



# THE VOICE

Vol 27 Issue 03 2019-01-18

## A Tale of Three Cities

The Porkpie Hat Travels

## Belief Limitations

Is your self-image holding you back?

## Council Connection

January 10, 2018 Meeting

*Plus:  
Women of Interest  
Passion Never Dies  
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!**

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



## Editorial

### A Lot of Happenings

Karl Low



One of the things that makes bringing together a full magazine each week is an issue of timing. To have the time needed to edit, layout, choose photos when necessary plus all of the other administrative work is that it means it's difficult for us to bring late-breaking news.

But that sometimes means that we have almost no immediate coverage on important, late-breaking issues. We try to compensate for this by bringing fuller coverage later, but some things need to be talked about while the issue is hot.

In this case, there are two very important issues that you need to be aware of. The first is that the possibility of a work-stoppage at Athabasca University is looking very real now, as faculty have gathered together and started making picket signs in preparation. This means there are a lot of questions you probably have, questions about the effects this will have on you and your studies, what will be your student unions' response, what the timing of this all might be and others. The truth is, we don't know yet, but I'm hoping over the next week to be able to get a lot of answers and bring them to you.

The second issue is the recent changes announced in Ontario by Premier Doug Ford. These range from

adjusting student finance in ways that are going to have an adverse effect on many students, particularly those dealing with lower incomes, as well as on the universities themselves, as forced tuition reductions are being brought in without any indications of some sort of backfill funding to make up for the loss of cash. In addition, other changes will make it so that vital checks and balances, such as student newspapers and media, or even entire student unions, may be in danger of losing funding, preventing them from operating and from advocating for student issues such as lower tuition, preventing them from keeping a watch on government and university actions and raising the alarms when those actions could adversely affect a lot of students.

Again, what kind of effects will this have on AU, being an Alberta institution that operates in Ontario? Probably very little, although the effects it will have on the students in Ontario is significant, and again something I'm hoping to bring more information to you about over the next few weeks. To do that well, though, I need help from you, to dig into these issues, particularly from an Athabasca University student point of view. If these changes concern you, if you've got an opinion about them, let me know. This is something we all need to be talking about, even if we're not from Ontario, because now that precedent has been set, it can easily travel.

So if you have thoughts on these issues, questions you think need to be asked, get in touch with me at [karl@voicemagazine.org](mailto:karl@voicemagazine.org) so I can be sure to try to get them answered for you. In the meantime, as always, enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.

## Porkpie Hat A Tale of Three Cities

Darjeeling Jones



Does anyone else feel, as I do, that traveling to new places that ignite your senses and touch your soul changes your whole perspective on who you are, and where you are from? Suddenly, long after you return to your regular life, everything old is new again. You are seeing familiar places and things through a barrel of coloured glass beads, a kaleidoscope of unexpected memories and impressions tumbling and distorting your life in the most interesting way. You are seeing the world you thought you knew through a lens that picks out shadow, light, and colours that had previously been hidden to your eye. I think it's something akin to the way in which a piece of art that comes floating through your life at a crucial moment in time can create a permanent fracture, allowing new understanding to flood into you. Travel, like a book, a film, a painting, a strange new song, can have life-altering effects.

I had this experience recently, after spending the Christmas season in Brooklyn, New York. There are many reasons to travel; adventure, romance, excitement, experience, avoiding bad debts from unwise bets are just a few. One of the most rewarding

byproducts of getting the fuck out of Dodge for a little while, though, is the way it can change your perspective about the place you call home.

First, a little context. I moved about a dozen years ago to my current home in Winnipeg from Vancouver. It was not an easy move at all. Vancouver had been my beautiful city of treasures for most of my life. I felt as though my blood was equal parts saltwater and mountain springs. I loved so many things about the city - not only its physical beauty, but its open-mindedness, its sensuality, its laid back west coast flair. The perfect date of a city. The feel of sand between my toes, the smell of rain storms closing in, the city lights spread out beneath me while skiing the cut at Grouse, getting pissed up on cheap beer in punk clubs on East Hastings, walking through Chinatown smelling firecracker smoke and barbecued duck: a million everyday pleasures like tiny light bulbs glowing in my mind.

Unfortunately, as is so often the case, money proved to be the viper in paradise. As the real estate prices went atomic, Vancouver began to feel to me less and less like a real city, more and more like a theme park for glittery, super rich vampires. Which can be a lot of fun to watch for a while, but is mostly only sustainable if you have no soul and a sweet tooth for blood. It was like *Bel Air*, with *Blade Runner* rain.

So, when opportunity landed like a purring cat in my lap, it was off to Winnipeg. And, at first, it was a delightful change. I could finally afford to travel again, eat at restaurants again, buy decent food again, enjoy movies, concerts, galleries.

After a few years, though, my new city began to lose its appeal. 2018 had been a long year for me. For a lot of reasons, I was feeling spiritually busted, and pretty disillusioned with my home in

Winnipeg. I had forgotten all the reasons I had fallen in love with the city after moving here from the beautiful-but-increasingly-plastic Vancouver.

Surprisingly, it was never the winters that got to me. Forty below, screaming arctic winds, and a touch of frostbite, it turns out, were things to which I could readily adapt. The winter in this place is a magical thing. Skating or drinking cheap French wine beside bonfires on the frozen river; catching glimpses of dog sleds and northern lights: all of this was more than good.

What did get to me, though, were the parochial attitudes and the casual bigotry I was experiencing to a greater degree than in Terminal City. Living in Vancouver's West End and in Kitsilano, I had more or less come to take it for granted that nearly everyone had a tolerance for, perhaps even a relish for, freedom of individual identity. I had almost forgotten that racism, misogyny, homophobia were even a thing. They existed only in some theoretical state - or down in the United States. I know, how can someone be so naive? I don't know, sometimes I'm just thick as the metaphorical brick that hit me between the eyes when I started to hear co-workers and acquaintances spitting out some pretty surprising venom. Okay, I thought, maybe I'm in Kansas after all, circa 1960. It had begun to feel claustrophobic to me - a six-dressed-up-as-a-nine, a rural town pretending to be a metropolis. Not small in size, but too-often small in attitude, rule-bound, unbending, with too many sheep-like outlooks and too much antipathy towards progress and change.

So, immersing myself in the hustle and flow of NYC was definitely what the soul doctor had ordered. I spent the first few days in Manhattan - a place I have loved so much over the years. It was on Flatbush Avenue, in Brooklyn, though, that the epiphany hit me. The sights and sounds of that street invaded my senses and buoyed my heart. The smells from Caribbean and African restaurants. The store windows packed with funky fashions, wild wigs, amazing produce. The endless parade of colourful characters on the street, on the buses, in the subway; rap, soul and jazz blasting from upstairs windows; edgy, vivid, jolting street art seemingly around every corner: it was like a symphony of cool eccentricity and sensuality. It really struck me, on my first afternoon there, that this section of sprawling Gotham was distinct from its swanky, haute couture sister, Manhattan. Very much, and defiantly, its own place. Gritty, uncompromising, rough, tumbling, torn stockings, broken nose. I was in love.



