

# THE VOICE

Vol 26 Issue 49 2018-12-21

**A Heavenly Christmas**  
If Loved Ones Could Come Again

**Snow, At Last**  
Resolutions that Work

**A Life of Curiosities**  
The Materialism for the Soul

*Plus:*  
*Nechako Surface*  
*Vintage Voice*  
*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 Wrapping up the Year

Karl Low



This is it, folks. After this, there won't be another issue of the Voice Magazine until 2019. Hopefully you've enjoyed what students, educators, and graduates of AU have brought you this year, and if you have, don't forget to let me know what you liked best about it. If you need added incentive beyond the Christmas spirit and helping fellow students out, there is very likely some swag that will be made available for people who get in their selections before the end of the year.

We close out the year featuring a story from our own Barb Godin, who takes a look at what a Christmas with lost loved ones might be like, and encouragement to consider what your own might be like. It makes for an article that may help you get in touch with those feelings that we all hope we have at this time of year.

And because we're going to be gone for a week, this week, we've got two Flies on the wall to tickle your brain and make you think. The first is the second part to last week's article urging you to explore creating some new art as a way to bring a new perspective to your studies. This part, we take a look at another way to expand what your studies can provide, meditation.

Then the second Fly takes a closer look at Christmas, the spectacle, and finds that even in the consumerism we can find ways to address the higher needs of ourselves.

We also have a look at a different type of materialism, noting that even as we may look askance at how commercialized the season has become, that doesn't mean that we aren't part of it, albeit perhaps in different ways.

And if you're dreading the holidays for the inevitable questions about New Years' Resolutions or how you're going to handle yet another dinner with that uncle you just don't seem to be able to have any connection with, we've got articles to help you address those issues as well. Plus, Chazz Bravado returns for the season to take a look at the recent controversy on "Baby, It's Cold Outside."

Of course, we haven't forgotten our course or book reviews, events, scholarships, advice, or other articles that can help you while away a few minutes over the season and keep you connected with what AU students and others have on their minds.

Most of all though, we haven't forgotten you. A huge thank you from me and all of the writers here at *The Voice Magazine*, and we all wish you the best of the season. So, until next year, enjoy the read!

A handwritten signature in black ink that reads "Karl".

## A Heavenly Christmas

Barb Godin



If you could have another Christmas with your loved ones who have passed, would you? Of course you would. How would that day go? This is how I envision Christmas day with my loved ones who have passed.

As I look out the window, I gaze at the snow gently falling. It is Christmas day and I am filled with excitement and anxiety. The first knock comes and I open the door to see my sister holding her five day old granddaughter Caitlyn, born with Down's syndrome and a serious heart defect. She lived for only five days. My heart fills with so many memories as tears well up and we embrace. Mary's osteoporosis is gone. I am able to hug her without the horrible pain she felt from a simple touch. She appears calm and peaceful. The demons which tormented her mind for the last years of her life seem to have disappeared. She is the happy and healthy sister that I remember from years earlier. Mary had never met Caitlyn in life, but now in heaven was taking care of her until it was time for her mom to come and care for her.

Words are not required as I sit with Mary and Caitlyn until the next knock arrives. I open the door to see my handsome brother with his grandson Josh, and Josh's mother Janet. Lyle is at his best, the edema and cancer gone. We share a moment that I don't believe we ever shared in this mortal world. Josh is handsome, and Janet is beautiful, as they were before their accidents ravaged their bodies and stole their lives. I lead them into the great room where Mary and Caitlyn are sitting. Janet is drawn to Caitlyn. I knew she must be missing her own grandchildren. Mary buries her face in Lyle's chest. The peace on their faces is poignant to see. My feelings intensify as I wonder who would be coming next.

I hear a gentle knock, my breath catches in my throat as I open the door to see two beautiful people standing hand in hand. Mom and dad look young and healthy, having found their way back to each other in heaven. My eyes begin to burn as tears stream down my face when we embrace. My parents have been gone for so many years that I don't want to let go. In my lifetime I have never seen them together, let alone holding hands. Arm in arm we go into the great room. There are plenty of tears and hugs and love and laughter all around. Again words are not necessary as the heart has its own words, just to be together is enough. I wait for the next tap on the door.

I open the door and see a vaguely familiar face. As he walks into the light I know it is Richard. He is still 17, while I am much older. We hug tightly. I know we are both thinking what our futures would have been if that accident on our first date hadn't taken his life and spared mine. I feel so amazed that he came and that there was a still a connection after all these years. We sit

together. Words are not needed. Messages seem to magically transfer from one to the other, it is a wondrous experience.

Grandma and Grandpa are next. I knew they would come; they were always there for us. Grandma's perfume triggers memories of family dinners and special gifts. I also knew Grandpa would like it here, as he was a man of few words. As I guide them into the Great Room, tears stream down Grandma's face as she sees her family. It had been so long, but the memories were real.

I begin to wonder if Ed would come, then I hear the one last knock on the door. As I open it, my feelings are beyond description. The last eleven years disappear, we are together. He was the man I loved, healthy and happy as I remembered him. The frail, cancer-ridden body is gone. As I close the door behind him, I feel a resistance and there is Rusty, Ginger, and Bob, our pets, pushing their way into the house. My legs felt weak, and I want this day to never end. We both sit on the floor loving our beautiful pets. Everything seems natural and as it should be. Ed and I join the others in the great room. It is so overwhelming to be with all the people I loved so much. There is a peace and joy that I wished would last forever.

Then I hear my grandson calling me. I turn to see my wonderful husband Stan, my sister and her husband, my daughter, my grandchildren and my husband's sons sitting at the dining room table. Stan stands behind an empty chair waiting for me. As I walk toward them I can feel their love drawing me. I know it is not my time. I still have things to do and people to love while on this earth. I look toward the great room and everyone is gone, as if they had never been there, but I know the love will remain alive and in my heart until it is my time.

You probably thought about how your day would be, as I believe most people would be thrilled to have one more day with loved ones who have passed. When my envisioned day came to a close and I joined my earth family I was left with a feeling of peace, and a belief that one day when it was time, I would be with those who had passed. Your day may not be like mine, but unique to you.

*Barbara Godin is a graduate of AU and writes the "Dear Barb" column. She lives in London, Ontario with her husband and two dogs. She can be reached on twitter @BarbGod*



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

Is the lead-up to the holidays making you feel Grinch-y? Read how some voices past reflected on their Christmas cynicism.

**Unearthing the magic.** Writer Bill Pollett reflects on whether Christmas has any meaning outside of the crass materialism. "Christmas has largely been reduced to a plastic dollar-store snow globe, filled with toxic liquid and glitter, manufactured by child labour in a third world factory." [Christmas Thoughts](#), December 10, 2003.

