

THE VOICE

MAGAZINE
Vol 25 Issue 10 2017-03-10

Minds We Meet

Interviewing Students Like You!

Not All Who Wander Are Lost

Taking Your Time Might be a Good Thing

Student Lifeline Resources

A Little Extra Help Can Make a Difference

*Plus:
Celluloid Psychology
AU Student Profiles
and much more!*



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***The Voice
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LETTERS TO THE EDITOR



Re: Letters to the Editor

In response to your query, where else are employees such as these able to grow their surly personalities and fat bottoms but in an overpaid government job? For these reasons employees in public service only leave in one of two ways; they are either fired or they die, thereby negating the need for hiring any additional staff due to resignation.

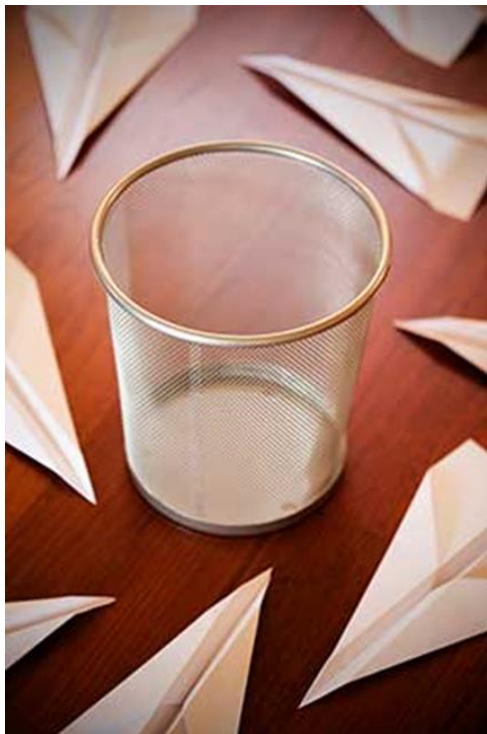
-Matt

AUSU staff are non-profit, not government or university workers. Overpayment isn't generally an issue (I wish!) - Karl

We love to hear from you! Send your questions and comments to voice@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**Karl Low****Bringing it Home**

If you missed attending any of the teleconference sessions for AU's government mandated third-party review, I have to say that you missed out. I took the opportunity to drop in to all three and listen in. Not only was it a good chance to be able to share your thoughts and ideas about what could make Athabasca University better for you, it was also great in a way I didn't expect: hearing the stories of other AU students.

Most students who spoke at the seemed to be graduate or post-graduate students rather than undergrads, but the stories I heard were generally inspirational. Whether it was the student who had a bad experience with a tutor but persevered and found other tutors so much better, or the (various) students who outlined so much that was going on in their lives that would have made it impossible for them to ever get their education from a traditional university. The concern I heard about the idea that AU might end up closing down (to which repeated assurances were given that that is not one of the options on the table) to the outright gratitude for AU's existence enabling people, not just students, but real, breathing people, to advance their lives, was, and I use this word knowing how cheesy it sounds, but nothing else quite fits, inspiring.

I think that's one of the things that the teleconferences reminded me of. It's too easy for me to think of us as "students", because that's the primary aspect we have in common. It's more difficult to remember, despite how often I talk about how diverse the AU student body is, just how individual we all are. Being involved in these teleconferences and hearing those stories brought home that fact. Even just the range of accents I heard at the meetings was telling, from what I think was a significant African accent to an extremely French accent brought home that we're more than students. We're more than a mom with five kids taking nursing, or an Australian teacher furthering their education knowledge, or a new student only a few years out of high school taking their first computer science course. We're vastly individual people, and that presents incredible challenges for this university as well as incredible opportunities if we were to build on all of these experiences coming in.

Of course, just because you missed the chance to participate in the teleconferences doesn't mean you've missed your chance to have your say. Dr. Coates is still taking emails, and as he put it in the teleconferences, much of what he hears is going to be translated, one way or another, to the president of the university and the Minister for Advanced Education in the Alberta government. What's more, the government has made clear that new investment is not off the table, if a reasonable case can be made for it. What is off the table is closing down AU, moving it out of the town of Athabasca, or allowing it to address its shortfall through simple job elimination. With that in mind, if you've got an idea that you think will help AU, or you think there's something wrong with AU that it needs to fix, Dr. Coates wants to hear about it. You can email him at kennethcoates@gmail.com with your concerns and ideas.