Then, it began nagging at me. Why did this feeling seem so familiar? Eventually it came to me that it was very close to the way I had felt about Winnipeg when I first arrived about a dozen years earlier. A gritty, grimy, working class city with the wild soul of an artist beating beneath its grey and hardened exterior. A place in which bigoted and backwards attitudes are common, but so too is the free-spirited, open-minded resistance and reaction to those attitudes. Like Brooklyn, Winnipeg is a city of visionary artists and gritty flamboyance. It's a hotbed of poetry, photography, filmmaking, printmaking. Its many galleries and dive bars bristle with craftsmanship and creativity. There's an undeniable pulse of inspiration and energy that flows through Peg City, just as surely as the flowing of the two mighty rivers that join at its heart.

I'm not exactly sure why it took a visit to another city to open my eyes and make me see my home through new and loving eyes. Whatever works, though. Whatever works.



## The Creative Spark! Passion Never Dies

Marie Well



What Do you have the passion to make it big in film? Well, you can with just a cellphone and a video editor. In the past, you needed hoards of funding and state of the art equipment. Not anymore. Author Danial O'Brien claims, "Virtually anybody can make a movie today. In 2015, 'Tangerine' was premiered at Sundance. The film was shot entirely on an iPhone 5 by filmmaker Sean Baker" (p. 15 of 34, 46%).

My passion for film never died. You see, my brother won the award for top actor in high school. He later received funding from the National Film Board to write, produce, direct, and star in his gay comedy. Sadly, his show didn't see the light of day due to legal battles.

But throughout my childhood, he inspired me to act in school plays. Yet, he, not I, held the true talent. Later, he became successful in business, acting as finance director for a global chain, and buying a gorgeous house worthy of millionaires. Despite his success, business kept him from

his true calling.

This past Christmas I sent him a card prodding him to perform skits—monologues—that he could publish on Amazon. I offered to edit his footage. But his passion had died—a fake death I know he'll later regret.

I have my regrets, too. I long to create documentary films, but I have no subject matter to pursue, outside of health, that is. My boyfriend bubbles with original ideas, but his passions aren't wrapped up in the will to star in my documentaries.

So, I plan to make mini-documentaries using stock footage. I'll post them online. At least it's a start. Plus, I'll invest in a tripod for my video camera. As I get more experience, I'll apply for funding. One day, I'll create a televised documentary. Produced, directed, filmed, and edited by me.

A decade ago, I aimed to produce and write a script for an animated movie. I had a Disney animator and his award-winning crew on board. But the animators threatened to sue me on a prior project. Worse, they threatened to sue me on the new project if I didn't pay them a third of a million dollars. I pleaded my case that I held little experience with fundraising and might not reach the third a million mark. But the threat of a law suit still loomed. On top of that, a film company director said he didn't understand my script. In agreement with his view, the leader of a national charity said the script held an insider message that only people with disability would "get." With threats of law-suits and a script poorly understood, I dropped the film project.

But passion never dies.

You, like me, may want to make documentaries. Or, like my brother, you may want to star in a film.

Well, today, you can do both. You can publish on a number of platforms: "New players have emerged to challenge the status quo. Netflix, Amazon Prime, CraveTV, HBO Go, YouTube

Premium have all entered the arena” (p. 14 of 34, 43%). The key players include “Netflix, Amazon Prime, Disney, and, soon, Apple” (p. 29 of 34, 85%).

The low cost of video brings many joys. For instance, David Fincher’s “style of directing involves filming hundreds of takes to get the scene captured perfectly. When he was working with film, he would either be limited to a certain number or else his budget would quickly balloon out of control” (p. 25 of 34, 73%). Smaller production budgets also allow for higher investments in marketing, enabling “innovative and aggressive social media marketing campaigns in order to raise the interest in a project long before its release date” (p. 25 of 34).

So, if you dream of making movies, just remember, with passion and the appetite to learn, no-one can stop you.

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## Women of Interest Alexandra David-Neel

**Barb Godin**



Alexandra David-Neel was an explorer and author who studied Buddhism and other Eastern religions extensively and brought their teachings back to the Western world. In 1924 she was the first Western woman to visit Lhasa. Lhasa is the center of Tibetan Buddhism. One of the highest cities in the world, it has been the religious capital of Tibet since the 17th century. David-Neel wrote over 30 books on Eastern religions along with her extensive travels. Her writing influenced many writers including American poet, Allen Ginsberg, and Jack Kerouac, a novelist, who were both prominent figures during the 1950's Beat Generation.

Following is an excerpt from a letter written on January 15, 1917, from Alexandra David-Neel to her husband, while on a trip to Singapore:

*“I am invited to Buddhist monasteries where the rule of silence is said to be austere. It’s a start! But it is not enough for the ears to be at peace: the eyes must also be at rest, they must escape the whirling of beings, jiggling about awkwardly, spoiling the serenity of landscapes, soiling the earth and sky with their industries, their factory smoke, destroying all beauty by making «useful» things. It is so beautiful, a river flowing as it can, clearing its way alone, and unpruned trees, unmanaged plants that live their natural life of struggle, defeat and triumph among their fellows and mountains that are not transformed into shelves to support hotels or pedestals for lighthouses or wireless telegraph systems!”*



Alexandra David-Neel was born in Sainte-Mande, a suburb of Paris, on October 24, 1868. She claimed to have been plagued by a desire to travel from an early age, and her parents found it difficult to even keep her contained in the backyard. By the age of 18 she had travelled on her own to England, Spain, and Switzerland. She became involved in the study of Theosophy, a religious movement founded by Russian emigrant, Helena Blavatsky that mainly includes the study of Asian religions. David-Neel joined many secret societies and was sought after by various feminist and anarchist groups, which piqued her interest. In 1899 she composed an anarchist treatise, but publishers refused to publish it.

In her diary, which was published in 1986, David-Neel wrote that she converted to Buddhism in 1899. At the age of 23 she travelled to India where she studied Sanskrit and became interested in yoga. Eventually she returned to Belgium where her family lived and began to study music and became a professional opera singer. During her tours as an opera singer she met and married millionaire Philip Neel. After seven years of marriage David-Neel and her husband separated and she returned to India where she lived for 14 years. She learned the Tibetan language and studied extensively under the leadership of a Buddhist monk, even living in a cave for two years. In 1913 David-Neel met with the 13th Dalai Lama in Kalimpong and received his blessing. Her life consisted of extensive travels to all parts of the world and she continued writing until her death in 1969 at the age of 100.