**World peace begins at home.** Greg Ryan braces himself for the role of peacemaker when his adult daughters come home for the holidays. "I know that my children love their family, each other, and life, but get them together and an explosion is imminent." [Hope is Never Too Much of a Good Thing](#), December 23, 2011.



## Nechako Surface

Tara Panrucker

I thought I would end 2018 with an icy winter poem I wrote, admittedly, a few decades ago when I lived in Prince George, BC.

Wishing readers all the warm pleasures the season brings, and the happiest year ahead conceivable.

## Nechako Surface

Whirling queen of the northlands  
her banks swell  
jutting through rock and grass  
sure and strong, almost self-righteously  
marking her territory

icy smooth swirls  
reverberating ripples  
softly singing, unbidden  
her liquid song

waving shyly  
laughing slyly  
her bubbles beckoning  
along the ragged shore  
licked by the fading light

she froths and spumes  
when the north winds blow hard  
sighs and dreams  
when dawn comes on  
quiet and warm

eternally flowing  
the cool current  
conceals  
with a wink and a smile  
unknown perils below.

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



## Snow, At Last

Deanna Roney



It has finally snowed here. Until a few days ago the only white on the ground was a hard frost. This did have its perks: the ease of cleaning the yard, but it did not feel like winter, or Christmas. We'd had a foot-or-so of snow over a couple days—which still isn't much, but it is something. But now with the blanket of white on the ground and in the trees, it is starting to feel like the season, thankfully, as it is just around the corner.

Something that inevitably comes up this time of year is new year's resolutions, or "what is yours this

year?" I am asked this countless times, and the reality is I never make a resolution.

It isn't that I disagree with them. I think if making one helps your motivation to make a change then that is great. But, for me, it feels too superficial. I make changes throughout the year as I want to and need to. I don't necessarily have something that I want to change come this time of year and trying to force one feels disingenuous.

So, while some years I have decided to make changes around this time of year or set new goals for myself, these are not "new year's resolutions" they are simply resolutions that happen to be taking place at the same time as the calendar change.

One year I had decided I should try making a New Year's resolution, but, like so many others, because I had to create one that wasn't really true to me, I never followed through with it. My heart wasn't in it. If I'm not fully committed to it then I will find so many ways to procrastinate. Which leads to feeling guilty for letting it slide, and self-criticism and annoyance because I didn't follow through with something—something that I didn't really want in the first place.

As you go into the holiday season it is a great time to reflect, to look at what you accomplished in the past year and consider what you hope to accomplish in the coming year. To set new goals and to recharge over the break. Maybe there is something you have been wanting to change, maybe it is a job, a habit, or a relationship –but make these changes for you when you're ready, you don't need to start as of January 1<sup>st</sup> for them to be substantial.

So, this season, I encourage you to take the time to recharge. Whether that is with family or just enjoying fewer work/school emails coming in. Whether you celebrate the holiday or not, take some of this downtime and enjoy yourself. Reflect on where you have come and where you want to go. Catch up on some of those things you have been putting off, and don't put pressure on yourself to make a big change come the first.

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



## Fly on the Wall New Mediums, New Methods, Part II

Jason Sullivan



*Last week the Fly on the Wall made the case for taking to art such as painting or drawing to expand our capacities for learning, to be able to look at your studies from a new vantage point that might bring easier understanding. This week, we explore another method.*

Besides expressing ourselves visually through painting or drawing, another possibility appears. Meditation provides the promise that we may look inward and thus attempt to engage with that which is esoteric, exotic, and quixotic while simultaneously simple, rational, and reasonable. From mud to

clay and back again seems the possibility implied.

Meditation is presented by Khenchen Thrangu Rinpoche with the catchphrase: *“Easily and without much effort”* (Rinpoche, 197). Sounds doable! Zen meditation promises the possibility that we may lower ourselves into the nether regions of our being and discover a solace and oneness we'd not known we had. And hey, during the Holidays a break from the Holidays might be quite a panacea.

Rinpoche's essay, titled *Vivid Awareness*, describes a form of meditation called *kutsulu*; it involves “not examining anything thoroughly, it is not studying; we just simply rest in equipoise...we rest free and easy with nothing to do, very simply” (Rinpoche, 197, 198). “Take a load off, Betty,” Rinpoche seems to say.

Bearing in mind Jacques Derrida's extensive studies of the connections between our readily human and disturbingly animal sides, we might consider where our minds go (or fear to tread) when permitted to drift untethered. Where does a restful mind lead?

Derrida, particularly, discusses the very human fear of losing control over our consciousness and being sucked into a vortex, as it were, of our essential animal drives and the whims of our environment, our society and our impulses. Chief among these at AU might be our impulse toward procrastination, that death drive of academic success. Derrida says:

*“the basic fear from which all other fears are derived and around which everything is organized, is the fear of going to the bottom, precisely, of being 'swallow'd up alive'...of sinking and being dragged down to the depths...afraid of dying a living death by being swallowed or devoured into the deep belly of the earth or the sea or some living creature, some living animal”.* (Derrida, 122)

The animal within us that we face also occurs in our surroundings; maybe it's okay to just soak that in, wallow-wise. In true Monty Python fashion, we can admit that we're made of the same material as our surroundings and meditation, like painting, can get us in touch with ways of seeing ourselves anew. This can only bode well for our future studies: the more new synaptic connections and breakthroughs we attempt the stronger our future academic work will be.

Under the churning and anxiety of our learning minds exists an essential abyss, continues Rinpoche. It's not an awful or terrible void, more of an awe-striking well of potential perspicacity.

The goal of meditation is to achieve metaphysical traction and find our mind both clear and sublime, empty and expressionless.

He paradoxically suggests that *beneath our thoughts we're a nothing that is also a something*: deep within caverns of our self we are, somehow, *not-not alone*. How? Well, we are ourselves on the surface while, under the surface, a whole other world exists where we are simultaneously ourselves and not; it may be frightful, but when we open ourselves to this irreducible duality we realize that *our inner void that is still our self* can be a comforting, if nebulous, nest.

Like switching from writing to painting, meditation switches us from analyzing to, well, meditating. Rinpoche claims that when we analyze we tend to think critically: our best academic muscles actually hinder us from a sort of extra-epistemological reality, a baseline of our being. "It is as if the mind were covered by a sort of membrane" through which we must force ourselves to see if we are to experience new realms of being (Rinpoche, 201). Meditation can be like the lifting of a veil so that our essential selves, prior to disciplinary assumptions and even the best of our critical thinking skills, appears to us in sterling detail. Or so claims Rinpoche; everything's worth a try, right? As Voltaire famously proclaimed, "once as a philosopher, twice as a pervert" (Voltaire, online). We might not enjoy what we find, but, bearing that in mind, let's continue to see what is going on with Zen meditation.

