



# THE VOICE

Vol 27 Issue 37 2019-09-20

## Minds We Meet

Interviewing Students Like You!

## Technical Observations

Free (or Cheap) Tech for Students

## Self-Defense for Women

The Fit Student

*Plus:*

*Why Religion?*

*AU-Thentic Events*

*and much more!*



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www.voicemagazine.org  
301 Energy Square  
10109 – 106 ST NW  
Edmonton AB  
T5J 3L7

**Email**

voice@voicemagazine.org

**Publisher**

AU Students' Union

**Editor-In-Chief**

Jodi Campbell

**Managing Editor**

Karl Low

**Regular Contributors**

Barb Godin,  
Barbara Lehtiniemi, Jason  
Sullivan, Wanda Waterman,  
Xin Xu, and others

Views and articles  
presented here are those  
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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

### Do We Reward Learning?

Karl Low



The big news this week in politics, other than the campaign for the 43rd General Election officially starting, seems to be Mr. Trudeau's photographs of him in "blackface" or "brownface" when he was younger.

I'll admit, at first, I didn't really understand the big deal about this. These weren't obviously done to ridicule those races, but rather as creating a means to identify him with the various people he was portraying (Harry Belafonte, in one case, Aladdin in the other). Then I read more about it and it was pointed out that changing your skin color, even as a way of encouraging easy identification, is, in a sense, suggesting that the skin color is what is most identifiable about a person.

It took me a while to understand that, because, let's be honest, when you see a person, you can't help but see if their skin is a different color. It's more obvious than eye color, especially from a distance. But I eventually figured out that there's a difference between physically identifying a person has a skin color and identifying *as* a person because of their skin color. Even if no disrespect is

intended, it is, in a sense, reducing who they are to that one aspect.

What really made it clear for me was thinking about impressionists. They show that the skin color really doesn't need to be a factor. Not if you're doing a good enough impression. I've seen many impressionists take on the characters of Eddie Murphy or James Brown on stage. Do they need to run off and paint themselves up to do it? No. Can I still identify them? Absolutely. Did a younger Justin Trudeau need to put on blackface to do Harry Belafonte? No, and that he did shows a disrespect toward the actual person that should be criticized.

But doing something wrong doesn't mean we should vilify a person for life. There's a meme going around FaceBook right now, comparing Mr. Trudeau and Mr. Scheer, noting that there's significant evidence that Mr. Trudeau has learned since then, and questioning whether there's any evidence that Mr. Scheer has learned something from his earlier positions on gay marriage, abortion, or racism. It's not quite a fair post, because a simple lack of evidence doesn't mean that nothing has changed. After all, many of us have come to various realizations since the 90s of how some of the things we enjoyed or engaged in were probably hurtful to others, even if it wasn't intended. That doesn't mean we go around with a hair-whip, rather we learn and strive to be better people in the future.

And that's rather my point. Learning, at its core, is always an internal activity. What we learn adjusts who we are, even if it may not change our outward appearance. So how do we reward learning, if we can't test for it? Perhaps the best course of action is to always assume someone has learned until you see evidence otherwise—and when you do, that becomes the opportunity to teach them. I'll be thinking on this more in the next few days, but until then, enjoy the read!

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

# MINDS WE MEET



*Megan Cooper resides in Sherwood Park, Alberta and is currently enrolled in a Psychology Major for her Bachelor of Arts. She hopes to eventually be an acute care registered nurse. This is her story.*

**Could you provide us a bit of a background? Whoa re you, where are you from?**

My name is Megan Cooper and I taking a Bachelor of Arts, Major in Psychology program. I reside in Sherwood Park, Alberta and compete in show jumping throughout Spring and Summer.

**Describe the path that led you to AU. What was it that made you realize you wanted to go back to school, and what pushed you into the program you've signed up for?**

I always knew I wanted to go to university and Athabasca University allowed me the flexibility to train for show jumping as well as work, on top of school.

**Any advice for people who are on the fence about going back to school?**

My advice for anyone considering going back to school is to do it! Education is never a waste of time.

**What do you do like to do when you're not studying? Any hobbies?**

When I'm not studying, I am working or riding my horse. Outside those three activities I do not usually have time for anything else!

**What are your plans for this education once you finish? What would be your dream job?**

I am hoping to eventually enroll in a Bachelor of Science, Registered Nursing program. Working as an acute care Registered Nurse is my dream job.

**Who in your life had the greatest influence on your desire to learn?**

My mom has the greatest influence on my desire to learn. She has always been extremely supportive in my educational journey.

**Describe your experience with online learning so far. What do you like?**

I like online learning because of the flexibility it allows to be able to continue other aspects of life, such as work, sports, etc.

**What do you dislike about it?**

I dislike online learning because it can be extremely difficult to stay on track and not procrastinate, as you do not have someone monitoring your progress on a day-by-day basis.

**What's your favorite AU course that you have taken so far, and why?**

So far my favorite class was PSYC 435 (Abnormal Psychology). I found the content very intriguing and the workload wasn't too heavy.

**Would you recommend the course to others?**

I would definitely recommend PSYC 435 to anyone that has an interest in Clinical Psychology to take this course!

**What have you given up to go to AU that you regret the most? Was it worth it?**

I definitely miss the classroom atmosphere. However, there are awesome support groups that you can join to connect with other students whom are always very supportive of each other, such as the mobile app, Facebook groups, and skype groups.

**How do you find communications with your course tutors?**

I have been very lucky that almost all of my tutors have been very quick at responding and seem genuinely happy to answer any and all questions I may have had.

**What is your biggest pet peeve, if you have one?**

Disorganization. I hate when things are messy and disorganized in a study space.

**What famous person, past or present, would you like to have lunch with, and why?**

Having lunch with someone, such as Bill Gates, would be cool because he was not always successful, but he never gave up and now is one of the most successful men in the world! I think it would be interesting to see how he dealt with his failures to better himself and make himself into such a success.

**Could you describe the proudest moment in your life?**

I think the proudest moment in my academic career would be receiving my first A+ in University. As for the proudest moment in my life, I think that is still yet to come!

**Describe one thing that distinguishes you from most other people.**

One thing that distinguishes me most from other people is my work ethic and dedication. I work part-time, train/compete in show jumping full-time in Spring/Summer and am enrolled in full-time school. It's an intense amount of work that doesn't allow for much of a social life at times, but I wouldn't trade it for anything.

**What is the most valuable lesson you have learned in life?**

The most valuable thing I have learned is that life doesn't go the way you plan so you cannot get too caught up in planning the future. I think it is important to have an idea of where you are going and what you want in life, but you also need to be flexible and you have to take whatever life throws at you. It is important to always try and see the positive side of things and realize that everything happens for a reason, even if that reason is beyond our comprehension.

**Have you traveled? Where has life taken you so far?**

I have had the luxury of travelling internationally many times throughout my life. A few of the places I have traveled to include Australia, New Zealand, Paris, Hong Kong, and Orlando.