Addition information about this interesting woman can be found at the following websites:

<https://www.alexandra-david-neel.fr/home-page/909-2/>

<http://www.faena.com/aleph/articles/alexandra-david-neel-the-extraordinary-experience-of-a-spiritual-traveler/>

[https://en.wikipedia.org/wiki/Theosophy\\_\(Blavatskian\)](https://en.wikipedia.org/wiki/Theosophy_(Blavatskian))



## Fly on the Wall

### Healthy in Body, Healthy in Soul

Jason Sullivan



### Resolving to Consider our Whole Selves

Consider the many things we or others might say if someone wrote a biography about our essence. The category of appearance, to recall a Grade 2 study we did of the panda, might be reduced to the heading we were taught to use for that report: *looks*. Now, we know that a look is always a cast glance, like a hook on a line from a fishing pole, and we know that it conveys much about the looker. Here enters ideology; we cannot but see ourselves without seeing ourselves through hegemonic

bodily norms.

The cuddly panda, subject of primary school studies the world over, is no exception. Pandas simplify, that is to say naturalize, the relativism of bodily norms. They're black. They're white. They're round. You do not even need to see colour to see the essence of a panda's looks. Much of them cannot even be described; are they chubby or obese and who decides? A fat panda doesn't

represent a state of moral dissolution. Yet, a recent twitter post by a California aquarium came under scrutiny for using slang bodily terms to describe a resident otter as *thicc* (Solomon, online). This was partly because African American terminology was used but the crucial theme of obesity, of fat-shaming, was clearly in play. Animals can be roly-poly and yet not be held morally accountable for their weight (unless their human owners are implicated) whereas human bodies are a site of perpetual social intervention precisely because they do not appear to us as they are, but instead as social ideology makes them out to be.

The body of New Years resolutions, if you will, contains an extra ingredient that remains prescient, dormant, invisible or in remission for the rest of the year: for lack of a better term this ingredient is our soul. The sociologist Judith Butler states that, regardless of conscious belief, we each embody a mental state, a sort of soul, that finds parallel in how we see our corporeal self. Culturally, “the figure of the interior soul” contains “potent invisibility” precisely because we believe that our external body reflects an internal mental state (Butler, 330). The tragic phrase “I feel fat” thus takes on, literally and figuratively, a life of its own. Here the “boundaries of the body as the limits of the socially hegemonic” become clear: reflected in a real mirror or upon the sheen of our minds eye, our body can nowhere hide from dominant cultural norms and values; that is, from unreasonable expectations (Butler, 331). In a sense, the only option is resistance through non-compliance.

Butler concludes incisively that “the soul is precisely what the body lacks; the body presents itself as a signifying lack....In this sense, then, the soul is a surface signification that contests and displaces the inner/outer distinction itself, a figure of interior psychic space inscribed on the body as a social signification that perpetually renounces itself as such” (Butler, 330).

Our socially sanctioned and culturally regulated souls are in effect disguised by being translated into our bodies. Society thus seeks to claim power in the *house of me*. For Michel Foucault, who spared no toil nor even his own bodily realm to uncover truths of a corporeal nature, “the body is the inscribed surface of events” (Foucault, 327). These sort of events, both voluntary and involuntary, compose acts of attrition if we buy into the norms and values of our social circumstances. We go to great lengths to make ourselves feel at home in our bodies by embarking on diet programs and exercise regimes designed to make us feel that we are bettering our human being by being healthier. This state of altered being contains more than a dollop of low-fat social sour cream, however. An arduous and ongoing process is at work, as Butler attests: “Cultural values emerge as the result of an inscription on the body, understood as a medium, indeed, a blank page; in order for this inscription to signify, however, that medium must itself be destroyed; that is, fully transvalued into a sublimated domain of values” (Butler, 327).

We're never only ourselves once we're absorbed into the social vernacular. Butler suggests that we aren't born to become new individuals by conscious choice so much as we find ourselves consumed by the social sea of beliefs that surround us. This viewpoint brings problems to the concept of beautiful transformations. Metaphors of caterpillars undergoing metamorphosis into butterflies, to say nothing of weight-loss before-and-after selfies on social media, disguise the cold, hard reality of hungry churning guts and confused intestinal entrails as folks try to subsist on kale juice and other exotic smoothie blends. As for exercising in a gym, where else does superficial performativity meet the psychological pathos of suffering in such an intimate space?

Compliant masochism appears the order of the day when it comes to New Year's Resolutions. Yet it doesn't have to be that way if we comprehend what is really going on. As we push ourselves we are actually being pushed by invisible coercive forces. To this end, Mary Douglas notes that

the “boundaries of the body become...the limits of the social” (Douglas, 328). If we choose bodily alterations as a post-New Years catharsis beware: we may be unwittingly embodying deep-seated cultural expectations and reducing ourselves, marionette-like, to the status of a plush hamster on a plastic wheel. If our efforts feel good then great, but it helps to be aware that sometimes we see ourselves in an image our culture trains us to imagine. Biology is not destiny, after all, and this *Fly on the Wall* would humbly submit that people who emit the most sensual glow do so because they love themselves just as they are. Just sayin'!

Self-love and acceptance of who we are stands as a firm counterweight to the evangelical desire for change. After all, we never alter ourselves without impacting others. New Years' resolutions and regimes of self-denial with regard to the consumption of actual food translate into a sense that our outer appearance manifests conditions of our inner mental state. Even when speaking in seemingly-objective terms like nutrition and health we simultaneously mouth ideological prescriptions for how we ought to look. Caring for self is thus reduced to an act of caring what others think.

So, what of well-intentioned resolutions pertaining to genuine bodily health? Those may well exist, just as taking a challenging elective exists, but to do our due diligence we might want to ask if our journey of self-improvement is more to impress ourselves or to appease others. After all, the most rigorous and omnipresent other, the most arduous critic that we were born into by virtue of socialization, is the *Big Cultural Other*. To give ourselves permission to be a more contented self this year is to interrogate intrinsic and intuitive assumptions implanted deep within ourselves.

Butler concludes “that the gendered body is performative suggests that it has no ontological status apart from the various acts which constitute its reality” (Butler, 331). In other words, we are how we act. So if we act like a yoga rat, a gym rat or a jogging rat we've gone much of the way to embodying that rodent role. It's a more believable role if we truly want to embody positive aspects of the person it suggests. New Years' resolutions unanimously position us to adopt roles for a short time knowing full well it's not going to be for a long time. As AU students, we enacted a new vision for ourselves beginning, in many cases, with just a single course to test the academic waters. This was a good strategy to decide whether distance education was right for us; if not, it's only one course's tuition down the tube. A full semester would be quite another matter. To paraphrase a famous phrase: all things in moderation, including moderation. Perhaps this approach can work for all resolutions; if we desire a better or a healthier self then setting reasonable goals beats a drastic alteration. By applying caution to our zealous ambition, we may not only find success but also achieve a more balanced self-image. In her inimitable fashion Butler even wonders if we ought to shine some performative light on the pantomine qualities embodied in daily life. She queries:

*“What performance will compel a reconsideration of the place and stability of the masculine and feminine? And what kind of gender performance will enact and reveal the performativity of gender itself in a way that destabilizes the naturalized categories of identity and desire?”* (Butler, 332).

