their expectations. I envy my friends who are able to move forward. I have been a best man four times, but never the groom. Most of my guy friends change so much once they are married. They don't want to hang out, or do a lot of guy things. I don't want to be controlled like that; I want to be able to continue to do the things I like. I don't know if my childhood has something to do with my inability to commit. My mom and dad fought a lot because Dad was always going out with the guys. It got so bad that my mom actually moved out and left me with my dad and took my younger sister with her. I don't like to think that is the reason why I'm like this. I'm just so stuck in this place and I don't know how to move on. Do you have suggestions?*

Thanks, Don.

Hi Don:

Thanks for your letter. Since you took the time to write you may be ready to confront the issues that are causing you to shy away from commitment. Your childhood may have a lot to do with your reluctance to enter into a long-term relationship. You obviously have a fear that you may end up in a marriage like your parents. However, it doesn't sound like your parents addressed their issues, instead your mother chose the escape route, which seems to be what you are doing in your relationships. There are many reasons why men have commitment issues, including as you mentioned a fear of failure. Other reasons include a fear of change; some men fear if they change their lifestyles, they will lose their identity. Also, some men get stuck in a certain lifestyle and they fear the loss of that lifestyle, when in reality a new lifestyle may produce a happier life. As you can see there may be many reasons why you cannot maintain a long-term relationship and I think you need some help figuring this out. My suggestion would be to make an appointment with a therapist and begin working through these issues to find the root cause. You may be surprised how quickly you can resolve this and begin having healthier relationships.

Best of luck Don.

Follow Barb on twitter @BarbGod

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



Poet Maeve  
Where the Heart Is

Wanda Waterman







**AUSU**  
ATHABASCA UNIVERSITY  
STUDENTS' UNION

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## IMPORTANT DATES

- Nov 30: [Ottawa Meet & Greet](#)
- Nov 30: [Deadline to apply for course extension for Jan](#)
- Dec 10: [Deadline to register in a course starting Jan 1](#)
- Dec 14: [December Council Meeting \(tentative\)](#)
- Dec 15: [Jan degree requirements deadline](#)
- Dec 24 – Jan 2: [AUSU office closure](#)
- Jan 10: [Deadline to register in a course starting Feb 1](#)

## Year-Round Bursaries Available

AUSU has numerous bursaries available year-round for students in financial need.

**Emergency Bursary** - can pay fees for AU course extensions, supplemental exams, or late exam bookings needed due to unforeseen circumstances and urgent financial need. *(Note: AUSU pays the fees to AU directly.)*

**Health Care Bursary** - can pay up to \$1000 towards a health care plan for members who have no other reasonable access to personal or group health care benefits.

**Travel Bursary** - help pay travel costs for members who need to travel for their AU studies, such as to attend exams, labs, practicums, or related conferences. *(Note: AUSU pays travel costs directly. Students must apply at least 30 days before travel.)*

**Computer Bursary** – to purchase new laptops for student that need a new computer for their AU studies.

Find out more or apply online [here](#).



## Take our Survey for a Chance to Win!

We want to know how we can best serve our student members, and help you have a positive experience as a student at AU.

Please take a few minutes to fill out our [services survey](#) for a chance to win one of our great prizes, such as:

- A Flip 4 Portable Bluetooth Speaker
- S'well® Stainless Steel Traveler Bottles
- Amazon Gift Cards valued at \$25 or \$50
- ProctorU free exam invigilation codes
- AUSU swag packs

*\*Winners will be selected at random. Prizes awarded cannot be exchanged for any other prize, monetary value, or service.*

[Click here to start the survey.](#)

**Deadline to complete the survey is November 19.**



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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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