Rinpoche says that while sitting calmly and quietly we shall arrive at a placid understanding of a realm between two realms where we are simultaneously aware and unaware:

*"When we are distracted, that is mind, and when we are undistracted that is awareness. When we are not distracted it is very easy to know the nature of the mind. But when we are distracted we have many different thoughts that prevent us from knowing the mind-essence"* (Rinpoche, 198).

Heady stuff, and it illustrates that resting is still a form of activity. *The Thinker* is, after all, one of the most famous sculptures ever for a reason: he's just sitting there (Zelasko, online). Likewise, ancient Greeks such as Aristotle were known for their peripatetic practice of walking and philosophizing (always on the shady, comfortable, side of the avenue) and it's a common phrase of the 21<sup>st</sup> Century (in some circles) that *walking is to the moderns is what sitting was to the ancients* (Bodhipaksa, online).

Wherever our break from regular studying takes us, we can flourish and rejuvenate if we are open to new experiences as opportunities to grow and to learn. Space in time equates potential in mind; Christmas comes only once a year and its timelessness along with it.

Like Miller's injunction that painting is about noticing little and large things again for the first time, Rinpoche discourses forth on what we may find through meditation: *"The mind is naturally empty of essence, but it is also clear. This is the unity of clarity and emptiness, and the union of wisdom...present in the nature of the mind itself. But we have not really thought about what this means. We direct our attention outward, follow thoughts about all sorts of things, and get distracted. But all we really need to do is know what is present in the mind"* (Rinpoche, 199).

Rinpoche then provides to some practical thoughts for a successful meditation experience:

*"Do not try to make your long breaths into short breaths; do not try to make short breaths into long breaths. Do not hold your breath or do anything else to it. However it is, just let it be."* (Rinpoche, 198)

Just let it be. What wondrous advice! Like *sleeping on it* about an essay or walking a forest path to consider a research topic, new avenues of potential abound when we set down our traditional approaches to our studies. Wherever we are, whomever we are, however we are, let us this Holiday season just breathe calmly and try something new in the time we'd normally reserve for

productivity as traditionally defined. We'll have only our peace of mind and inner sanity and calm to thank. The final word goes to Rinpoche, for all we who stress over our studies and require a break for our mind and spirit: *"we do not need to do anything at all to the essence of the mind itself"* (Rinpoche, 200). We're each of us fine the way we are so let's creatively wallow a bit!

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## Seven Post-Holiday Dinner Activities with the Family

**Xin Xu**



The post-Christmas dinner hours can be either blissful or dreaded, depending on how you and your family make use of this time. For many, this means long-winded conversations about politics or mediocre small talk about your college classes. Instead, to make your time fruitful and memorable, we recommend some activities that could spice your evening up. It could add some flavor and allow to tolerate your family without having to leave within fifteen minutes of dessert.

### Board games

For many people board games are a great way of passing the time. Some classics in this category my family thrives on include Code Names and Chinese Checkers. Whether it's a multiplayer strategy game or go fish with the younger cousins, board games will keep your family entertained for hours on end. The process of teaching younger children and older adults to play the game also encourages communication, teamwork, and laughter.

### Christmas movies

Running through the classics like *Home Alone*, *The Polar Express*, and *Merry Christmas Mr. Bean* is an excellent way to spruce up your conversations with the family and fill the awkward silences that accompany a long night. Binging a Netflix series can also serve as a great alternative.

### DIY Gingerbread house

While manual dexterity may not be for everyone, the concept of building something together will create lasting memories. I recently had the opportunity of opening a gingerbread village kit that kept my friends actively engaged for over an hour. The gingerbread kit, along with decorative sweets, are also relatively inexpensive. If you're a baking fanatic and wish to attempt baking gingerbread cookies from scratch, this could mean even more time to collaborate and survive holidays with the family.



### Make some Christmas tree decor

Preparing some simple supplies from the art store will mean a fun craft activity for children and adults alike. While I have never done this personally, after hearing about the entertainment merit from peers, it is something that is worth trying this Christmas.

### Build a snowman

If the weather allows (which is often the case in Canada), try inviting your family to the front yard or a nearby park for some traditional outdoor fun. Building a snowman is a highly strenuous exercise that involves all-hands-on-deck. Having multiple family members collaborate, particularly the children, helps the evening pass by faster.

### Bake some holiday treats

Creating after dinner goodies by following a dessert recipe rather than purchasing one from the supermarket helps create a new activity for everyone. Choose a recipe that is simple to follow but has multiple straight-forward steps that enables multiple parties to pitch in. For example, baking a batch of shortbread cookies or blueberry muffins. For myself last year, my family baked an apple pie together following a recipe from scratch. The activity allowed everyone to pitch in, including my six-year old nephew, who stirred the batter.



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



## Porkpie Hat

### A Life of Curiosities

Darjeeling Jones



I have always held the conceit that I'm not a particularly materialistic soul. Although I'm lucky enough to be gainfully employed, live in a small, old house, with no garage, in a very humble neighbourhood. It's much more nondescript than the suburban palaces, with attached two- or three-car garages, that many of my colleagues roll home to. I drive a rust-bucket car and have none of the modern conveniences or extravagant toys that many people aspire to. I don't own a big screen television, a microwave, or a dishwasher. I shovel my driveway by hand, not with a snow blower (which is no small deal, living in Winnipeg). My idea of haute couture is torn denim, ten-year-old biker boots, and lumberjack shirts or fake Icelandic sweaters over the top of my faded Deep Purple and Lou Reed t-shirts.

Please don't get me wrong, none of this is meant as any kind of whiny complaint. I fully realize how extravagantly lucky I am to have a job, to own a house, to have the luxury of putting food on my table. On top of that, I've had the supreme good fortune of being able to travel extensively, to go out to restaurants, films, symphonies, and jazz bars on a

semi-regular basis, and to help support my wonderful daughter through her university journey. I worked hard, sure, but that is never enough in this capricious life. I have had all those privileges and opportunities because the fates smiled on me at the right times. It had nothing to do with any excess of talent or righteousness. I'm definitely not any better, and hopefully not any worse, than most of the people I know, most of the time. I have a pretty impressive catalogue of faults, but lack of gratitude is not one of them.

The point I am trying to make, though, is that my priorities are not necessarily the ones that are embraced in the general population. I always have, and always will, value experiences over possessions. I know I am very far from alone in this. I do think, though, that it puts me (us, dear reader?) in the minority. Owning more and more "stuff" just doesn't hold a lot of appeal for me.