**Out of the places you have been to, which was your favorite and why?**

I do not have a favorite place, but I do hope that my future endeavors will lead me to Italy and Greece (and anywhere else that is warm and beautiful!).



### What (non-AU) book are you reading now?

Unfortunately, with the course and work load I have at this time, I do not have enough free time to read anything other than my textbooks. So, I guess my favorite book at this moment would be Child Development from PSYC 323 (Developmental Psychology).

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



## Why Religion?

**Wanda Waterman**



*“Religion isn’t about believing things. It’s ethical alchemy. It’s about behaving in a way that changes you, that gives you intimations of holiness and sacredness.”*

- Karen Armstrong

Skeptics often wonder out loud why religion is still a thing. The prevalence of scientific thought alone puts a singular kibosh to faith, but, if that weren’t enough, there’s also the small matter of cruelty committed in the name of some religious creed (invariably a creed that denounces cruelty). Other detractors include modern ideologies, like Marxism, which places the clergy right down there

in the gutter with the capitalists, and modern psychology, which dismisses religion as superstition, anthropomorphizing, and wishful thinking.

None of these enemies, however, are as contrary to religion as is religion’s own Achilles’ heel: its dependence on systems of dogma, practice, and social control. On careful inspection it appears that this dependence isn’t part and parcel of religion per se but rather something added to religion which religion might well do without. Still, it bears looking at, so let’s take this dependence apart a piece at a time.

### Burying Religion Under Systems of Dogma

The part of religion that depends on systems of dogma, that is, on a set of thoughts tweaked and polished until they no longer openly contradict each other, falls into the trap of assuming that the human mind is capable of grasping the truth and possessing it, a line of thinking that Kant argued convincingly against in *Critique of Pure Reason*.

To construct and defend a system of thought to achieve conscious contact with the divine is to build a Tower of Babel—and will end up with the same communication breakdowns. Understanding and giving lip service to a set of integrated ideas will never, in itself, bring you any closer to the supernatural. Dogmatists go a mile further down the wrong road when they insist that membership in a particular religious group depends on total acceptance of a set of articles of faith.

Systems of pure reasoning are not of religion's essence. Religion could toss out the creeds, theological treatises, and statements of belief and it would still remain essentially what it is.

### **Burying Religion Under Prescribed Practices**

Let's look at religion's dependence on practices. Sacred practices such as rituals, meditation, study of scripture, and various posturing and ablution techniques actually do have value in creating connection with a spiritual world, and so they form part of the authentic religious life. But two problems emerge: 1) within a particular religion not all of the prescribed (sometimes dictated) practices will have value for all members, and 2) we humans tend to turn spiritual practice into magical thinking. We might believe, for example, that showing up in certain buildings at certain times will automatically win us points with the entity upstairs, points obliging that entity to add to our prosperity.

Although it may be good advice that to set aside a certain length of time each day for prayer and meditation it can quickly morph into a foolproof recipe for success (in case you're wondering, those don't exist either), success in this case being the favour of the Most High. Unless we're deliberately cultivating that connection with the sacred, our devotional practices are empty exercises.

### **Burying Religion Under Social Control**

And then we come to what is perhaps the most damaging weakness afflicting religion: its vulnerability to being hijacked by power-mongers. Tyrants can only get so far without the fabricated spectre of an angry deity looming behind them, and even those dictatorships founded on ideologies always contain some deity-like element (like the Marxist's proletarian revolution, the fascists' *Übermensch*, or the capitalist's market economy). For the despot, an angry deity is one formidable ace in the hole.

On a smaller scale, religion as social control acts as a force to keep people working together for the common good, encouraging members to abandon their individualism and personal rights in favour of the prevailing order. This might look commendable in principle, but in practice it nearly always turns dark, prey to the kinds of scenarios found in the Spanish inquisition, the Salem witch trials, or as in the short story *The Lottery*, by Shirley Jackson.

### **So Why Do We Still Have Religion?**

So with all the downers, where's the upside? There must be something to this religion thing or there wouldn't be so many smart people still embracing it. The short answer is that religion survives because in its essence it delivers the most urgent, sincere, and moving call to compassion of any human institution.

Sure, secularists can claim that they too believe in compassion, and many nonreligious people have big hearts and work hard to alleviate suffering. It's just that you don't see any wind beneath their wings like you do with those few religious people who are in love not only with the source of all life but also with the central truths of their faith. Somehow connection with something bigger than all of us gives compassion a dimension that's hard to find anywhere else.

That extra dimension has been behind many major human achievements. For example, without missionaries, much as they've been castigated, sometimes justly, for being merely tools of cultural assimilation, modern anthropologists would have had to start at square one. And then of course they'd be the ones accused of being tools of assimilation.

Essential religion was also behind the abolition of slavery in Europe in the Middle Ages, a feat achieved without bloodshed or economic disaster; the church simply decided that Christians



should not be owned as slaves. (If religion's capacity to empower compassion had taken precedence over the human urge to use religion for social control, feudalism might likely have perished then as well.)

Each of the major world belief systems has at some point in their story arc been responsible for gorgeous flowerings of art, literature, and music. The Hindu literary renaissance in India, the Islamic Golden Age, the Italian Renaissance, and Buddhism's ongoing contribution to the arts with its emphasis on mindfulness, couldn't have happened without the auspices of the sincerely devout.

The problem isn't religion—it's all the garbage we lay on top of it, and taking out that garbage might just free religion to do what it was always meant for: the construction of a just and loving society that respects both nature and the divine and works toward the good of all.

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



## Technical Observations

### Free (or Cheap) Tech for AU Students

**Philip Kirkbride**



Getting involved in technology can be expensive, with everything from space to host your projects to training all costing some big bucks. But as an AU student, there are a lot of discounts available for you in the tech world if you know where to look. Here's a few of the things I've found.

#### Free License for Windows

Looking to upgrade your old version of Windows but don't want to shell out \$200 for the latest version? No problem, thanks to educational discounts available to Athabasca University students you can get a free copy with a unique activation key.

#### Windows 10 for free

*Description: Provides students with a unique activation code for Windows 10 and link to download Windows 10.*

*Link: <https://athabasca.onthehub.com>*

The OnTheHub portal also offers many other discounted software deals that might be worth checking out such as Adobe and Norton. I won't list them here because I think most students will be better off using free alternatives like GIMP an open-source alternative to photoshop. None of the other deals jumped out at me enough to make a purchase or even recommend.

That said OnTheHub currently has a promotion where you can win an Amazon giftcard for checking out their services and signing up. So if you want to checkout what discounts and software they're offering now would be a great time to do so.

### **Github for Education**

Despite the limited offerings on "OnTheHub" you're still in luck because several other sites offer free or good discounts. One program I've been impressed with is GitHub for Education. GitHub is an online tool for managing software revisions but their education pack is a bundle consisting of products and services from many companies.