What do we want from ourselves and others this year? What would that look like?

Maybe the ultimate New Year's resolution would simply be to be more ourselves while being open to breaking new grounds of our unique identity. After all, being a student is to not only learn new things but also to put them into action. Theory plus action equals praxis! (Mellinger, online).



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

## Belief Limitations

**Deanna Roney**



Throughout our lives, we are told certain narratives like “strangers can be dangerous,” or “work hard and save your money to get ahead.” Some of these are true, but sometimes the narratives are damaging. We can internalize the things we are told, even as children, and unconsciously carry those forward.

As strange as it feels now, looking back, there was a time I enjoyed math. I enjoyed the certainty in it. But at one point in my elementary school education, I was told that I was not good at math. That I should not need to ask these questions and I should know the answer (paraphrasing, of course). This was the sentiment, the narrative, that was given to me from an authority figure I trusted. And, I accepted it.

I carried that narrative forward with me. I was self-conscious and wouldn't ask questions because I was told that the questions I was asking were not

reasonable. And, while the questions I had throughout the rest of my education could have been seen as reasonable, this was no longer my narrative, and math was just not my strong suit. I needed to just get through it and move on.

I was not conscious of this as I worked through the rest of elementary and high school. It, at this point, was just a fact that I was bad at math. This is something that I have carried through university and beyond, as well. It got to the point where I didn't even want to try—don't ask me. I laughed at my old teachers who would say “you won't be carrying a calculator around with you” because, of course, now almost everyone does.

It wasn't until a few years ago that I realized where this narrative began. Where I started to believe that I was not good at math, that I simply did not have the mind for it. It was through this

conversation with my mom that I realized when it was. She'd recognized the change from that point and had tried to work me through that mindset, but I had believed that narrative.

It is time to change that narrative—far too many years later. I don't want to continue to believe the words that were carelessly thrown at me, planted in me. I don't want to limit myself because someone no longer wanted to answer my questions. My perfectly valid questions, because even though I no longer remember what those questions were, they were presented in school, to the teacher, about a concept we were learning. No student should have their question dismissed or feel like they should already know that.

While I came to realize the moment when things changed and felt saddened by this, I didn't know what could be done to challenge it. But when I find myself not wanting to take courses that interest me because they have a math element, Astronomy, for example, I think that is the point where things need to change. Maybe my skills were not up to that level (I guarantee they were not) but there were other courses available that I could have taken to "catch up".

I would encourage you to revisit your narratives. The things you believe to be true for yourself. Were these always true? Where did the narrative come from? Challenge these narratives and do not let them limit you, or stop you, from going after what you want. Accept that you may need to start further back than you want, but start.

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



## A Short Guide for New Online University Students

**Tara Panrucker**



Change is good, but change can also be frustrating, overwhelming, and enough to scare us into a confusing period of procrastination or, worse, ennui. Add in a big dose of anxiety over our parent's and our own high expectations about what we're going to achieve and diving into online university studies can feel similar to diving off a giant cliff with only rocks to break the fall below.

Now that I have your attention, university life doesn't have to be so dramatically challenging, particularly when you have valuable guidance to help you on your

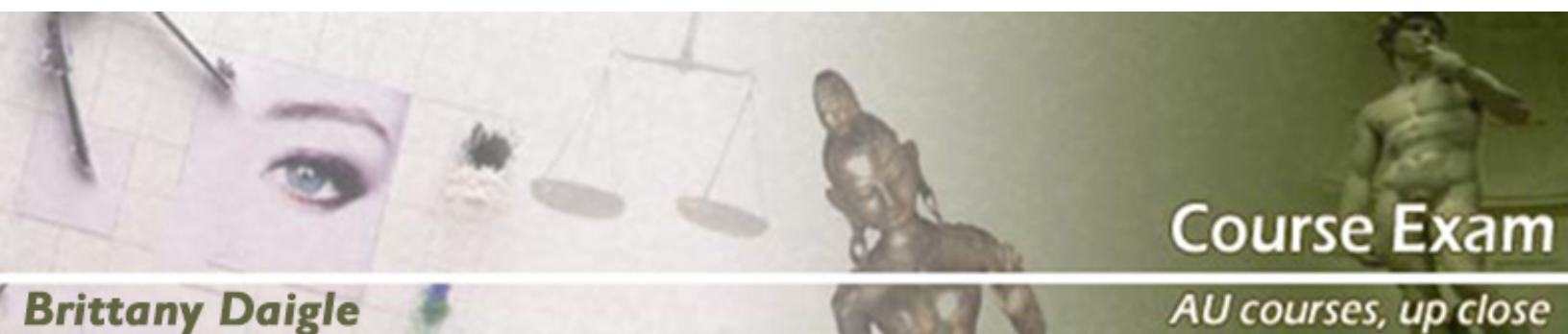
journey. Deadlines, long assignments, piles of research looming, and new jargon can all be taken in stride when you read advice from those who have gone before you.

1. Get connected. There are many opportunities to join social media, such as AU's Instagram page. Or take advantage of the [learner support services](#) Athabasca University offers on the web site.
2. Keep on top of your reading and assignments. Build a reasonable schedule and stick to it. Give yourself time to read and review.

3. Resist the urge to skip taking notes. Note taking is an integral part of learning the information and developing your own opinions on topics for assignments.
4. Don't give up on your outside interests or hobbies while studying. It's all about balance between work and play. Your mental and physical well-being depends upon it.
5. Develop and maintain a healthy, consistent relationship with your tutors; get in touch by phone or email at the beginning of each course. You may have many tutors throughout your degree, and it pays to get to know each one and what their teaching/tutoring technique is.
6. Draw up a list of stress-busters that work for you and utilize them as needed. From jogging to journaling, to social outings with friends, your healthy stress-reliever keeps you energized and geared up for success.
7. Check in on the [AU web site](#) regularly for updates and read all your emails so you don't miss important information, like when the web site will be down for maintenance.
8. Ask for help when you need it, whether from your tutor or a family member to help pitch in with chores. Your study time is precious so let everyone know when you're off-limits in the office, working on assignments.
9. Learn the proper type of formatting for your discipline, such as APA or MLA, as soon as possible. Formatting your papers correctly and consistently grants you higher marks and helps you remain organized in your writing and composition.
10. Join discussion boards such as the [unofficial Athabasca University Facebook group](#) or the [AU Landing](#) to stay connected and share your struggles and successes with other online students.
11. Keep your eye on your ultimate goal, but don't be afraid to change up courses if you're finding yourself miserable.