That said, I am an absolute sucker for the most random and useless materialistic possessions. Rolex watch? Italian suit? Macbook Pro? I couldn't give a shit. Let me stumble across a taxidermied pufferfish though, such as the one I found in a Paris curiosity shop this past summer, and I'm ready to incur my long-suffering life partner's wrath by blowing the cash we'd saved to do some unnecessary thing, such as replace the knob-and-tube wiring in our money pit of a house, or fix the hole in the roof. Fortunately, my partner talked me out of that one, so we should have a decent chance of staying dry and warm this winter.

Nevertheless, I am not always so strong. Over the years, my personal collection of esoteric and idiosyncratic bric-a-brac has grown enough to fill a good-sized cabinet of curiosities. Some of the objects—seashells, bird's nests, a small statue of a nude female welded together from spark plugs and radio parts—have been found on expeditions to the forest or beach, or else have been

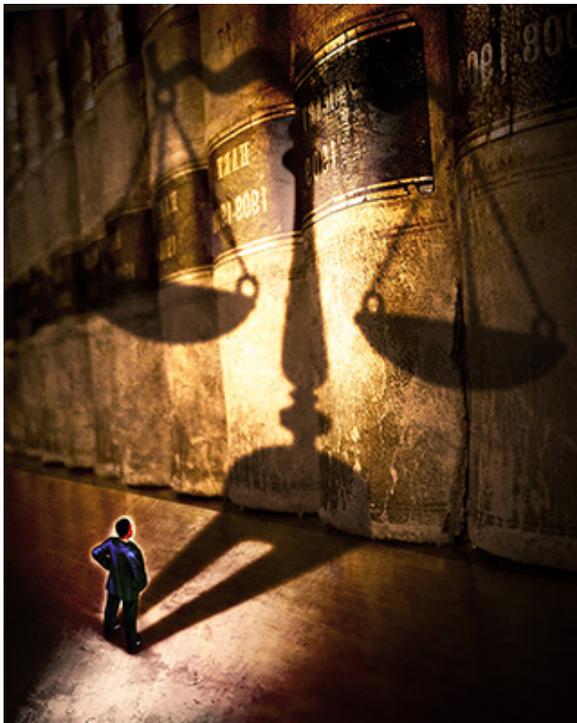
gifts from loved ones cleaning out their attics. Some of them, though, such as an Icelandic grimoire, a stuffed albino crow, and a jellyfish encased in glass, have cost me a significant amount of cash, and have been the source of some intense discussions about fiscal responsibility.

So, am I right to consider myself somehow “above” the ravenous consumer hordes thronging Winnipeg’s St. Vital and Polo Park shopping malls? Absolutely not. The innate desire to own, to possess, is just as strong in me as it is in everyone else. It just means that, when I’m housebound after throwing out my back shoveling snow, I’ll while away the long winter hours listening to scratchy blues records on my thrift store suitcase phonograph and learning how to tell fortunes with my antique tarot deck, rather than watching the hockey game on my surround-sound entertainment system.



## The Study Dude How to Thrive as a Law Student

Marie Well



A friend wanted to get into med school. But to do so, she needed extracurriculars: work, volunteer experience, ou name it. Plus, she needed to take a full course load with top grades. So, she worked part-time while tackling umpteen challenges. Worse, she had a chronic disease. Despite setbacks and demands, she ploughed through.

Like med students, law students are required to have a breadth of extracurriculars, according to Tufail Hussain, author of *New Year Resolutions of a Law Student: Skills You Need to Become Successful in Academic and Professional Legal Career* (2018).

Law students also need a mastery of basics, business acumen, and sometimes weaponry training.

First, as a law student, you must have a strong grasp of basic terminology: “Unless you have got a full command on the fundamentals and the basic concepts of the law, no matter at what stage of the legal studies you are, you are going to struggle with understanding and applying the legal principles” (Hussain, 2018, p. 7).

I never learned the basics of graduate level theory. I’d wonder, “What political climate served as the origin of this theory? Who paid for it and for what purpose? What biases prevailed?” Such questions plagued me.

Second, law students require commerce backgrounds. A double degree in law studies and business could give any lawyer an edge: “The law firm is not just about law, it is about business as well, and that business is extremely competitive. The recruiters want you to help them improve their business and they expect that you come with a necessary commercial knowledge and business acumen” (Hussain, 2018, p. 9).

I argue a communications graduate degree could benefit commerce lawyers. At the graduate level, communications courses tear apart the ethics of business. One grad student said, “Class after class, we’re told how bad business is.” So, if you want to fashion yourself as a corporate

lawyer, take communications graduate classes. That way, you'll get an edge in shredding the ethics of company X.

Lastly, sometimes law students need weaponry training. Unlike business lawyers, criminal lawyers gain from a stint in the military. With military training, they'd get a paid education on ammunitions and guns. Detective training helps, too. And forensic training could top off any law practice. Hussain says, "If you want to be a criminal lawyer, then you need to be well rehearsed about the criminal psychology, weapons, and drugs that are subject of criminal investigation, the way the police work and the way they follow the procedures in practice" (2018, p. 10).

On a scary note, have you ever wondered how criminal law attorneys make a living? Criminals don't have money, do they? That is, unless they're drug lords or mafia. But what if you become a lawyer and get sucked into criminal life?

In other words, choose your law specialty wisely.

#### References

Hussain, Tufail. (2018.) *New Year Resolutions of a Law Student: Skills You Need to Become Successful in Academic and Professional Legal Career*. Lex-Ed Online.



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

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



#### **AthaU Facebook Group**

Emily seeks input on what other schools students applied to for graduate studies; many interesting responses so far. Eve is curious how she will know when her exam is graded; most responses say email, but we say "constant refresh."

Other posts include exam requests, AU holiday scheduling, collective bargaining, and courses CRJS 485, HIST 205, and MATH 270.

#### **Twitter**

@austudentsunion tweets: "Have questions about your @AthabascaU email account? Did you know you get Office for free with your account? Check out AU's Office 365 FAQ's at <https://bit.ly/2ilXWXg>."

@AthabascaUBiz tweets: "Subscribe to the #AthaUBiz monthly newsletter and stay in the know! <https://bit.ly/2SLskpG>."

#### **Youtube**

Recycle your old textbooks by shaping them into a Christmas tree! Watch "[How to make your very own Christmas tree out of books](#)."

**Course Exam****Brittany Daigle****CRJS 360 (The Psychology of Criminal Behaviour)**

CRJS 360 (The Psychology of Criminal Behaviour) is a three-credit Criminal Justice Studies course that is designed to introduce students to the psychological variables that are believed to justify criminal behavior to the criminals. Students who are intending to work in fields such as law enforcement, institutional or community corrections, and public or private security should find this course helpful in their work. There are no prerequisites for this course, though prior courses in psychology is recommended. CRJS 360 has a Challenge for Credit option if interested.