**NameCheap - 1 free domain, ending in ".me"**

*Description: Get a free domain to host a website or portfolio*

*Link: <https://education.github.com/pack#offers>*

**GitHub Pro Account, with unlimited private repositories (folders for your projects)**

*Description: Just sign up and you get upgraded automatically*

*Link: <https://education.github.com/pack#offers>*

**Digital Ocean - \$50 credit**

*Description: Cloud hosting for developers*

*Link: <https://education.github.com/pack#offers>*

**Heroku - One free Hobby Dyno for up to two years (valued at \$84/year).**

*Description: Hosting for apps that you program*

*Link: <https://education.github.com/pack#offers>*

**Microsoft Azure - \$100 hosting credit**

*Description: Hosting credit for cloud storage and services*

*Link: <https://education.github.com/pack#offers>*

There are other technical services offered as well, but these are the ones that stood out to me.

### **AWS Educate**

AWS (or Amazon Web Services) Educate also offers a free credit which can be used for their services, such as website hosting. In addition, they also offer a variety of free training courses, and a large list of job and internship listings.

**\$75-\$150 in AWS Credits**

*Description: Provides students with an AWS promo code*

*Link: <https://aws.amazon.com/education/awseducate/>*

While we're talking about Amazon I'll also mention the Amazon Prime student discount. It's not free but it was a good enough discount that I decided to use it. 50% off Amazon

Prime which gives you faster and often free shipping when buying from Amazon, and access to some other content like the Prime video library.

### Amazon Prime

#### *50% discount*

*Description: Same as Amazon Prime's normal offer (faster shipping, amazon music, offers, ect.). As a Prime Student though, you can also get discounts on some textbooks.*

*Link: <https://amazon.ca/b?ie=UTF8&node=9648404011>*

I recommend checking out AWS Educate for more than just the free hosting credit. They also offer training programs, contests, and a regularly updated job board. Everything ties together so if you complete one of their free courses a badge will be displayed alongside your resume when you apply to companies using the job board.

AWS Education also has some very cool contests. The biggest currently is based around something called DeepRacer. DeepRacer is a self-driving remote control car. You can start with a pre-built model for driving the car, tweak the parameters, and train it in a simulation. When you run the simulation, they show a 3D rendering of your car making attempts of driving around the track.

In the setup phase you define your rewards and punishments which are used to teach the car in simulation. For example, you might reward the car 1 point every second for staying in the middle of the track, and then award another 2 points every second that its speed is above 10 mph.

How you reward your AI is completely up to you and because it's done by writing a script in the programming language Python the possibilities are endless, rather than selecting from a pre-defined drop-down menu.

That said if this all sounds way too complex don't worry! You can use a pre-built script as a starting point. For my first attempt I just used the template without making any changes. Amazon really makes it easy.

Once your AI has spent a few hours training based on your model you are ready to enter the competition. When you enter the competition you're not just running a simulation. Amazon actually takes your trained AI and uploads it on to a physical, remote-control sized car and has it attempt to do a few laps around the track!

There are some big prizes like a paid trip to an Amazon conference in San Francisco all expenses paid. They also do weekly smaller prizes for Amazon giftcards based on who can get closest to a specific time. For example, for one track the all-time best speed was 24 seconds, but the weekly contest was a prize for whoever could get closest to finishing in exactly 66 seconds.

So, if you're looking to score some freebies I definitely recommend checking out the programs listed here.

*Philip Kirkbride is a graduate student studying information systems at Athabasca University, and is currently serving as a Science and Technology representative on the graduate student union.*



## The Fit Student

### Self-Defense for Women

Marie Well



I met a woman at university who fell in love with the wrong man. She said he turned into a psychopath who was hunting her down to kill her and her daughter. When I asked her how she protected herself, she said she was studying to be a lawyer, but she felt so much fear she could hardly focus. She also said the police and courts didn't do much to protect her.

After her and I parted, a male bumped into me, causing me to almost fall. The next day, my female friend told me that the guy who knocked me over was

her psychopathic ex. She told me to stay away from her as he might target me, too. I only spoke with her a few times, but I never forgot that woman. And I wonder if her and her daughter are alive today.

I wish I knew then what I know today: if you enroll in a martial arts class, you'll turn into a self-defense powerhouse. I recommend personal training from a martial arts master, one with exceptional form and a gentle smile. Personal training can cost around a hundred dollars an hour, but it'll help you master technique quicker. And, if you're being stalked or stricken, personal training could save your life.

I recommend enrolling in a martial arts club for three hours a week minimum and paying for personal training at least once a month. With the right master, you'll gain fantastic form in no time.

Don't kid yourself. You, as a woman, no matter how mild or meek, can turn into a tough mamma. Glenn Stevens, a self-defense expert writes: "In every single self-defense course I teach, I am amazed at the ferocity that the ladies can produce. This is most obvious when we role play a scenario where we try and take the children away from the mother" (26%).

But "you don't need defensive (or offensive) tactics and skills if you are able to prevent a situation from arising, and the only way to do that is to be aware of danger and know how to avoid it" (9%).

The first rule: don't engage. If some strange guy asks you for a quarter, a cigarette, or street directions, keep walking. He's not family or your soul mate, is he? No. So, safely ignore. Second rule: don't hang out at night clubs. Instead, go to churches, university libraries, movies, and gyms. When it comes to safety, location matters. But if you do frequent bad places, "listen to yourself, trust yourself, and most important of all, do not tell yourself that your feelings or fears are silly. If your subconscious is trying to warn you, don't ignore it" (20%).

Here are more rules to follow:

- "Be alert and pay attention to what is going on around you.

- Remember to scan your surroundings and take it in ....
- [Walk] tall with your head up and a confident stride without appearing arrogant ....
- Know where you are going and how to get there ....
- Avoid excessive eye contact with strangers ....
- Keep a comfortable distance between yourself and strangers ....
- Be aware of exits and escape routes ....
- Trust your intuition: if it feels wrong, it is wrong” (28%).

My friend who feared for her life could've found hope from martial arts. From my experience, good luck if you seek help from a male official for sexual assault/harassment complaints. It takes a woman to fully empathize. Better yet, it takes a woman with a black belt.

#### References

Stevens, Glenn. (n.d.). *Don't Be a Victim: The Secrets That Predators Don't Want You to Know*. E-book.

## Fly on the Wall AU as the Stream to Success

Jason Sullivan



A little perspective never hurts; autumn can be a great time to take stock of our lives. As a kid, I'd look over my shoulder this time of year and long for summer's return. Now that new teachers and schoolwork had lost their vague thrilling pangs (like the sensation of walking barefoot on smooth gravel, at first weird and odd and then just plain painful) something darker and more morose arose. Education's claustrophobia is worse in traditional settings, but we at AU can also feel ourselves tightened into an ever-shrinking space as deadlines loom. K-12 school isn't much fun a lot of the

time and a majority of us who succeed at AU probably do because we're aware that we'd rather be in a metaphorical classroom than one shared with a couple dozen of our supposed peers.