Focusing on the advantages of taking online university courses also keeps you going when things get tough. Not only might you be saving money by taking university courses at home, but you're gaining skills that will help you in other areas of your life. Furthermore, you're receiving an education that isn't a possibility for billions of other people on the planet, and that is a blessing indeed.

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



**Brittany Daigle**

**Course Exam**

*AU courses, up close*

**Course Exam**

**HSRV/WGST 421 (Advocacy From the Margins)**

**Brittany Daigle**

HSRV 421/WGST 421 (Advocacy from the Margins) is a three-credit course that introduces students to the meaning, history, tools, group processes, and strategies associated with advocacy for women and other marginalized groups who face injustice around the world. This course stresses the importance of advocacy group processes as well as advocacy strategies and tools. It



also encourages students to begin advocating with those who are on the margins and faced with injustice.

Students should note that this course has WGST 200 (Feminist Research and Women's Lives) and WGST 266 (Thinking from Women's Lives – An Introduction to Women's Studies), or equivalents as its prerequisites. Also, this course is a cross-listed course, meaning that it is listed under two different disciplines (HSRV 421/WGST 421). It is not available for challenge credit.

Advocacy from the Margins is made up of four parts (Foundations of Feminist Advocacy, Advocacy Issues and Strategies, The Tools of Advocacy, and Looking Ahead), broken into twelve units with one assignment (three short essays) weighing fifteen percent, a second assignment (a critique of an advocacy strategy) weighing thirty percent, a third assignment (a plan for advocacy) worth thirty-five percent, and the fourth assignment (begin to advocate) weighing twenty percent. There are no mid-term or final examinations for this course. For students to receive credit for this course all four assignments must be completed and students must achieve a minimum grade of fifty percent or better on each assignment.

Dr. Alexa DeGagne has been working at Athabasca University since September 2015 as an Assistant Professor in Women's and Gender Studies. She has been the coordinator for HSRV 421/WGST 421 since 2015 and she tutored the course from 2015-2018. Alongside these courses, she coordinates SOCI 345/WGST 345 (Women and Work in Canada), WGST 401 (Contemporary Feminist Theory), WGST 460 (Famous Feminists and Their Times: Global History of Feminism), and she tutors SOCI 345 (Women and Work in Canada).

She provides an introduction, stating, "Social justice drives my work as a teacher, researcher and community member. I see the university as a public institution that should serve the community and foster social justice through the sharing of research and knowledge, and the empowerment of students."

## AU-thentic Events

### Upcoming AU Related Events

#### Online MBA Info Session

Wed, Jan 23, 10:00 to 11:00 am MST

Online

Hosted by AU Faculty of Business  
business.athabascau.ca/event-details/online-mba-executives-information-session-2019-2/  
Register online at above link

#### Business Undergrad Info Session

Wed, Jan 23, 12:00 to 1:00 pm MST

Online

Hosted by AU Faculty of Business  
business.athabascau.ca/event-details/business-undergraduate-information-session-10/  
Register online at above link

#### Keeping Organized as You Search

Wed, Jan 23, 3:00 to 4:00 pm MST

Online

Hosted by AU Library  
library.athabascau.ca/orientations.html  
No pre-registration necessary

#### Undergrad Program Orientation for New Students

Wed, Jan 23, 5:00 to 6:00 pm MST

Online

Hosted by AU Faculty of Business  
business.athabascau.ca/event-details/business-undergraduate-new-students-information-session-jan23-2019/  
Register online at above link

#### Research Webinar Series

Fri, Jan 25, 1:30 to 2:30 pm MST

AU Faculty of Business, #201, 13220 St Albert Trail, Edmonton AB, Boardroom #202  
In-person and Online

Hosted by AU  
news.athabascau.ca/events/research-webinar-series/  
No pre-registration necessary

#### Neoliberal Conflicts: Deathscapes, Protectionism and the Rise of the Radical Right

Fri, Jan 25, 2:00 to 4:00 pm MST

Online

Hosted by AU FHSS  
news.athabascau.ca/events/neoliberal-conflicts-deathscapes-protectionism-and-the-rise-of-the-radical-right/  
No pre-registration necessary

*All events are free unless otherwise specified*

Dr. DeGagne continues, “Focus areas of research and teaching: LGBTQ social movements; queer theory; social movement theory; activism and political resistance; gender, sexuality and politics; equity and social justice; and police and criminalization. I have published and forthcoming works on LGBTQ politics, specifically on same-sex marriage activism in California; the history of LGBTQ politics in Alberta; LGBTQ refugees in the Canadian refugee system; homonationalism and the Canadian criminal justice system; the uses of anger as a tool in LGBTQ activism; and the politics of police in LGBTQ communities.”

She concludes, “My political activism is based in my Edmonton queer community where I have worked with several social justice projects as a community organizer and agitator, public educator, columnist, and queer arts festival co-chair. I am currently a producer and host of GayWire News Radio on CJSR 88.5FM.”

When asked to explain HSRV 421/WGST 421 to someone who has not yet taken it, she explains “WGST/HSRV 421 are exciting courses because students not only learn about the history of feminist and anti-oppression advocacy and activism in Canada but they also get the opportunity to participate in advocacy initiatives of their choice. Students learn about important moments in feminist advocacy in Canada including the Abortion Caravan, anti-domestic violence advocacy, and Indigenous women’s rights advocacy. Students are exposed to many examples of advocacy and tools for engaging in feminist and anti-oppression work.”

Dr. DeGagne provides some insight into the structure of the courses, explaining “The course is structured to respect and incorporate students’ experiences with marginalization and oppression, and their advocacy and activist work. Course learning materials and assignments encourage students to pull from and share their insights, to trust their knowledge, and to challenge commonly held assumptions and the status quo. For WGST/HSRV 421, students are asked to initiate and participate in an advocacy action relating to an issue for which they are passionate. The course’s first two assignments focus on the history of feminist advocacy in Canada, and help students build a ‘tool kit’ of their own advocacy tools and strategies. The course’s remaining two assignments encourage students to engage in their own advocacy initiative. In the third assignment, students plan their advocacy initiative and in the fourth assignment, they engage in the advocacy. Students have held political rallies, organized art exhibits, petitioned politicians, and held teach-ins, each of which has amplified the voices of marginalized members of their communities.”

As for what type of work ethic students will have to have to be successful in this course, Dr. DeGagne believes that it is similar to other courses offered at Athabasca University, explaining “As with most Athabasca University courses, there is a certain amount of self-motivation that is needed. This course offers many opportunities to check-in and discuss the course materials and assignments with the tutor. Students succeed when they discuss their advocacy initiatives with their tutors, who help them develop an advocacy plan and project that is manageable, exciting and impactful.”