Meanwhile, in this issue, we've got a double feature happening again. Pointing out yet again that we're more than just students, this week's Minds We Meet feature interviews a student who may be just a little bit psychic! Our second feature is a look at an issue that I heard at the meetings, the late starter. Many of us at AU started our educations later than what is considered normal. Carla Knipe looks at how that might just be a good thing. And follows it up with a profile of a former student who you already know if you're on the unofficial AU Facebook group.

And of course, we have other news, reviews, interviews, advice, entertainment, and just plain old information that keeps you up to date on what's happening at AU. Enjoy the read!

MINDS WE MEET



Sara Anderson started her degree through AU in 2015. While born and raised in Calgary until the age of 13, she spent her teens living in Washington state and British Columbia, only returning to Calgary after high school. This is not her first experience with post-secondary education, as she graduated from SAIT in 2003 with her Legal Assistant diploma and worked in the industry for almost a decade, along the way meeting and marrying her husband. She left her job to raise her sons, born in 2011 and 2014, and currently lives in High River, AB as she pursues her BA credential with a major in psychology.

What do you do like to do when you're not studying?

Spending time with my family, attending my children's activities, travelling (or dreaming of travelling). I also enjoy a date night with my husband when we can.

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

Former President Obama – I'd love to know what he really thinks of the current administration and the direction the US is going. I'd also be interested to know how he seems to rise above so much negativity directed his way. I loved my experience of living in the US during my teen years and it holds a special place in my heart.

What would the meal be?

Pasta, Caesar salad, bread, and a nice bottle of red wine.

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

Probably my husband, who recently completed his Master's in Education. I have not been in school since 2003 when I graduated from SAIT.

Describe your experience with online learning. What do you like or dislike?

I like the ability to learn at my own pace while still being home with my young kids. I dislike missing out on interacting with instructors and other students.

Have you had a time when you wavered about your education?

Probably just after high school when my mom really pushed me to continue with my education but I had no idea what I wanted to do. I think she was concerned that I would never attend post-secondary if I took time off to travel. I wish I would have travelled more.

What was your most memorable AU course?

I haven't taken many courses yet but so far have enjoyed my PSYC290 class the most as it provided a great overview on theories of development that I found very interesting.

What is most valuable thing in life to you?

Family, and making memories with my kids through experiences together.

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

I don't think I've given up anything. My one regret would be not starting sooner. I feel like I will be in my 40's before I complete my undergrad.

What's the single best thing AU could do to improve your student experience?

I'm not sure at this point. I am taking my courses at a fairly slow, part-time pace while my kids are too young to attend school full-time.

What is the most important lesson in life?

In my life, I'd say maintaining hope even when things seem hopeless. It's been a work in progress at times.

What's something people don't know about you?

I have a strange psychic ability about little things ever since I was quite young. I could predict when my parents would offer to buy us slurpees after picking us up from school (a rare occurrence). I can predict songs that are about to be played on the radio and will often think of a scene from a movie and then turn on the tv and that movie will be playing. It's a fairly useless ability except for the two times I correctly predicted our brand new vehicle would break down on my husband on the way to work.

E-texts or textbooks? Any particular reason(s)?

I am very old school in that I really struggle with e-texts. Something about having a hard copy in my hands just feels better.

How do you find the tutors?

Honestly, it has been hit and miss. The one challenge I've had with all my tutors is it seems they don't do a quick review of materials, including any updates, before responding to my queries. I have found that they are quick to shut down my question with a blanket statement and only review materials when I provide concrete evidence that I believe the work I've done is correct.

Where has life taken you so far? (travels for pleasure, work, etc.)

Travel around Europe (UK, Scotland, Italy, Gran Canaria) in my early 20's, some travel with my husband (Mexico, Cuba, France) pre-kids. Moving quite a few times, living through the Flood of 2013 (we live in High River and were displaced for 5 months). We have 2 boys who keep me busy day-to-day.

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

Dead Mountain – The Untold True Story of the Dyatlov Pass Incident. It explores what happened to a group of hikers who died under crazy, mysterious circumstances in the late 50's. It's pretty fascinating.

Scott Douglas Jacobsen is an AUSU Councillor. He works with various organizations, and runs In-Sight: Independent Interview-Based Journal, and In-Sight Publishing.

Not All Who Wander Are Lost

Carla Knipe



a career, have a great partner and amazing kids, and have life pretty much figured out.