The Psychology of Criminal Behaviour is made up of four core parts: twelve units, one assignment weighing thirty percent (due after the completion of unit seven), another assignment weighing thirty percent (due after the completion of unit twelve), and a final examination weighing forty percent which covers the entire course and the commentaries in the study guide.

Students should note that the final examination for this course must be taken online with an Athabasca University approved exam invigilator at an approved invigilation centre. It is your responsibility to ensure your chosen invigilation centre can accommodate online exams. For a list of invigilators who can accommodate online exams, visit the Exam Invigilation Network.

CRJS 360 is organized into four parts. The first section provides a contextual foundation for the course by reviewing crime trends in Canada and discussing relevant statistical issues. The second section of the course provides an overview of relevant theoretical models of crime. The third is more concrete in focus: students will be introduced to a variety of factors that have been empirically linked to both nonviolent and violent crime. The fourth section focuses on special populations. This section of the course examines the varied needs of mentally disordered offenders, sexual offenders, juvenile offenders, female offenders, and aboriginal offenders. Psychopathic offenders are also discussed in this section.

To obtain credit for CRJS 360 students must complete all assignments, obtain a grade of fifty percent or better on the final exam, and have an overall course grade of at least fifty percent.

Nadine Leduc has been studying at Athabasca University on a near full-time basis for two years. She is entering her last semester in the Criminal Justice program and she hopes to continue her studies in a master's program at another university. She began CRJS 360 in July 2018 and she completed it in November.

Nadine explains the structure of the course, stating "The structure is logical, and each unit is relatively self-standing, although some concepts and themes run throughout – which is to be expected. The assignments are twelve to fifteen-page essays with pre-determined subject matters, so they do not offer a lot of leeway for creativity. The tutor was very reasonable in her markings and provided excellent feedback, which is unfortunately not always provided by other tutors. She was also supportive, helpful, and accessible."

She continues by providing insight to the final exam "It was a multiple-choice exam which did reflect the readings, although I felt there were more "trick questions" than were necessary."

When I asked Nadine if she enjoyed the course, she stated that “it was an excellent course, although the concepts are repeated throughout many CRJS courses, so there is limited learning if you have taken the other courses along these lines. The areas covered are certainly key, the material is current, and each chapter covers an interesting topic!”

She states that she would absolutely recommend CRJS 360 to other students, stating “Even if your area of study is not within this realm, it is an exceedingly interesting course to help you understand people’s motivations, the structural imbalances in our society, and the various types of crimes.”

As for tips for students who are enrolled or about to enroll in this course, she states “As in all courses, the Study Guide offers excellent summaries as well as additional information, so It’s important to read the sections related to each unit. Also, reach out to the tutor if you have any questions, she is always available to help!”

Nadine concludes, stating “If you complete the assigned readings and properly research your essays, you can certainly achieve an “A” in this course.”

Whether CRJS 360 is a degree or program requirement of yours or the topics mentioned above are of interest to you, this course will have you learning interesting material surrounding the topic of criminal justice!

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



## The Fit Student

### New Year’s Resolution? Stop Disease!

**Marie Well**



My uncle had a heart attack. Now, he sleeps all the time, eats fast food, and smokes.

When you’d mention his daughter, who died in her twenties, he’d burst into tears wailing the words, “I miss her so bad,” and begging you to never mention her name. So, on top of smoking and fast food, he had unbearable heartache.

His heart will ache forever, I’m sure. But I believe he could cure his heart disease if he changed his diet and exercised—a new year’s resolution.

I think the Western diet causes disease—processed foods, added sugars, trans fats, fast foods. I think I, too, got an undiagnosed disease from a Western diet. If I didn’t eat fruit by noon, I’d shake so much I’d start to cry. And stale indoor air sickened me, so much so that I’d press my nose against open windows. I suffered vertigo, shivering on the floor while the room spun madly around me. Most days I laid in the washroom, waiting to purge my nausea. And at times, I’d sleep 30-

hours straight. I diagnosed myself with two years left to live.

When it came to an official diagnosis, my doctor found nothing: “Those with autoimmune disease spend an average of 4 years seeking diagnosis, with visits to more than 4 physicians in the process. Some go undiagnosed for years, while others get misdiagnosed with other conditions ... 46 percent of autoimmune patients were told they were complainers or too obsessed with their health” (Trescott & Alt, location 405, 6%). But I’m glad my doctor found nothing. I cured myself label free. A label would’ve added a burden: “Many of us with autoimmune disease encounter a tremendous loss of identity prior to and following diagnosis and may experience some or all of the emotions associated with the ... stages of grief, including denial, anger, bargaining, depression, and acceptance” (Trescott & Alt, location 573 of 6467, 9%).

I’m in the denial stage. That is, I believe autoimmune diseases can be reversed. For instance, you can reverse diabetes. And “type 2 diabetes is in the process of being redefined as an autoimmune disease rather than just a metabolic disorder” ([www.medicalnewstoday.com/articles/222766.php](http://www.medicalnewstoday.com/articles/222766.php)). Despite the ability to reverse diabetes, authors Mickey Trescott and Angie Alt say, “There is no cure for autoimmune disease—once the immune system starts attacking the body’s own tissues, there is nothing that can be done to get it to ‘turn off’ or stop that attack” (location 706 of 6467, 11%). From my experience, this claim rings false. And I bet new research proves it false in the future. After all, doctors know less about nutrition, exercise, and chronic diseases than they know about bones, organs, and acute diseases: “there is no medical specialty focusing on autoimmune diseases in general” (Trescott & Alt, location 224, 63% of preview).

Yet, diagnosis can be beneficial for many: “It enables you to research and educate yourself about your disease ... It helps you understand what disease progression might look like, as well as signs and symptoms to be aware of” (Trescott & Alt, location 416 of 6467, 6%).

So how do you heal autoimmune disease? You have choices for treatment, such as “nonsteroidal and anti-inflammatories (NSAIDS) ... hormone replacement ... corticosteroids ... antibiotics ... disease-modifying antirheumatic drugs ... biologic DMARDS (also called the inhibitors) ... [and] surgery” (Trescott & Alt, location 737 of 6467, 11%). I’d radically change my lifestyle for a year before touching any medication. In my opinion, medication is toxic. It treats pain, but often fails to reverse disease.\*

I believe the way to heal disease boils down to nutrition and exercise. So, here are my top tips to reverse or prevent disease:

### **Monitor what you eat with something like the Cronometer app.**

Enter your daily food intake and exercise. Then, adjust your eating so that you meet your recommended daily allowance or RDA. And reduce your trans fats and added sugars to zero. In other words, heap your fridge with fruits and veggies. But a strictly vegetarian diet may not suffice: “I had followed a vegan diet (no animal products) for more than a decade and was suffering from severe nutritional deficiencies that were not responding to supplementation ... I was [later] sure to include lots of nutrient-dense foods like bone broth, beef liver, salmon and fermented vegetables, and I believe these foods helped me to make quick progress” (Trescott & Alt, location 1878 of 6467, 29%).