She provides some advice for students who are currently enrolled or who are thinking of enrolling into the course, stating “It may seem intimidating to engage in an advocacy initiative but it will not take any more time or effort than a traditional research paper, and students who have taken the course often state that they really enjoyed and learned from the experience of doing a hands-on project.”

Dr. DeGagne would recommend this course to “anyone that is passionate about an issue that is affecting marginalized people in their communities. From homelessness to transgender rights

to sex education, students have been able to take a deep dive into an issue that is important to them.”

She concludes with describing what she believes students will take away from these courses, stating “Whether students have been working on an advocacy issue for years or are interested in engaging in advocacy for the first time, I hope that most students leave the course feeling emboldened to get involved in new advocacy projects in their communities. I am continually humbled and motivated by students' commitment to advocating for issues that are important to them. This is a fantastic course to teach!”

Whether HSRV 421/WGST 421 are degree or program requirements of yours, these courses will have you learning about strategies associated with advocacy for women and other marginalized groups who globally face injustice!

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



## The Fit Student Medicine Won't Clean the Trash

Marie Well



Two Medicine alone won't clean the trash.

I went on an anti-depressant. Right away, my brain felt frozen. Have you ever felt dental freeze in your mouth? If so, imagine that same dental freeze in your brain. After two days, I stopped taking the drug, but the brain freeze stayed. Over the next month, I could no longer run a comb through my hair; the medicine froze my hair into wire. Every morning, I'd pop upright, wide awake, almost precisely at 2:45 a.m. as I peered helplessly at the clock. Daily, I cried from the freeze—out of fears I had suffered irreversible brain damage. I told my doctor that a third day of the medicine would have killed me. She whispered, “I'm sorry.”

It's been found that “a series of studies found that pharmaceutical drugs kill more people every year than are killed in traffic accidents” (Wilson, location 739 of 3248, 23%). Furthermore, “the Journal of the American Medical Association ... reported that an estimated 106,000 people die each year from drugs which, by medical standards, are

properly prescribed and properly administered” (Wilson, location 756 of 3248, 23%). Michael Wilson is an author who notes in his book, *The Alzheimer's Breakthrough: Prevent and Reverse Alzheimer's: A Proven, All-Natural Program for Reversing Alzheimer's and Creating Optimal Health*, that the information in it “has been well documented and supported by many physicians, scientists, and health care professionals”, but also notes that the information in the book “may not be supported by conventional medicine or many physicians.” But I know what's worked for me.

In another instance, I tried four different generic brands of a medicine, each at high dosages. In doing so, I isolated each brand's side effects for me. One generic brand spiked anxiety. Another put me at risk of seizures. Another caused my eyes to stick and droop. And of course, none of them seemed to offer a cure.



Michael Wilson claims that “Conventional Medicine ... utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms. This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient. Rather, the use of drugs will temporarily mask the manifestation of the disease, while at the same time, drive the disease deeper in the body ... only to reappear at a later date, as a more serious and chronic health threat” (Wilson, location 292 of 3248, 9%)

After all, pharmaceutical companies make billions off sustained sickness, not off cures. “Drugs deal with the short-term effect, the surface cause of your discomfort, the symptom,” claims Wilson, “Make no mistake, the real source of the problem is the way you live your life” (Wilson, location 273 of 3248, 8%).

But drugs kill germs, don't they? Not according to Michael Wilson. “Germs are not the cause of disease .... Germs consume dead matter .... It is only when the tissue becomes dead that they move in to do their job” (Wilson, location 955 of 3248, 29%). “The reality of it is, the only reason why those germs ever invade your body is because you created the trash necessary in your body first, to allow the germs to feed on and multiply” (Wilson, location 969 of 3248, 30%). It's like the rat and trash analogy: “Trash piles up ... the smell is disgusting, and what you'll notice is that there are ugly giant rats, everywhere .... How smart would it be of you to come to the city and say ‘Wow! Look at all this trash these rats brought! Kill the rats to get rid of the trash’” (Wilson, location 969 of 3248, 30%). Although pharmaceuticals have their place, we need to clean our bodily trash for the rats (the germs) to truly disappear.

Drugs address symptoms (the rats/germs); a healthy lifestyle tackles the trash: “One of the first things to do to get rid of any so-called disease is to get rid of all the acid retained by the body” (Dr. Robert O Young as cited in Wilson, location 2882, 88%). Disease-causing acid can be “properly eliminated through urination, perspiration, respiration, or defecation” (Dr. Robert O Young as cited in Wilson, location 2800 of 3248, 86%). In other words, to clear away the trash, we need meditation and exercise (respiration), exercise (perspiration), high fiber nutritious diets (defecation), and plain filtered water (urination).

As for perspiration and respiration, try exercising. If you have a condition that leaves you too sick to stand, ask your doctor about starting a bed yoga program. Once you find success with bed yoga, ask your doctor about a chair yoga program. Keep asking until you're doing an athlete's workout. Within a year and seven months, I went from barely walking a block to doing athletic workouts. Luckily, my doctor gave me the go-ahead day one.

As for defecation and urination, eat fiber, probiotics, and healthy fats (especially Omega 3s), and drink lots of water. Cut out all caffeinated and decaffeinated beverages. (I drink almost entirely plain water or water with sugar-free cinnamon.) Cut out all trans fats—and all added sugars (except 70% to 99% dark chocolate).

Here is a sample of my no fuss diet that I believe cured me of undiagnosed chronic fatigue syndrome. It requires zero cooking, and it gives me perfect stools according to the Bristol Stool Scale:

**7 a.m.:**

- ½ cup yogurt
- ½ cup All Bran
- 1 teaspoon flaxseed (for Omega 3s)
- 1/3 cup (frozen) berries
- 1 banana

**10 a.m.:**

- 2 tablespoons almond butter (or substitute 2/3 an avocado)
- 1 banana

**12 a.m.:**

- 1/8 cup pumpkin seeds (or substitute 1/3 an avocado)
- 1 apple
- 1 tablespoon miso soup paste dissolved in warm water (for probiotics)

**2 p.m.:**

- ½ beet
- ½ carrot
- ½ cup spinach (or kale or beet greens)
- ½ celery stick
- ½ cup sour cabbage (for probiotics)
- ¼ cup yams
- 1 mini sweet red peppers
- 1 tablespoon almond butter (or substitute 1/3 an avocado)
- ½ cup broccoli
- ½ cup cauliflower

**4 p.m.:**

- ½ beet
- ½ carrot
- ½ cup spinach (or kale or beet greens)
- ½ celery stick
- ½ cup sour cabbage (for probiotics)
- ¼ cup yams
- 1 mini sweet red peppers
- 1 tablespoon almond butter (or substitute 1/3 an avocado)
- ½ cup broccoli
- ½ cup cauliflower

**6 p.m.:**

- 1 can salmon (for Omega 3s)
- 1 Vitamin D pill

(If my diet doesn't suit your taste buds, tweak your own. Use a nutrition app like the Cronometer until you get optimal RDA for each vitamin. Cronometer is available online at [cronometer.com](https://cronometer.com) or as a phone app.)