A recent Facebook message sent by someone I went to high school with informed me that a group from our grad class was starting to plan our 30-year reunion. After reading it, I had two reactions. The first one was, "We are just not that old—seriously; weren't the 1980s just ten years ago?" and the second, "I'm really not sure if I should go." Not because I dread seeing my classmates again, but what I dread the most is all the bragging that seems a natural accompaniment to high school reunions. It shouldn't be such a big deal, right? After all, a person gets to the point in life that they are established in

Or do they? I have a husband and son, whom I adore, and live in suburban Calgary. I've held down jobs and volunteered. But, deep down, I feel no further ahead in life than if I were in my early 20s. I am still in university, and the secret that I don't tend to admit in polite company is that I still don't know what I want to be when I grow up. This isn't a mid-life crisis in the traditional sense, because I've had this crisis in confidence for a long time. But during my adulthood, I've had periods of depression/panic/despair that stem from the fear that perhaps I will always be behind the pack, and that I don't measure up how life is *supposed* to be.

However, now that I've reached my mid-life years, I ironically find that I can relax a bit. Being 40-something has come with a sense of wisdom and peace about who I am and being an "adult learner" has been a gift for me in terms of realizing that I am just not done yet—and, in fact, I am only just getting started. Rather than labelling myself as a failure because of what I have not accomplished, I am learning to notice and appreciate what I have attained. I am proud to call myself a late bloomer.

The general definition of a late bloomer is someone reaches certain milestones later than their peers and later than the norms of society. But, although this definition is handy, defining exactly what it entails is a bit more difficult. The usual patterns of graduating high school, entering some form of post-secondary education, finding gainful employment, and settling down to start a family, along with the expectation of what should be accomplished and when, is shifting—for the better. Although there will always be those that accomplish a huge amount while they are young, no longer is a person considered a has-been if they haven't achieved all they wanted to by the time they reach some magic milestone (perhaps the age of 40—or is it even 30?). This may be due to many factors, including that people are living longer and that societal attitudes toward aging are changing. But a shift in mindset within society is also occurring. One that sends the message that people can change and adapt. After all, a lot of people often find themselves in a place that requires them to start over in life, perhaps due to a traumatic event—such as losing a home or business because of financial reasons, or finding themselves coping with a personal loss such as a death or divorce.

And yet, often those who identify with the label of a late bloomer still feel a little ashamed that they are a late starter. They still may wonder if and how they will ever fit in. Resources to help late bloomers thrive are difficult

to seek out and often scant. But late bloomers are resilient; they use their determination to live life on their own terms, instead of those others expect of them, often in a way that non-late bloomers do not.

Michelle Despain used her experiences to create the website [The Late Bloomer Revolution](#) and she has also authored the book *The Late Bloomer's Almanac*. She does not view being a late bloomer as a negative label; rather, she affirms that anyone who dares to live life on their own terms in mid-life and beyond should be celebrated. She calls these people "late bloomer revolutionaries." However she notes that the biggest obstacle in finding one's true potential is negative and defeatist thinking. She urges late bloomers to learn from and honour their past but to not get bogged down in it. Instead, she says, thinking positive and learning to dream again—but also following up those dreams with action—are the way that late bloomers can move forward and find their niche.

Debra Eve is another writer who is encouraging late bloomers through her website, [The Later Bloomer](#). She recognizes that many creative people throughout history do not begin to find success until their later years. She also notes that often late bloomers have experienced some sort of trauma in their early life that they must overcome, but then they use their negative experiences, along with a sense of curiosity and wonder, to create their own goals and definition of success.

Of course, this comes as no surprise for Athabasca University students. Perhaps the alternate name for AU should be Late Bloomer University, because many of its students have overcome all kinds of difficulties to embrace their chance at learning. AU's Office of the Registrar provided the most recent demographic numbers for AU undergraduate student age groups, which breaks down as follows:

Less than age 25 - 47.4%
 25 to 34 - 33.0%
 35 to 44 - 14.1%
 45 to 54 - 4.7%
 55 + - 0.8%

The Registrar's office says that, generally, these numbers do not fluctuate much from year to year and notes that AU has a high percentage of adult learners, far more than traditional universities.

However, the nature of AU's distance learning format, which opens learning opportunities for late bloomers, also has one disadvantage. It is often difficult for late bloomers to contact each other for support. Hopefully, new opportunities will open up for them to do

A Few Famous Late Bloomers

Harlan David Sanders

Colonel Sanders founded the Kentucky Fried Chicken company at age 65, and went on to become a multimillionaire.