Anyway, I'd look back on the summer just past and feel what pop psychologists are calling FOMO: fear of missing out. What glorious moments had not happened, I'd wonder, as I sat in a boring classroom listening to dull loquacity from that mannequin up by the chalkboard. The last blast of summer is in our memories at any age; like an old photo album or like scrolling eight years back on your social media pics, the past becomes more delicious each time it's retrieved. If the memories are good, that is.

To this day I recall the Trans-Canada waterslides out in Hope, BC, as one such joyous time. Standing in line as a twelve-year-old for one of the four Big Adult waterslides, I'd face away from others (like a pretentious dillweed) and check out the abundant and wild vegetation. Brambly

blackberries, spreading Douglas maples, and the aroma of moist coastal rainforest drifted down from the epic cedars. And then wham, I'd be at the front of the line (who says only Mothers have eyes in the back of their heads) and being borne headlong to euphoric oblivion down a tubed chariot of watery bliss.

One such waterslide was named The Black Hole. The Black Hole was a closed tube and older kids would taunt youngsters about the possibility that it could induce claustrophobic panic attacks and swimsuit malfunctions of the intestinal variety. A slide called The Blaster was another favourite: a chamber filled up with water behind the seated participant and when it was ready you'd then be inundated with its flow and jetted forward on a wave of pressurized glory. Those waterslides were classic summer fun times and even the lineups were worth the wait. Yet, by autumn, this had all too quickly rushed past, like life itself.

### **We're All Down the Tubes of Our Lives**

According to those in the culture industry, in this case *New Yorker* magazine, there exists in the Pacific Northwest an ingenious invention where salmon are tubed, luge-like, above and around a dam so as to continue their spawning journey. This "salmon cannon" technologically embodies "a contraption that evokes a rollercoaster and a luge, if those things were constructed out of a slippery, rubbery material, kind of like the silicon used to make non-stick cookware. You see the fish's silhouette wagging along against a desert-mountain backdrop, as if it were still swimming—but now it's in the sky, over the dam, barrelling back down, and then *splash*, back into the water. The narrative arc, in one minute flat" (Reiderer, 2019) The author, Rachel Reiderer, terms this process one that in human observers induces "nihilistic euphoria". Of course, whenever we waste valuable study time watching asinine YouTube videos we are in a tube all our own. But there's more to the way this ecological video went viral than meets the eye.

As isolated AU students, the privacy of our own tube leading to our home stream of spawning nirvana (aka graduation) carries a sublime joy. Like the tale of our education, the whole of life surely flashes before those beady salmon eyes as they leave the water through their lubed waterslide. Athabasca is

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

### **Nursing and Health Studies Library Resources Webinar**

Sat, Sept 21, 11:00 am to 12:30 pm MDT  
Online

Hosted by AU Library

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

No pre-registration necessary

### **Get out the Vote Student Social - Calgary**

Mon, Sept 23, 7:00 to 9:00 pm MDT

The Rec Room, 1180 - 901 64 Ave NW,  
Calgary AB

In person

Hosted by AUSU

[www.ausu.org/event/get-out-the-vote-student-social-in-calgary/](http://www.ausu.org/event/get-out-the-vote-student-social-in-calgary/)

RVSP to [ausu@ausu.org](mailto:ausu@ausu.org)

### **Undergrad Program Orientation for New Students**

Tues, Sept 24, 5:00 to 6:00 pm MDT

Online

Hosted by AU Faculty of Business

[business.athabasca.ca/event-](http://business.athabasca.ca/event-details/business-undergraduate-new-students-information-session-092019/)

[details/business-undergraduate-new-](http://business.athabasca.ca/event-details/business-undergraduate-new-students-information-session-092019/)

[students-information-session-092019/](http://business.athabasca.ca/event-details/business-undergraduate-new-students-information-session-092019/)

Register online at above link

### **MBA Info Session - Toronto**

Wed, Sept 25, 12:00 to 1:30 pm EDT

Art Gallery of Ontario, 317 Dundas St West,  
Toronto ON

In person

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/mba-](http://business.athabasca.ca/event-details/mba-information-session-toronto-092019/)

[information-session-toronto-092019/](http://business.athabasca.ca/event-details/mba-information-session-toronto-092019/)

Register online at above link

### **2019 AU Rising Star Alumni Award Shastri Ramnath, MBA 2012**

Wed, Sept 25, 5:30 to 8:30 pm EDT

AGO Bistro - Red Room, Art Gallery of  
Ontario, 317 Dundas St West, Toronto ON

In person and livestream

Hosted by AU

[news.athabasca.ca/events/2019-au-rising-](http://news.athabasca.ca/events/2019-au-rising-star-alumni-award/)

[star-alumni-award/](http://news.athabasca.ca/events/2019-au-rising-star-alumni-award/)  
Register online or access livestream through  
above link



all about getting in touch with our desire to learn, not by rote methodology, but by actively engaging with material we are passionate about. Something that's more than merely being about making money and reproducing it. Athabasca is about bettering not only our career options but also about becoming more intellectually and ethically sound human specimens. Like our earnest studying selves, we must imagine these salmon happy as they discover watery shortcut with their tinyfish-brains.

### Finding Snail Trails of Place

There's a certain cozy comfort in curling up with our study material as the days cool; life becomes less expansive and our thoughts become more inwardly focussed. Who are we and where are we going on this tube of life? Blaise Pascal summarized our existential position in the flow of life we know:

“When I consider the short duration of my life, swallowed up in eternity before and after, the small space which I fill, or even can see, engulfed in the infinite immensity of spaces whereof I know nothing, and which know nothing of me, I am terrified, and wonder that I am here rather than there, for there is no reason why here rather than there, or now rather than then” (Pascal in Mendelsohn & Schneider, 299).

To attain a grand perspective on our lives is to consider where we're going and what study tactics may aid and abet our progress. Fish ladder users no more, like Sisyphus, condemned to roll the same rock uphill over and over, only to see it roll back down, many a slithery salmon repeatedly fails to get upstream and, with dejected fishy countenance, lunges a final time before being swept back down to the nadir of its existence. If at first you don't succeed, right, but, come on! So while this fish tube is surely a godsend for our scaly friends, let's find a tube of productivity to our liking!

At AU there may be no shortcuts to good grades, but having sterling study methods, such as knowing how to take notes in a way we'll actually absorb and remember them, goes a long way to getting us where we want to be. Our home stream awaits but the journey's effectiveness is about awareness of what works for us. One tube doesn't fit all; we're not reducible to simple population counts.