As for respiration, ask your doctor about trying a meditation called the Wim Hof Method. Follow the Wim Hof Method with an ice-cold shower. When I had undiagnosed chronic fatigue syndrome, cold showers healed; hot showers harmed.

On a final note, if you take medication, don't discontinue it without doctor's permission. After all, some medications you can't live without. But, medicated or not, tackle the trash with proper perspiration, respiration, urination, and defecation.

*References*

Wilson, Michael. (E-Book.) *The Alzheimer's Breakthrough: Prevent and Reverse Alzheimer's: A Proven, All-Natural Program for Reversing Alzheimer's and Creating Optimal Health.* n.p.



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Mensa Canada Scholarship Programme

**Sponsored by:** Mensa Canada

**Deadline:** January 31, 2019

**Potential payout:** at least \$2000

**Eligibility restriction:** Applicants must be at least 18 years of age, be enrolled in a full-time program at an accredited Canadian post-secondary institution for the 2018-2019 academic year, and be Canadian citizens or landed immigrants. See [full eligibility requirements](#).

**What's required:** An email with contact info, along with a maximum 250-word essay describing your career goals.

**Tips:** Read the [How to Apply](#) section carefully for formatting and content guidelines. See also the [FAQ](#) page for more tips and the [Winners](#) page for examples of successful essays.

**Where to get info:** [mensacanada.ca/index-e.html](http://mensacanada.ca/index-e.html)



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

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



### **AthaU Facebook Group**

JoAnne shared a post about rewards and self-imposed deadlines; many students weighed in on whether those strategies work for them. Katy bemoans the lack of available time slots at the Calgary exam centre. Melissa seeks a study buddy in Cochrane or Calgary.

Other posts include study guide print options, disappearing course videos, rescheduling an exam, and courses FREN 200, MATH 260, and SOCI 337.

### **reddit**

A pair of course-specific posts about CHEM 360 and MATH 270.

### **Twitter**

[@AthabascaU](#) tweets: "[#NowHiring](#) an Individualized Study Tutor for Ancient Greece and Ancient Rome. Responsible for providing academic support to students & marking assignments, the ideal candidate would have a Master's degree in Classics. <https://bit.ly/2SvBAhX> [#yegjobs](#) [#yycjjobs](#)."

[@austudentsunion](#) tweets: "What you are looking forward to in 2019? Tell us in the comments for a chance to WIN free exam invigilation from home for an online [@AthabascaU](#) exam through ProctorU or other great AUSU prizes! See <https://bit.ly/2FDQY8f> for more details! [#AUSUContest](#)."



## Council Connection

### January 10, 2018 Meeting

Carla Knipe



**Athabasca University**  
**Students' Union**

The first AUSU Council meeting of 2019 was held on Thursday, January 10<sup>th</sup> and marked a return to work for Council after the December break. In spite of the holiday hiatus, the AUSU executive remained busy behind the scenes.

All of the AUSU Councillors were in attendance, with the exception of Lisa Oracheski, who was ill. After the initial meeting protocols, including acknowledgement of the land, adopting the November minutes and January's agenda, the meeting's discussion got underway.

The first major part of Council business was to announce the findings of the recent audit of AUSU's finances. Chad Knippel, a partner of accounting firm Kingston Ross Panak (KRP), presented a detailed summary of the audit findings.

AUSU worked hard during the past few years to get its finances to a stable position and the recent audit showed that this goal was achieved. Knippel gave a thorough explanation of the auditing process, and explained that the audit was comprehensive and looked at every aspect

of AUSU's finances. While the mandate was to look for any risky situations that would indicate a possibility of fraud, the scope of the audit would not home in on individual fraudulent transactions. To get the audit process underway, Executive Director Jodi Campbell signed off on a full disclosure document that agreed that AUSU would hold nothing back and provide all the required information to the auditors.

The overall result was that AUSU's financial picture is in great shape and is in a healthy position for the future. In fact, the increased enrollment at AU means that AUSU will have increased future revenue and projected income. The only risk that was flagged was regarding any issues that Athabasca University was having because AUSU is dependent on AU and are tied together as organizations. This interdependency required a disclosure statement.

The audit findings were moved by Amanda Lipinski and seconded by Joshua Ryan, with a unanimous vote passing the motion. KRP was then appointed AUSU's financial auditor for the 2018-19 financial year, with Sarah Blaney Lew and Amanda Lipinski moving and seconding the motion.

The next point of discussion was regarding the ratification of the contract with LinkedIn Learning for the Lynda.cm service. In the past few months, there had been some concern about renewing the partnership with Lynda.com because of the escalating costs of the subscription. However, both AUSU and AU recognized the value of Lynda.com to AU's learning community and both want the subscription to continue while finding a way to fund it in light of the cost increases. It was noted that perhaps one direction that AU could take was to find a way to better utilize Lynda and incorporate it into more of AU's courses to benefit more students.

Melinda Goertz shared some exciting news with the rest of Council regarding AUSU's proposal to host a regular podcast. The idea for a podcast project came about because Council realized that

it would be a fun, flexible communication tool to share information and build a relationship with AU students. Since AU uses technology as a primary means to provide its courses and services, a podcast ties in with this mindset and will let the AU community get to know AUSU. Another goal of the podcast is to build a rapport between Councillors and the AU community. Councillor Goertz said that podcasts are incredibly versatile and can be listened to remotely whenever the listener finds it most convenient, much like studying with AU itself. AUSU is in the process of finding out how to best implement this project, including the initial equipment and software costs. Setup costs were estimated to be around the \$1000 mark, with monthly costs being about \$30/month. Council unanimously approved going forward with this project, with Councillor Goertz emphasizing that there will be advertising before the initial episode airs to get students interested in listening, and Council will monitor and evaluate its success after it has been implemented. Stay tuned for the launch, which is currently planned to happen during the next Executive retreat!

Another piece of good news was to announce the appointment of several AU students to the new AUSU Student Advisory Committee. The successful candidates are: Jennifer Bouley, Jon-Paul Hare, Christopher Hinbest, Landon King, Katy Lowe, Michele Mrkvan, Lionel Pinkhard, Giovanni Serebro, Zdenka Slavikova, and Raphael Ugobi, with AUSU President Brandon Simmons as the committee chair. The candidates come from a variety of faculties with representation from each. The term begins immediately and ends on September 30<sup>th</sup>, 2019. Congratulations to all the committee members!