### **See your doctor about your plans to get super fit.**

After all, “If you are in the beginning stages of an autoimmune disease, incorporating exercise may help slow the progression of your disease and keep you healthier long-term ... Often the very reason we aren’t able to exercise can be improved by exercise itself” (Trescott & Alt, location 3309 of 5457, 51%). I suggest you start slowly with daily walks. After a month, add in weights. Then introduce cardio at the three-month point. After six months to a year, add in calisthenics

such as jumping jacks and bear crawls. Aim to exercise five hours each week. That cured me of my undiagnosed disease. But be wary, “improper movement and lack of movement can contribute negatively to autoimmune symptoms. It is important to engage in the right type of exercise at a difficulty level that is right for the circumstances” (Trescott & Alt, location 749, 12%). My approach remains to start slow but build to an athletic workout.\*

### **Be wary of foods that give you reactions.**

I started drinking apple cider vinegar many times a day. I then got stricken with severe hot flashes. I'm in perimenopause, yes, but once I cut out the apple cider vinegar, the hot flashes stopped. Now I get zero symptoms of perimenopause. Food intolerances can also occur with “grains, beans, legumes, dairy, eggs, nuts, seeds, and nightshades, as well as food chemicals and additives” (Trescott & Alt, location 1500 of 6467, 22%). Authors Mickey Trescott and Angie Alt say “by removing these foods, you essentially give your system a break. As it calms, inflammation subsides, damage heals, and hormones balance, and with those changes, all your discomfort diminishes” (location 1555 of 6467, 24%). And then slowly reintroduce these foods, monitoring for adverse reactions. To learn a system to test for food intolerances, see the book by Trescott and Alt called *The Autoimmune Wellness Handbook: A guide to Living Well with Chronic Illness*.

### **Add a new healthy habit once a week.**

Every healthy choice powers up your inner health nut. But the reverse also holds. Unhealthy choices weaken you. For instance, I recently ran low on cash, so I bought four vegetables per day instead of seven. That same week I made more unhealthy choices: two nights of Mars Bars. After munching the bars, I shook from sugar highs and ached with indigestion. I tossed and turned until three in the morning. So, avoid junk such as sugar: “It is impossible to control inflammation and manage your autoimmune condition unless your blood sugar is under control!” (Trescott & Alt, location 1456 of 6467, 23%). Poor choices herald sickness; healthy ones snowball health.

### **Eat no less than seven vegetables daily. Better yet, aim for nine.**

After all, “those who suffer from autoimmune disease have a greater need for nutrients” (Trescott & Alt, location 1393 of 6467, 22%).

### **If on a budget, eat veggies with the longest fridge life and lowest cost.**

In other words, eat cauliflower, radishes, beets, yams, celery, and carrots. Also stock up on kale, which goes bad in three days but acts as a vitamin K powerhouse. And buy sour cabbage for its vitamin C and probiotics, despite its hefty price tag. Lastly, treat yourself to a special veggie. Sweet bell peppers hit my spot—and my wallet.

So, are you stricken by a broken heart turned heart attack? Or bitten by an unnamed or named disease? Or smitten by boxed or pre-packaged foods? If so, maybe you can heal yourself through food and fitness before disease drags you down.

\* Always consult a doctor before making significant lifestyle changes.

### *References*

Paddock, Catharine. (2011, Apr 19.) *Is Type 2 Diabetes An Autoimmune Disease?* Medical News Today. Retrieved Dec 17, 2018 from [www.medicalnewstoday.com/articles/222766.php](http://www.medicalnewstoday.com/articles/222766.php).

Trescott, Mickey, & Alt, Angie. (n.d.) *The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness*. Rodale.



## Fly on the Wall, Christmas Bonus! December 25th: The Spectacle

Jason Sullivan



December 25th brings the culmination of the Holiday season: the annual gift exchange. All the hard work of shopping and planning climaxes with this big moment; like a final exam we have expectations we hope to fulfil and anxieties we must allay. The idea, of course, is:

*You will get a sentimental feeling  
when you hear  
Voices singing "Let's be jolly..."  
(Lee, online).*

Yet, participants young and old may feel emotionally adrift and alienated on that fateful morning following St.

Nick's visit. After a year of shifts at work with intermittent rests used to recuperate, followed by a month of shiftless toil pursuing gifts, the hope is for The Best Christmas Ever, where the frenetic consumption of shopping for gifts magically transforms into the blissful consumption of those same items.

Problematic alchemy, that—even with the incantations of seasonal carols. All that time spent in harness cannot but restrict our ability to just *let go*; living as though the gate was left open is an acquired trait, after all. Peter Kivisto notes that “time in contemporary capitalist society is seen as a commodity” and it's one in short supply over the holidays (DeBord, 457).

Likewise, nowhere is the truism that *time is money* more applicable. Much like the stereotype of post-secondary education being an expensive exercise in futile dollar-flushing, the holiday season is easily joked off as another trap to get us to spend. Yet somehow, almost inexplicably if we don't consider the grip ideology has over our collective psyches, we participate year after year. Guilt over the original sin of participating in a market economy the rest of the year? Maybe. Or maybe it's something deeper.

What does “Rocking Around The Christmas Tree” really mine by “Everyone dancing merrily, in the new, old-fashioned way” (Lee, online). For Guy Debord, holiday festivals are a timeless aspect of the human condition. We can live without many amenities, but the gratuitous release of joy, be it at Brazilian Carnival, Chinese New Year, or good ol' Mardi Gras, is essential to the human condition. Debord notes that “time in reality is exactly what it is in its exchangeable character” (Debord, 457). In other words, we take a break from labour amidst an anonymous workforce to have a celebration with our loved ones in the comforts of home. In theory. Modern times do not grant us this privilege, however. The conditions of consumer capitalism make the Holidays untenable as advertised. Far from a joyous festival the drive to work hard at shopping produces a noxious atmosphere.

Pleasure becomes work because the “time which has its basis in the production of commodities is itself a consumable commodity” (Debord, 458). When at last the big day arrives the hectic pace is supposed to still, or stifle, itself and morph into a joyous celebration. Christmas is supposed to be a happy time. But, like any suppository, its not all fun and games. Debord explains that “the

reality of time has been replaced by the advertisement of time” such that we've forgotten how to manufacture our own pleasure outside of the market economy (Debord, 458).