## More AU-thentic Events

### Science Outreach—Athabasca:

#### Living with Artificial Intelligence, past, present, and future

Wed, Sept 25, 7:00 to 8:30 pm MDT  
Athabasca University Government Council  
Chambers, 1 University Dr, Athabasca AB  
In person  
Hosted by AU  
[news.athabascau.ca/events/science-outreach-athabasca-living-with-artificial-intelligence-past-present-and-future/](https://news.athabascau.ca/events/science-outreach-athabasca-living-with-artificial-intelligence-past-present-and-future/)  
No pre-registration necessary

### MBA Info Session - Ottawa

Thurs, Sept 26, 12:00 to 1:30 pm EDT  
ARC The Hotel, 140 Slater St, Ottawa ON  
In person  
Hosted by AU Faculty of Business  
[business.athabascau.ca/event-details/mba-information-session-ottawa-092019/](https://business.athabascau.ca/event-details/mba-information-session-ottawa-092019/)  
Register online at above link

### Get out the Vote Student Social - Edmonton

Thurs, Sept 26, 6:00 to 8:00 pm MDT  
The Rec Room, 1725 - 99 St NW, Edmonton AB  
In person  
Hosted by AUSU  
[www.ausu.org/event/get-out-the-vote-student-social-in-edmonton/](http://www.ausu.org/event/get-out-the-vote-student-social-in-edmonton/)  
RVSP to [ausu@ausu.org](mailto:ausu@ausu.org)

### Bannock and a Movie "Indian Time: Part 1"

Fri, Sept 27, 12:05 to 1:00 pm MDT  
Athabasca University, Peace Hills Trust  
Tower, 12th floor, Room 1222,  
10011 - 109 Street, Edmonton AB  
In-person; limited seating  
Hosted by Nukskahtowin (Meeting Place)  
[news.athabascau.ca/events/bannock-and-a-movie-6/](https://news.athabascau.ca/events/bannock-and-a-movie-6/)  
Register by e-mail [ivyl@athabascau.ca](mailto:ivyl@athabascau.ca) or phone (780)428-2064

### Get out the Vote Student Social - Saskatoon

Sat, Sept 28, 2:00 to 4:00 pm CST  
The Underground Cafe, 430 20th Street W, Saskatoon SK  
In person  
Hosted by AUSU  
[www.ausu.org/event/get-out-the-vote-student-social-in-saskatoon/](http://www.ausu.org/event/get-out-the-vote-student-social-in-saskatoon/)  
RVSP to [ausu@ausu.org](mailto:ausu@ausu.org)

*All events are free unless otherwise specified*

## **We Are the Flash in the Stream We've Been Waiting For!**

Out in Golden, BC, while working at my silviculture job, there's an impossibly beautiful river called Blaeberry (named by a Scotsman using his term for blue). By early autumn the water's an elegant turquoise, and when the salmon are passing through to their spawning grounds their orange and red and pink colours make for a soul-evoking contrast. Nature abounds in beauty! And we're part of that. Yet, the *New Yorker* article's author notes the ambivalence associated with watching nature, in its fishy form, being shunted place to place, like prescription medicine down pneumatic air-suction tubes in a hospital. Aren't fish meant to swim rather than be shunted to their destination; how natural are our human interventions in the landscape, anyway?

Efficiency is a virtue in modern civilization, even as the prospect of, say, pumpkin carving brings with it a Gandhian sensibility in terms of personalization and craftsmanship. Gandhi abhorred mechanization and preferred to sit at a spinning wheel like the girl in Rumpelstiltskin. So what's with the salmon tube being such an issue with people; do we want productivity or do we want to struggle? Presumably fish are meant to swim free but if they could speak (in gargly and bubbly fishy voices of course) they'd note how many times the slipstream has them slipping away towards existential oblivion. Going with the flow is less voluntary than one thinks; it's not so much something one does as something one realizes as a natural and unavoidable stance. Being carried away by procrastination is something that we students know all too well; being dialled in on our studies is actually more like being in a tube than flowing free and whimsically any way our stream of thought carries us.

We're always being sorted and organized in the online world; just try typing your social media status update as "cruise ship to Antarctica" or "diamond engagement ring" a few times and you'll be bombarded with advertisements to fit the bill. So too with the fish tube: "Fish are still placed in the tube by hand at some dams and hatcheries, but newer models include a swim-in entry and computerized "scanning and sorting" step. Those who are considered invasive interlopers are singularly weeded out. "A computer quickly takes eighteen photos, capturing their length and girth, and even determining whether they are wild or from a hatchery, and then they're routed into the appropriately sized tube: big Chinooks this way, midsize sockeyes that way" (*ibid*).

Max Weber spoke of this sort of rationalization as a sword with two edges; efficiency comes at the cost of passion and produces "specialists without spirit, sensualists without heart; this nullity imagines that it has attained a level of civilization never before achieved" (*Weber*, 2019). At lower levels of schooling, independence was selected against and participation rewarded. Outsider status remains for we intellectuals who actually attend school by choice as adults; we're fun and different at AU because we're here by choice and because we want to get to the other side of that damn dam of our life narrative.

Sometimes we surrender to our coursework and sometimes to our procrastinatory impulses. Reiderer asks "is there not a strange peace to be found in surrendering to whatever chaos has plucked you from your personal mental river?" At AU our educational journey may have led us up a river of pariah identity; others may duly inquire about what we are doing with our lives. Our educational journey is more like picking our tube and plunging in; we're not at the whims of the faceless monolith of education incorporated; we're the masters of our destiny and on the slippery slope to success if we learn to manage our time appropriately. Our studies function as a productive tube; tunnel vision means having our noses to the academic grindstone.

So at AU we have much to swim towards; others have their yardwork projects and home renos but we are making our minds into mansions where our future selves will bask gleefully. And any tool that leads us to success is worth testing out; the faster the slide the smoother the ride. Notes

written in shorthand, egg timers set to mimic panicked deadline productivity, snack rewards dangled from the ceiling like carrots for a horse, anything that works to accentuate our productivity is a great idea. And hey, if we can add just a dash of fun to our learning we might even have a blast along the way!

#### References

- Mendelowiz, E. & Schneider, K. (2003). 'Existential Psychotherapy'. *Current Psychotherapies*, 8<sup>th</sup> Edition. Toronto: Nelson Education.
- Riederer, R. (2019). 'The Nihilistic Euphoria of the Fish Tube'. *New Yorker*. Retrieved from [https://www.newyorker.com/science/elements/the-nihilistic-euphoria-of-the-fish-tube?utm\\_source=pocket-newtab](https://www.newyorker.com/science/elements/the-nihilistic-euphoria-of-the-fish-tube?utm_source=pocket-newtab)
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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.*



## The Creative Spark! How to Get an Edge in Fashion Design

**Marie Well**



Wouldn't you love to design Cinderella's sportswear? Brad Pitt's leather pants? Or Margot Robbie's PJs? Well, if you love fashion, you can do all this and more. You could even start your own clothing line.

So, what does it take to succeed as a fashion designer? "Great fashion designers have strong illustration and drawing skills" (17%). Plus, "a great fashion designer also has deep knowledge about fabrics, textiles, and textures" (17%). If you often play with materials, peer at clothing labels, or stare at Vogue magazines, you've got fashion designer potential.

As a teen, I used to draw fashion designs for hours, dreaming of the jumpsuit with cutout sleeves I'd one day sew. Today, although not a fashion designer, I like to take graphic design inspiration from ads. So, I collect promo materials from stores. I snap photos of posters and magazine ads. I also screenshot posters I find on EventBrite. You can model your fashion designs on ads, posters,

and promos, too.