Although Councillors had a lightened workload due to the break, several important points were raised during the presentation of their reports.

President Simmons related his experience of advocating for AU students at the recent CASA conference held in Ottawa. Another issue which is looming large for both AU and AUSU is the Alberta Government's Bill 19, the bill that changes the Post-Secondary Learning Act. AUSU is still working on unpacking and analyzing how the bill will affect students. There were lots of presentations and discussions about the bill at AU's most recent Board of Governors meeting. However, one bright spot in the legislation is that Athabasca University is now the only Alberta university specifically named in the legislation which is very good, as this works to safeguard AU's future as a separate and distinct entity from the other Alberta post-secondary institutions, an issue that was previously a concern since there were rumors during AU's troubles that some consideration was being given to folding AU into one of the other universities in the province. President Simmons noted that this will also help to maintain AU's research status.

It was also noted in the report of the Vice-President External and Student Affairs' Melinda Goertz, that the Faculty of Humanities and Social Science is looking toward establishing programs for a research based Master's of Psychology, a Bachelors of Philosophy, and a Bachelors in Environmental Science, and that AUSU will be updating their website once again, this time with the help of the same firm that recently upgraded *The Voice Magazine*.

The meeting wrapped up at 8:01 PM. February's meeting will include the results of AUSU's annual survey of services. This year's survey had 1123 responses, which is the most responses ever received by AUSU for a survey.

**Tuesday, February 19<sup>th</sup>, 2019, 6:30pm MST – Public Meeting**

**Thursday, March 14<sup>th</sup>, 2019, 6:30pm MST – Public Meeting**

*Carla is an AU student who lives and writes in Calgary, Alberta. Say "hi" to her on Twitter @LunchBuster.*





Dear  
Barb

Barbara Godin

## Toxicology

Dear Barb:

*I have a friend of many years, but I don't know if I have changed or if she has changed, because lately I find her very annoying. Sometimes she is unsupportive and judgmental of everything I do. If I have a great achievement or reach a goal I've set myself, she is uninterested and shifts the attention to herself. She seems to have one crisis after another in her life and always draws me in and I end up consumed with her problems. No matter what she does, even if she knows she was wrong, she will never apologize. Whenever we have a problem or a difference of opinion, she says it's my fault and that I wasn't listening to her, or that I was rude or disrespectful to her. Even though I know I am right, I have found myself giving in and taking the blame just to keep the peace. I'm starting to feel worn out and used. Since we have been friends for so long, I would like to find a way to maintain the relationship, but not like it is now. Should I just end it and move on, or is there another way? Help, Alicia.*

Hi Alicia:

Sorry that this is happening to you. It sounds like you may be dealing with a person who is commonly referred to as "toxic." I understand that you have a long-standing friendship, and it's not something you should just throw away if it can be salvaged, but this is not a healthy relationship. Toxic people are very manipulative and always project their feelings on to the other person, so everything becomes the other person's fault. They never celebrate others' achievements, but instead always try to bring them down and point out the negatives. Every disagreement ends up being about something you did to them, maybe even years earlier, so nothing ever gets resolved. And if you do make a mistake, they will never let you forget and will bring it up in every subsequent argument. From your letter, it seems like your friend has a lot of these characteristics. It is possible to maintain a relationship with toxic people, but it's important to know how to handle them. It's imperative that you become aware of their toxic behaviours and learn to deal with them. Do not allow this person to control you or make you feel responsible for something you know you didn't do. When the blame game begins walk away. Do not engage, and do not allow them to convince you it is your fault. Be very clear about what is your fault and own it. Do not spend your time trying to defend yourself against accusations that you know are not true or allow yourself to be manipulated into doing things that you don't want to do. For example, if you friend invites you for dinner and then gives you a list of the items you need to bring, unless you offered to bring something, you are being manipulated. Toxic people are draining, they leave you feeling exhausted and that is not an equal relationship, but rather one person has all the power. Ultimately it is your decision, whether you can manage this relationship, if don't feel you can it is probably time to walk away. Good luck and thanks for your question Alicia.

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**  
Digging Deeper

**Wanda Waterman**



If you get deep enough into it you can leave it behind.



I wouldn't know. But it does sound kind of like a love relationship. If you get deep enough into it . . .

. . . you can find yourself. Care to let me help you find yourself, Maeve?



Not today, Christy. Good try, though.

Just thought I'd ask.





# 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

- **Jan 30:** [Deadline to apply for course extension for Mar](#)
- **Feb 6:** [FaceBook Live interview with AU President](#)
- **Feb 10:** [Deadline to register in a course starting Mar 1](#)
- **Feb 15:** [March degree requirements deadline](#)
- **Feb 19:** [AUSU Council Meeting](#)
- **Feb 28:** [Deadline to apply for course extension for Apr](#)
- **Mar 10:** [Deadline to register in a course starting Apr 1](#)

## AUSU Contest – Win free AU exam invigilation from home with ProctorU!

## What are you looking forward to in 2019?

Tell us on social media for a chance to win a [ProctorU](#) code for FREE AU online exam invigilation FROM HOME or an AUSU prize pack!



**ProctorU**

### How to Enter:

Find our #AUSUContest post on one of our social media sites (listed below) and respond in the comments about what you are looking forward to in 2019 for your chance to win!



[facebook.com/AUStudentsUnion](https://facebook.com/AUStudentsUnion)



[instagram.com/AUStudentsUnion](https://instagram.com/AUStudentsUnion)



[twitter.com/AUStudentsUnion](https://twitter.com/AUStudentsUnion)



[linkedin.com/company/AUStudentsUnion](https://linkedin.com/company/AUStudentsUnion)



You can also respond to the post in the chat feature of the AU student [Mobile App](#)

Find out more on our website [here](#).

**What are you looking forward to in 2019?**

**#AUSUContest**



## November Award Winners

AUSU is pleased to announce some of the award winners from the November 2018 Awards Cycle. While we wish we could award all 200 members that applied, we are proud to have given out \$19,000 in awards and bursaries to our November applicants - not including our year-round bursaries!

### #Igo2AU Award:

Amanda Tanner and Fraser Bridgemann

### Academic Achievement Award:

Jordan Witzel and Kathleen Stahler

### Balanced Student Award:

Robin Bleich, Robert Foote, Cindy Law, and Barbara Lehtiniemi

### Returning Student Award:

Amir Banihashemi, Lisa-Marie Crombie, Jennifer Pentola, and Katelyn Preston

### Student Volunteer Award:

Shaylynn Hayes and Riayn Salmon

\*\*\*\*\*

*AUSU provided numerous other awards and bursaries but not all winners are announced for confidentiality reasons.*

[Click here](#) for more info on AUSU awards & bursaries.



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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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## THE VOICE

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