With gifts unwrapped and a mountain of wrapping paper awaiting disposal the entire facade shows its fissures; some distant moment from another epoch may make a glimmering appearance as we feel a sense of loss. This is because, “in spectacular time...the past dominates the present” (Debord, 459).

There's that sentimental feeling: a nougat of sadness enrobed in a ganache of loss. Yet, unlike cultural festivities throughout history (be they in Manchuria or Madagascar), Christmas's past as a commodity festival is so brief that it has no hallowed origins or glory days to look back on.

It's a sordid reality that present Christmas is not a gift of joy but karmic retribution for the dehumanization of capitalism today. As individuals we've never been so free and yet also never so restrained by the market relations that have wrought our liberty; “individual life as yet has no history” such that we maybe don't yet know how to have an authentic Christmas in our globalized world with apps for everything but true bliss (Debord, 459).

Lo, modern Christmas doth try to create its own folklore. And some of it's quite catchy. Consider the expectations implicitly demanded by the precocious protagonist in this Raffi classic:

*“On Christmas morning  
I'll wake up bright and early  
Be the first one out of bed  
With the mistletoe above my head  
On Christmas morning we can sing and celebrate  
And make the feeling stay  
All through the day”* (Raffi, online).

Those are weighty expectation for sustained happiness over no small time period given the pressures of co-habitation felt by most families! Yet it can be done, as evidenced by our human race living with one another as the earth rounds the sun through hundreds of thousands of occurrences of what we demarcate as the 25<sup>th</sup> of December. Time, for H.G. Hegel (1770-1831) provides transcendent possibilities for us to truly find ourselves. Festive occasions, being inherently memorable for better or for worse, are no exception. Debord explains:

*“Time...is the necessary alienation, the environment where the subject realizes himself by losing himself, where he becomes other in order to become truly himself. Precisely the opposite is true in the domain of alienation, which is undergone by the producer of an alien*

## AU-thentic Events Upcoming AU Related Events

### Science Outreach - Athabasca:

#### 2018 Christmas Bird Count

Sun, Dec 27, 8:15 am to 4:00 pm MST  
Muskeg Creek Chalet, 56 Street and 49 Avenue, Athabasca AB

In person

Hosted by AU and Crooked Creek Conservancy Society

[news.athabascau.ca/events/science-outreach-athabasca-2018-christmas-bird-count/](http://news.athabascau.ca/events/science-outreach-athabasca-2018-christmas-bird-count/)

No pre-registration necessary

### Doctorate in Business Administration (DBA) Info Session

Tues, Jan 8, 4:00 to 5:00 pm MST

Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/doctorate-business-administration-dba-information-jan08-2019/](http://business.athabascau.ca/event-details/doctorate-business-administration-dba-information-jan08-2019/)

Register online at above link

### AU Open House

Wed, Jan 9, 10:00 to 11:00 am MST

Online

Hosted by AU

[www.athabascau.ca/discover/open-house/](http://www.athabascau.ca/discover/open-house/)

Register online at above link

*second session:* Wed, Jan 9, 5:00 to 6:00 pm MST

*All events are free unless otherwise specified*

*present. In this spatial alienation, the society that radically separates the subject from the activity it takes from him, separates him first of all from his own time” (Debord, 459).*

As consumers we've been alienated even from the act of gift-giving, sucked into the matrix of marketing as we are. Many an adult has asked themselves whether the young person they shop for really wants the items on their proverbial list to Santa or if they've just succumbed to the irresistible brew of advertising and peer pressure. To take back Christmas morning is to envision it for the personal relations it embodies and, like stepping outside of the brown-nosing inherent in many a brick and mortar classroom, our AU experience uniquely positions us to do so. Like a private backroom meeting with the real Santa, we know what it is to experience an unmediated relationship with our course material. Tutors provide only loose guidance, after all, more like the paper on which a shopping list is written rather than an App suggesting gifts based on gender, demographic and social media likes.

The social intensity of the season has positive aspects too, if we personalize the experience. Happily, we at AU experience a gratifying individual experience as students, one containing real empowerment with real rewards. Joy in your heart at the look of gratitude on the face of a peer who unwraps your home-made gift? Well add a pat on your academic back for being a successful home-made student; no Snapchat or Pinterest pic necessary. As 2018 concludes you can feel great about a year of study and self-improvement.

Debord illustrates how our time spent producing Christmas joy through shopping entails a series of “pseudo-valuations that appear in a sequence of false individualized moments” (Debord, 457). To truly get in the spirit we have to apply the intimacy we feel with our course material and make real connections with the people in our lives. Whether that's a conversation, a hug, or a smile, there's so much of the season outside of market relations. And there always has been.

Likewise, our studies produce and embody far more than a mere exchange of cash for a diploma. The tools of pedagogy we acquire at AU attain significance as we learn and grow; learning how to learn is a means of production in itself. If it improves the quality of our gifts all the better. The gift of AU itself is personally revolutionary because it allows us to understand and apply ourselves anew. Life is short, after all, and, if we get too caught up in the season, we may miss what it's all about.

## More AU-thentic Events

### Online MBA Info Session

Wed, Jan 9, 10:00 to 11:00 am MST

Online

Hosted by AU Faculty of Business

[business.athabascau.ca/event-details/online-mba-executives-information-session-2019-1/](http://business.athabascau.ca/event-details/online-mba-executives-information-session-2019-1/)

Register online at above link

### AUSU Council Meeting

Thurs, Jan 10, 6:30 to 8:00 pm MST

Online

Hosted by AUSU

[www.ausu.org/event/January-2019-council-meeting/](http://www.ausu.org/event/January-2019-council-meeting/)

No pre-registration required; e-mail [governance@ausu.org](mailto:governance@ausu.org) for meeting package

### Adventures in Indigenous Methodologies: Making Space for Métis-Specific Approaches

Fri, Jan 11, 1:00 to 2:00 pm MST

Online

Hosted by AU Faculty of Graduate Studies

[www.eventbrite.ca/e/adventures-in-indigenous-methodologies-making-space-for-metis-specific-approaches-presented-by-dr-tickets-52828994946](http://www.eventbrite.ca/e/adventures-in-indigenous-methodologies-making-space-for-metis-specific-approaches-presented-by-dr-tickets-52828994946)

Register online at above link

*All events are free unless otherwise specified*

Debord concludes that: “the existence of irreversible time in the expenditure of an individual life, is a mere accessory from the point of view of modern production. Consumable trophies which are the accessible translation of the incessant victory” of the market economy need not define our personal relations with our loved ones or with our educational process (Debord, 459). Shopping malls and sweatshops will probably be there when we're gone. By imagining a more authentic Christmas morning, that most cherished time where photos taken may be revisited for generations, we allow ourselves privileged access to the gift of a more relaxed and blissful festive experience. Debord illustrates this as the “project of a withering away of the social measure of time, to the benefit of a playful model of irreversible time of individuals and groups” (Debord, 460).