But that's small-time design. To become a world-renown fashion designer, consider going to some of the world's top schools. These schools include "Parsons New School of Design .... The Fashion Institute of Technology at FIT .... Central Saint Martins .... Royal College of Art .... Instituto Marangoni ... Ecole dela Chambre Syndicale dela Couture Parisienne" (81%).



But “if you do not have enough funds or means to go to fashion school, no need to worry” (35%). You can learn fashion on your own. But if you go this route, learn at least the following:

- “latest trends by reading a lot of fashion magazines” (37%),
- “colors and designs that are dominant in the market today” (37%),
- “sewing techniques” (48%),
- “different styles and types of clothing” (51%), and
- “the different body shapes” (61%).

To learn all this, “find fashion school syllabus and find textbooks associated with the syllabus” (37%). Many schools have their syllabi listed online. “To learn the basics of fashion design, you have to buy and study a fashion illustration book .... This is one of the most basic and most important skills that a fashion designer must have” (39%).

Your illustration skills don’t need to be top notch. But “you need to start sketching your fashion figure or Croquis. Croquis is French for ‘figure.’ ... Then draw your design on your croquis .... If you have difficulty drawing a croquis, you can print a photo of a figure that has a great pose and a body form that you would like to design for. You can trace the body shape on a new sheet of paper. When you already have your croquis, you can draw the design over it” (42%).

For creative inspiration, in high school, I flipped through many Dungeons and Dragons books and comic books. My brother collected them. So, I’d use superheroes and dragons as models for art projects. Similarly, fashion designer hopefuls should collect fashion magazines and figure drawing books for inspiration.

To turn your tracing of a croquis into digital art, first, to make your croquis, trace on paper an image of a person. Use tracing paper you can buy at most any art store. Then, take a photo of that tracing with an S pen-compatible tablet. An S pen is a drawing pen for tablets. Then, use your S pen to digitally sketch the photo using an app. Finally, send the digital sketch to Photoshop to color. Artist Patrick Brown teaches this style of illustration. He has a class on Skillshare called “Characters in a Scene: Sketch to Digital.” You can even get a two-month free trial—more than enough time to watch Patrick Brown’s two-hour class.

Not only do you need to know how to illustrate, but you also need to know pattern making. “Most of the time, designers hire pattern makers and seamstresses. But, it is best to learn the basics of dressmaking. To make your own patterns, you will need pattern papers, pencil, marker, tape measure, tailor square, and curve ruler. Dressmaking is a craft that takes so much practice to perfect. You can find a good pattern book that will teach you how to create patterns for dresses, shirts, skirts, and pants” (44%).

But what holds most people back from the fashion world? For some, it’s the dog eat dog industry. But for me, it’s the lack of sewing knack. “If you want to become a successful designer, you have to learn how to use a sewing machine. Most successful designers use expensive and heavy-duty machines. You should learn how to use those” (46%). Some expensive sewing machines make sewing simple (Lewis, 2014). So, if sewing doesn’t seem your gig, save up to save grief.

Perhaps it’s time you tried out fashion design. Your clothing line might go global. And even if you self-study, you’ll still get an edge. After all, many world-renown fashion designers never had a fashion design education (Lewis, 2014).

#### References

Lewis, Thomas. (2014). *The Ultimate Guide to Become a Fashion Designer: How to Be a Successful Fashion Designer*. E-book.



**Brittany Daigle**

**Course Exam**

*AU courses, up close*

### Course Exam

**Brittany Daigle**

MGSC 312 (Statistics for Business and Economics II) is a three-credit, second-level introductory course in statistics, designed as a continuation of MGSC 301 (Statistics for Business and Economics I). Together, these courses provide students with basic concepts and methods of statistical analysis. The course and the textbook are tailored to meet the needs of students in administrative studies. All the application problems are borrowed from business and economics, with many exercises based on real data. Completion of MGSC 301 or MATH 215 is required to register into this course and there is a challenge for credit option if students are interested.

Students should note that MATH 315 (Methods in Applied Statistics) is a precluded course, meaning that MGSC 312 may not be taken for credit if credit has already been obtained for MATH 315.

Statistics for Business and Economics II is made up of eight lessons, with the marks made from two assignments weighing twenty percent each, a midterm examination that weighs thirty percent, and a final examination worth thirty percent. The eight units within this course cover topics such as index numbers, forecasting, simple linear regression, statistical methods for quality control, and more. Completing the two assignments is mandatory and students are strongly encouraged to complete the assignments before writing the exams. If you do not complete an assignment, you will not be able to finish the course until you do so. To receive credit for this course, students must submit both assignments, achieve a minimum grade of fifty percent on each of the two examinations (midterm and final), and achieve a minimum overall grade of a "D" (fifty percent) for the entire course. Both examinations for this course will be written in the traditional pen and paper format.

Ashly Tchir enrolled at Athabasca University in January of 2016 and is currently taking the Bachelor of Commerce in Accounting program. When asked to provide us with a bit of background on herself, she states "I was forced to switch careers due to health issues. I used to be an environmental consultant for five years, where I would carry out remediation site assessments all over Alberta and Saskatchewan. Nine months ago, I started working full-time as an accountant at a small construction company. My new job is awesome, and it makes me excited to finish my degree and get my CPA designation. I'm from Edmonton, Alberta. I grew up just outside of Edmonton. In my spare time I like to be hiking in the mountains, walking my dog, fishing, and spending time with my husband."

When asked to explain MGSC 312 to students, she states "MGSC312 is the second business statistics course. It only covers eight chapters of material and it follows the format of MGSC301 very closely. Students should be aware that this course uses the same textbook as MGSC 301.

As for the structure of the course, Ashly states "The structure of the course is very straight forward. I read the chapters, highlighting as I went, then completed the assigned questions. There are two assignments, both of which are around thirty multiple choice questions. There is

a midterm and a final examination, and both are multiple choice format. The midterm had thirty questions. Reading the chapter was essential to completing the course. The exams follow the assignments very closely. It is best to focus on the questions that are on the assignments when studying for the exams.

Ashly would recommend this course, stating “It was a straightforward course, it was quick, and I found it easy. I found lesson six to be the hardest of them all.”

When asked if she had any tips or tricks on completing the course, she states “Make sure to complete all the assigned questions, as well as the excel questions. Also, make sure that you understand the assignments.”

As for communications with her tutor, she explains that “Communication with my tutor has been good. They respond usually in one business day and the assignments are marked immediately. My exam was marked in a week. The exams are paper, so it took a few days to be mailed. Only complaint is that there was no feedback provided for the exams.”

Whether MGSC 312 is a degree or program requirement of yours, or the topics discussed above are of interest to you, this course will have you learning interesting material surrounding statistics for business and economics.

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



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Horatio Alger Canadian Scholarships

**Sponsored by:** Horatio Alger Association of Canada

**Deadline:** October 25, 2019, 5:00pm EST

**Potential payout:** \$5000

**Eligibility restriction:** Applicants must be Canadian citizens, currently attending high school or CEGEP in Canada, planning to attend university in fall 2020, have a minimum grade average of 65, and be involved in community service. See [full eligibility requirements](#).