Grandma Moses

Anna Mary Robertson Moses was a happy, long-time embroiderer until arthritis made that painful and difficult. Instead of the needles, she took up the paint brush at the age of 75, in 1935.

Kenneth Grahame

Although he had written for publication previously, Grahame's primary career was with the Bank of England. *The Wind in the Willows* marked the true breakthrough in Grahame's writing but it was turned down by almost every publisher it was sent to. Grahame finally found publishing success when he was 49.

Julia Child

Chef, Julia Child, had several careers but didn't learn how to cook until her 40s. She didn't have her television show on public television until her 50s.

Alfred Hitchcock

He had some success as a filmmaker in his early life but he made his most famous films, including *Dial M for Murder*, *Rear Window* and *Psycho*, between the ages of 54 and 61.

Susan Boyle

The story behind her music is more famous than the music she sings. At age 47, this shy and unassuming lady won over both the cynical judges and audience members of the television show *Britain's Got Talent*. Since then, she has released six albums and was nominated for two Grammy Awards™ but still lives in the same house she did before she was famous.

But in the absence of organized meetups for students to get together in person, *The Voice*, as well as AU's and AUSU's Facebook pages, are crucial communication forums for students to reach out to each other. Late bloomers, no matter where they come from and whatever they face in life, need to stand up and be proud of all they have overcome and are on the way to achieving.

As for my high school reunion? Who knows what will happen in the next little while. I just may show up.

Carla might consider herself a late bloomer, but hopefully this label will not apply to her efforts at creating her first garden in her new house this year.

AU Profiles: Redux

The Voice Magazine spoke to one AU student who epitomizes the late bloomer mindset. Many students will recognize JoAnne Formanek Gustafson from the unofficial Athabasca University group page on Facebook, where she volunteers as the group's administrator. Some may remember her from our [AU Profile in 2009](#), and if you ever wondered what became of her, now you'll know.

She wants to tell her story to encourage others. She notes that "I love to tell my story because I think it demonstrates that as adults in different stages of life we can pursue our goals, not only for economic purposes but also for personal fulfillment. I think the latter is frequently overlooked." Here is JoAnne's story in her own words.

"I left high school in grade 10, after having been in the foster care system and then finally going out on my own at age 15, in 1980. I needed to work, so I left school and got a full-time job. For a while I tried to do high school correspondence courses, but that didn't work very well. I managed to get a decent job where I learned my way up to a management position. In 1988, at age 24, I started taking courses from AU with the intention of getting some kind of Business Admin certificate. I took a handful of courses, which tapered off as I got married in 1992 and then had my children in 1994 and 1996. As you can guess, those were busy years! All studying halted after kids, and I started again in 2000 after being laid off from my job.

In 2006 I enrolled in a college diploma program, delivered locally. I completed the Educational Assistant at the top of my class in 2008, at age 43. I'd been considering teaching, and had been looking at a locally delivered [teacher education ATEP program](#) through Queen's University that leads to either a Diploma in Education for candidates without an undergraduate degree or Bachelor of Education for candidates with an undergraduate degree. I started the two-year program in 2009 and completed it in 2011. As a status First Nation person, I could be certified to teach in Ontario with the Diploma in Education, so, in November 2011, I quit my full time, permanent job as an Educational Assistant—that took years to get—to work as an Occasional Teacher, also known as a supply teacher or substitute teacher.

Meanwhile, through all of this I had continued to take undergrad courses from AU, finally settling on the Bachelor of General Studies program around 2008 because it was the program that would give the best in transfer credit for the assortment of other courses I brought into the mix. In 2013, after 25 years, I finally completed the requirements for the Bachelor of General Studies and because of that, was able to apply to have my Queen's degree recognized as a Bachelor of Education.

I also took one year of an Anishinaabemowin Immersion diploma program [which focuses] on the Ojibwe language and culture. That was definitely a personal interest thing, and helped me develop some cultural competence for my own culture.

Based on these academic credentials I was admitted to the Lakehead University Master of Education program. This spring I should be finished my program.

What happens if you don't have your life figured out? Move forward. I tell my kids, now aged 20 and 22, that we're all making it up as we go! Follow through with what you've started, because, even if you don't stick with that field (or work there at all), you'll be giving yourself things to build on.