To paraphrase a famous song, we're here for a festive time, and not for more than our lifetime, so let's make the most of it by casting off the dross of Christmas commodification on Christmas morning. Whatever our beliefs, we all know that there's a spirit implied in the season and, being embedded in our history as human beings, it's there for the cherishing: “*The world already possess the dream of a time whose consciousness it must now possess in order to actually live it*” (Debord, 460).

May we all have a memorable and loving December 25th!

#### References

- Debord, G. (1967). Spectacular Time. In *Social Theory: Roots and Branches*. Peter Kivisto, ed. London: Oxford University Press.
- Raffi. (1983). 'On Christmas Morning'. *Raffi's Christmas Morning*. Retrieved from <http://www.metrolyrics.com/on-christmas-morning-lyrics-raffi.html> and <https://www.youtube.com/watch?v=aV7Q6O7Edjw>
- Lee, Brenda (1991) “Rockin around the Christmas Tree”. *A Brenda Lee Christmas*. Retrieved from <http://www.metrolyrics.com/rockin-around-the-christmas-tree-lyrics-christmas-song.html>

*Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.*

## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Mike Puhallo Memorial Scholarships

**Sponsored by:** BC Cowboy Heritage Society and Canadian Cowboy Country magazine

**Deadline:** December 31, 2018

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be Canadian or U.S. students about to enter, or continue, a program of study at a post-secondary educational institute, and may not be a previous winner of this scholarship.

**What's required:** An email with a completed [application form](#), along with an original piece of rhyming cowboy poetry.

**Tips:** Check out the [BCCHS main scholarship page](#) for detail on suitable cowboy poetry themes.

**Where to get info:** [www.bcchs.com/mike-puhallo-scholarship.html](http://www.bcchs.com/mike-puhallo-scholarship.html)





Dear  
Barb

Barbara Godin

## Home for the Holidays

*Dear Barb:*

*My mom is having Christmas dinner this year and all my siblings are coming home with their partners—a good thing, for the most part. My oldest brother and his wife are even coming home from Europe; no one in the family has seen them for two years. The problem is, just before they left, I believe my sister-in-law had an affair with my youngest brother. I'm the only one in the family that is aware of this. I discovered them out together while my oldest brother was out of town. It was pretty obvious to me by the way they were acting, that they were intimately involved, although I did not mention it to either of them. Shortly after this my brother and his wife left for Europe, and I chose to put the whole thing out of my mind. I am close to my oldest brother and don't like that he is being played like this. Since this event my relationship with my youngest brother has been strained. Now that my brother and his wife are coming home, I'm not sure if I should continue to keep this secret. Looking for some advice. Thanks, confused in Nova Scotia.*

Dear Confused:

You are in the middle of a pretty sad situation. When people cross a boundary such as this you never know what else they will do. It is possible your sister-in-law has disclosed this to your brother during the two years they were away. My suggestion would be to talk to your sister-in-law before you do anything. If she has discussed this

with your brother, then there is nothing more for you to do. If she hasn't, you might want to encourage her to come clean with her husband. If she refuses then, I think you owe it to your brother to tell him the truth. Undoubtedly, he will be upset and angry with you. You know the old saying "don't shoot the messenger." Give him some time to digest this news. Hopefully they will be able to work through this situation. Once you tell your brother, it is up to him and his wife and your other brother to come to a resolution. Best of luck.

Dear Readers:

We have come to the end of another year and I would like to thank all the people who have sent in questions and also those who read Dear Barb and have commented. I enjoy reading your comments. We can all learn from each other, as another person may see a situation from a different perspective. Merry Christmas and Happy New Year and thank you so much for sharing your dilemmas with me. Barb

*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.*



**Chazz Bravado**  
**Baby it's Chazz Outside!**

**Wanda Waterman**



I CANNOT BELIEVE that radio stations are banning "Baby It's Cold Outside!"



What a bunch of Scrooges!



The song's a Christmas classic!



The proffered, possibly drugged alcohol, the ignored plea, the total lack of respect for the chicky-poo's reputation . . .



That's the sound of Christmas!



Next they'll be telling me I can't park my chair under the mistletoe at the office party!



My personal take is to stand outside a chicky-poo's house on Christmas Eve and croon, "Baby it's Chazz Outside!"



Not that the song has ever actually . . . WORKED for me . . .



# AUSU

ATHABASCA UNIVERSITY  
STUDENTS' UNION

This space is provided by AUSU. The Voice does not create or edit this content. Contact [services@ausu.org](mailto:services@ausu.org) with any questions.

## IMPORTANT DATES

- **Dec 24 – Jan 1 (inclusive):** [AUSU & AU office closure](#)
- **Dec 31:** [Deadline to apply for course extension for Feb](#)
- **Jan 10:** [Deadline to register in a course starting Feb 1](#)
- **Jan 10:** [AUSU Council Meeting](#)
- **Jan 15:** [Feb degree requirements deadline](#)
- **Jan 15:** [Deadline to finish exams for course with Dec end](#)
- **Jan 30:** [Deadline to apply for course extension for Mar](#)



## Laurence Decore Award for Student Leadership

The Laurence Decore Awards for Student Leadership are intended to recognize post-secondary students who have demonstrated outstanding dedication and leadership to fellow students and to their community. Awards are valued at \$1000!

**NOMINATIONS:** The application form and nomination requirements are available online [here](#). (*bottom of page*)

**TO APPLY:** Submit the [application](#) & required supporting documents to [admin@ausu.org](mailto:admin@ausu.org) by **January 15, 2018**.



## Lynda.com Holiday Playlist

AUSU provides all of its members with the gift of learning through a [free subscription to lynda.com](#). Council just approved a motion to renew this service for AUSU members for another 3 years!

Lynda.com has some great playlist ideas to help you through the holiday season – just log in to Lynda through the AUSU website and click the links below to access:

**Drama at the holiday dinner table or difficult family dynamics? Check out:**

- [Interpersonal Communication](#)
- [Communication Fundamentals](#)
- [How to interpret nonverbal cues](#) (3 mins)
- [How to handle interruption](#) (3 mins)
- [Building rapport](#) (5 mins)

**Struggling to balance the books with all the holiday spending? Check out:**

- [5 Personal Finance Tips](#)
- [Managing a budget](#) (2 mins)

**Too many places to be and people to see? Check out:**

- [Manage your Calendar for Peak Productivity](#)
- [Time Management Fundamentals](#)
- [Tips for coordinating schedules](#) (2 mins)
- [Establishing your most valuable activities](#) (3 mins)
- [Saying no to others](#) (3 mins)

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