**What's required:** An in-depth online application, including personal, school, and financial information, essays and personal statements, and supporting references.

**Tips:** Check out the [FAQs](#) for helpful information about completing the application.

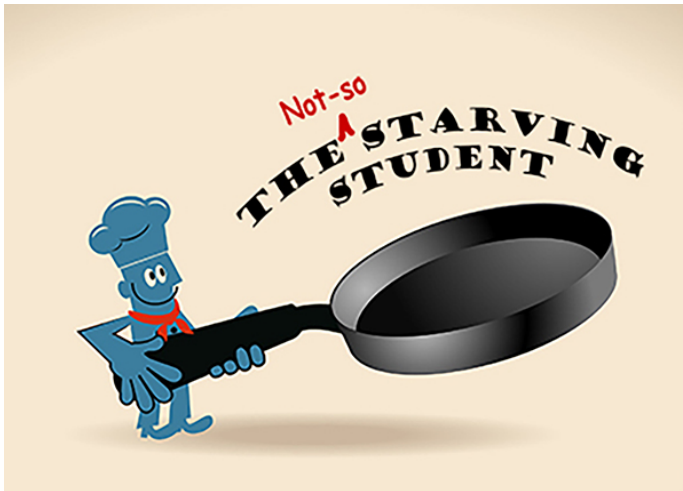
**Where to get info:** [horatioalger.ca/en/scholarships/about-our-scholarships-programs/provincial-programs/](http://horatioalger.ca/en/scholarships/about-our-scholarships-programs/provincial-programs/)





## The Not-So Starving Student Cast Iron Wok Review

**Xin Xu**



As a student living independently, I am always on the lookout for kitchen hacks that improve my cooking and meal preparation experience. Having perfected my stir-fry recipes but not having the right tool to prepare them was a frustrating experience. Using a flat saucepan for my stir fries meant my vegetables never had the proper texture or flavor. Hence, this summer, I decided to invest in a cast-iron wok. Before doing so, I had opted for a cheap, aluminum wok that not only lost color within a few uses, but also failed to enhance the taste of my stir fry. So, if you're like me and wish to make an investment, try using a cast iron wok instead. Not only is it

durable and fun to learn, you'll never have to settle for mediocre Asian recipes.

Functionality: ★★★★★

One of the features I look for in my kitchen tools and appliances is how likely I will be to use it on a day to day basis. I was not disappointed. While you might believe that a wok is only great for those interested in Asian recipes, this multifunctional cookware is actually perfect for preparing sauces, soups and curries. I found that because the heat gathers at the bottom of the rounded wok, I can cook my ingredients quickly and effectively. And a cast iron wok retains heat so well that the food can stay warm for half an hour after the stove has been turned off! The elevated sides of the wok also mean that I can safely move the ingredients around without it spilling over the edges like in a traditional saucepan.



A lacquer glazed cast-iron wok

Cleaning: ★★★★★

For those who might dread cleaning cast iron materials, glazed cast-iron cookware may be an option. Glazed cast-iron is simple to care for and doesn't require complex cleaning processes - one can simply rinse the material off with soapy water. While many unglazed cast-iron woks exist on the market, they can add a layer of complexity both before and after cooking. For more information about how to care for cast iron products, check out [my previous article on cast iron](#).

Cost: ★★☆☆☆

While aluminum or lighter material woks usually range between \$20-30, a cast iron wok may easily be double the price. I purchased my cast iron wok from a discount kitchen appliance store at an outlet mall for \$50, but higher end brands such as Zwilling J.A. Henckels might easily start in the



Perfect for fried rice, stirfries and traditional Asian cooking



hundreds. But depending on how much you enjoy cooking, or if you're a foodie like me, the cast iron wok might be well worth the price.

Overall experience: ★★★★★

One of the downsides of this wok is its overall weight. At times, it can be challenging to move from the stovetop to the sink or for flipping the ingredients while cooking. While carbon steel or aluminum woks might be lighter and easier to operate than the cast-iron version, I personally prefer the cast-iron wok for its enhancement of the ingredients. Overall, the wok is a great piece of equipment that is fun to use and easy to maintain!

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



A non-traditional use of the wok

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

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

#### AthaU Facebook Group

Kayla wonders if she needs to cite her textbook when using one of its formula in her report; responses lean toward citing just to be on the safe side. Jill is curious how long exam marks take for multiple-choice exams; lightning speed seems common. Katy asks how other students have dealt with needy pets during a ProctorU exam; pet presence seems pretty much okay unless your pet is answering the exam questions for you.

Other posts include 3-year versus 4-year degrees, writing exams with ProctorU, transfer credits, and courses ADMN 417, ENGL 255, and HRMT 326.

#### reddit

An interesting question posed about how to connect with other online students without using Facebook; where do you all hang out online?

#### Twitter

@AthabascaU tweets: "Have you met #AthabascaU student Katherine Leblanc? Katherine was named one of Canada's Outstanding Principals. She is taking the Doctor of Education in Distance Education program. To find out more about her check out her article on The Hub. <https://bit.ly/2Q9yFPq>."

@austudentsunion tweets: "Want a chance to win a FREE AU undergraduate course or other great prizes? Pledge to vote in the upcoming federal election! Visit the AUSU website at <http://ausu.org/2019/09/gotv/> for details! #igo2AU #willvote #AthabascaU #CDNpoli."





Dear  
Barb

Barbara Godin

## Non-verbal Communication

*Dear Barb:*

*I have been dating this great girl for six months. The problem is she is very closed and doesn't talk about her feelings. She even has difficulty telling me where she wants to go when we go out. I find her very frustrating. I don't even know where this relationship is going or how she feels about me.*

*On the other hand, she says I don't talk about my feelings, but I don't agree with her. She has told me about some traumatic events when she was a kid, I was wondering if that may have affected her. I'm not sure whether this will eventually change. Even though she is a great girl, I don't know if this is something I can live with. I want to suggest she go for counseling, but I don't know if that's my business or not. What would you suggest? Thanks Brody.*

Hi Brody:

Thanks for your letter. I often receive similar letters to yours, as communication is so important for a healthy relationship. We all have to be able to openly express how we feel to another person, and that person has to be able to accept what we are saying without over reacting, which would just make things worse. The good thing is that we can all learn how to better communicate. We have the ability to get out of our comfort zone and change our ways of relating to others. Many books have been written about effective communication, such as:

"The Five Love Languages" by Gary Chapman. Many counsellors and psychologists specialize in communication problems for couples, either married or not. If you are seriously considering continuing in this relationship a good place to start would be to ask your family doctor for a referral to a counselor who specializes in communication difficulties.

From your letter I would surmise that your girlfriend is feeling very much similar to the way you are feelings, which indicates this is a couple problem. Communication is not just verbal, you also need to have the ability to listen to what the other person is saying verbally and non verbally. While you are waiting to get into couples counselling there are some things you can do to improve communication right away. Ask questions; questions open the door for the other person to express how they feel. Some people find it difficult to initiate conversations. Ask your girlfriend about the things she likes to do and share with her what you like to do. This will generate some common threads thus creating a bond between you. I am confident you can resolve this with some mutual cooperation. As far as traumatic events affecting her ability to communicate, that is possible and should be discussed with the counselor.

Good Luck Brody.

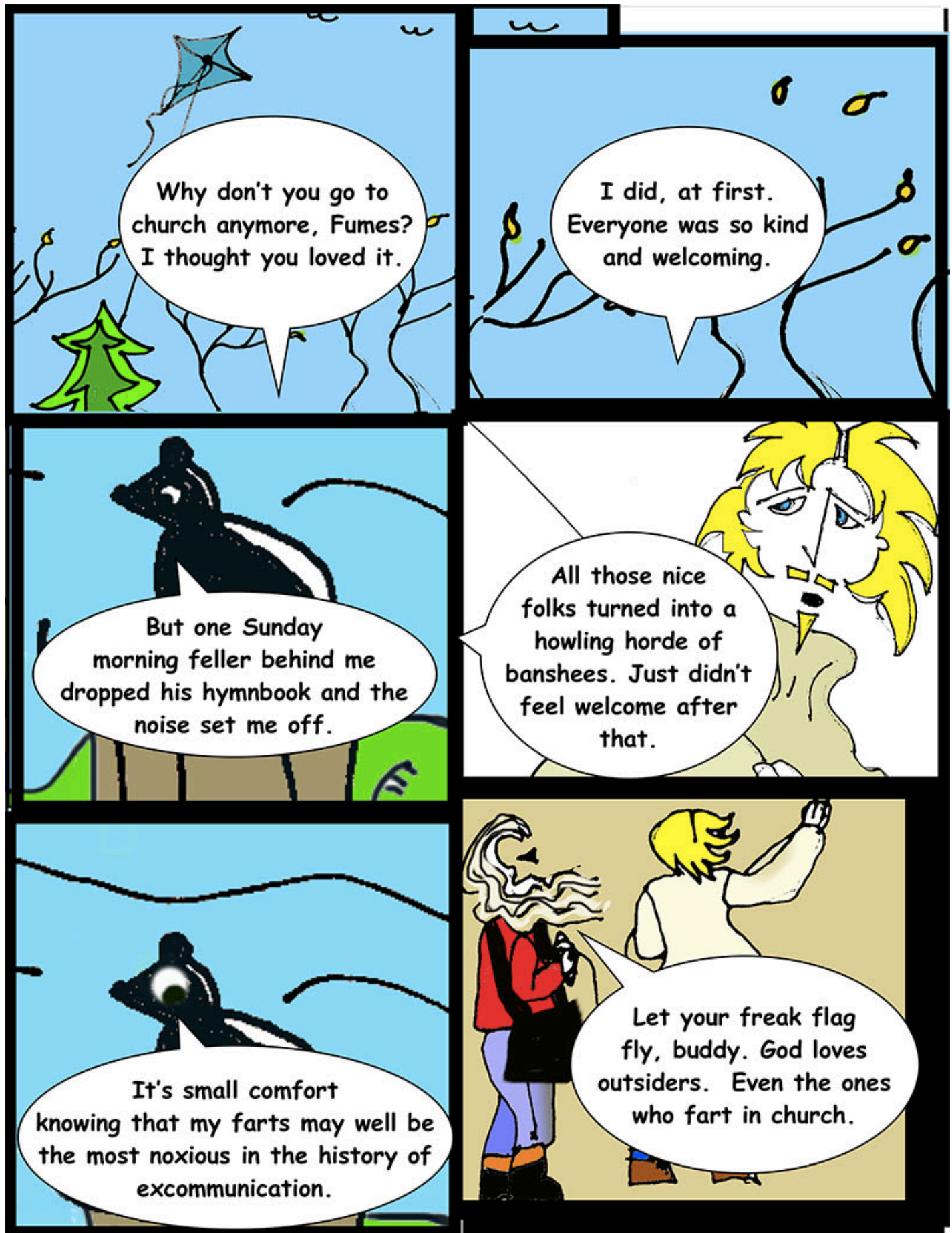
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**Poet Maeve**  
**Sitting in Your Own Pew**

**Wanda Waterman**



The information on this page is provided by the AU Students' Union. The Voice does not create this content. Contact AUSU at [services@ausu.org](mailto:services@ausu.org) with any questions about this article.

## IMPORTANT DATES

- Sep 23 – 29: [Student Social Events](#)
- Sept 30: [Deadline to apply for course extension for Nov](#)
- Oct 10: [Deadline to register in a course starting Nov 1](#)
- Oct 15: [Nov degree requirements deadline](#)
- Oct 17: [AUSU Council Meeting](#)
- Oct 21: [Canada Federal Election](#)

## Pledge your Vote!

The Canada federal election has been called for October 21, 2019. Your vote is important. The more students vote, the more likely that student values will help shape the future of our country.

AUSU has partnered with the Canadian Alliance of Student Associations ([CASA](#)) in a nation-wide [Get out the Vote campaign](#). We need **YOUR PLEDGE TO VOTE** to make sure the voices of Athabasca University students are heard in the upcoming federal election. Add your name to the list of thousands of students that have promised to vote on October 21!

**Pledge to vote at [getoutthevote.ca](http://getoutthevote.ca).**

## Pledge Your Vote Here!

## You would win a FREE AU COURSE!

By [pledging to vote](#), any AUSU member will also be automatically entered to in a draw to win a variety of great prizes from AUSU, including:

- **FREE undergraduate course** at Athabasca University (2 available)
- Amazon Gift Cards (up to \$100 each, 5 available)
- Free Online AU Exam Invigilation through ProctorU (\$40 value, 20 available)

Visit the AUSU website [here](#) for more details.

## Upcoming Student Social Events

[AUSU](#) and [AUGSA](#), the Grad Students' Association, are teaming up for some upcoming **Student Social Events** in Alberta and Saskatchewan!

The events will be a great opportunity to meet up with fellow AU students in your area, get some free swag and snacks, as well as an opportunity to participate in our [Get Out The Vote campaign](#).

### When

### Where

September 23rd  
7-9 pm

The Rec Room  
1180-901 64th Ave NE  
**Calgary, AB**

September 26th  
6-8 pm

The Rec Room  
West Edmonton Mall  
**Edmonton, AB**

September 28th  
2-4 pm

The Underground Cafe  
430 20th St. W.  
**Saskatoon, SK.**

September 29th  
2-4 pm

Cafe Français  
1- 425 Victoria Ave East  
**Regina, SK**

**Help us plan – please RSVP to [ausu@ausu.org](mailto:ausu@ausu.org) (indicate which event) or on our [Facebook Events](#).**





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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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301 Energy Square - 10109 - 106 St NW - Edmonton AB - T5J 3L7  
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