I've made career shifts for a variety of reasons. I've moved for better offers, because I had to make a move due to an unsatisfactory work environment, because I was laid off, and because I was pursuing something I'd worked and planned toward. In all those situations, I ended up pleased with my personal progress in meeting new challenges and learning new things. I'm finally in a place where I think I belong (teaching) and I have many options to choose from with my work and with my union. I'm Vice President with the Rainy River District Occasional Teachers local of the Elementary Teachers Federation of Ontario. I've participated in opportunities to develop resources and a workshop for other teachers. I do some teaching at the college level as well. The one thing that seems to be eluding me is a full-time teaching job; I get the sense that my age might be a factor in that.

My life has more uncertainty than it once had, but it's much more interesting. I'm doing work I love and, though it's not "permanent", I work as much as I want. In Ontario, Occasional Teachers (OTs) contribute to a pension, so I'm in a good profession where I make a living wage. I'm not sure if this will be the end of my academic career, my uncle and mentor keeps whispering 'PhD' in my ear. But we will see."

From the PSE Newsdesk

What's making the news in Post-Secondary Education.



Equality in Education. In an [International Women's Day...by the numbers](#) post, Statistics Canada offered recent stats on where women stand in education:

- 56.3% of postsecondary enrolments in 2014/2015 were by women
- 57.7% of postsecondary graduates in 2014 were women
- 54.2% of university degree holders aged 25 to 64 (in 2011) were women

While the proportion of women among STEM degree holders aged 25 to 34 (in 2011) was only 39%, the proportion of women degree holders in health and education-related programs was 80%. So women are making deeper inroads into male-dominated fields of study, than men are into women-dominated fields. Way to go, women!

The Social Student

Share Ideas

Marie Well



Want a shocker? Well, I plan on posting my students' presentations on YouTube—with student permissions, of course. Online for the public eye—creating open and transparent knowledge—knowledge educators tend to stuff inside the catacombs (translate: garbage bins) of ivory towers.

As an aside, I'm not an AU instructor; I instruct at a small community college. But I'm an AU student, and thanks to AU (and The Voice), I've moved into a teaching career.

I'm also a risk-taker: I'm teaching at the college what I'm taking at AU. I keep hush my disabilities. And I often fall fifty-feet-bruised, but keep climbing. Why? Because hardship makes success sweeter.

At the other extreme, the effort behind falling fully to failure is bittersweet. Yet, bittersweet squares make for fine chocolate mousses.

Let's return to the ivory tower. A well-loved professor of mine ranted about the ivory tower's inequality. He indoctrinated me. So, my classroom will take on the best of open education

(and open software): the freedom to share, guide, adapt, and build. Why stash and shred when you can share student work?

When I was in graduate school, a supervisor of mine didn't disclose names of articles I needed. Instead of fast-tracking my learning, she sent me on wild chases. Why? Well, in the ivory tower, knowledge is cryptic, elitist—not readily shared. That same professor taught another class I took. She stored stacks of pre-readings in the library reserves, and required her students to cite a one-sentence quote hidden within the piles.

After seven-hours of feeding coins into a photocopier, I finally located the quote. Yet, instead of spending time mastering Foucault, I unjammed photocopiers. And I pitied the students who failed to feed coins for the timeframe of a cross-Canada flight. They got B's.

But, then, the professor did something spectacular. She gave me a template to guide my draft of a SSHRC scholarship application. No secrets. No ivory tower. This template helped me master the art of fundraising. I secured over twenty thousand in scholarship money. Plus, the professor shared templates with even more students. Submission quality spiked, the department boasted success, and, yes, sometimes students ate steak.

We grow when we have models to work from, whether they be papers, people, or presentations. And everyone has something to share. Surely, most gain from a seasoned mentor. And we all love the coaches who make us champs. We should set precedents, whether we're instructors, students—or both.

So, I plan on posting my students' videos on YouTube. We are no longer universities where tethered hands, ripe with paper cuts, climb ladders to scour the annals of philosophy. Info is now instant, social, and open.

But is it better?

In future articles, I will touch on traditional alternatives to social media in education. My 80-some year-old landlord often said, "Times have gotten worse," and my 92-year-old grandmother still says the same. But, neither had Facebook.



Student Lifeline Resources

Barbara Lehtiniemi



The Student Lifeline program has more than just general mental health and wellness advice. AU students will find plenty of resources to help them in their studies too.

AUSU and AUGSA provide the Student Lifeline program free for all AU students. Students can access the program from anywhere, twenty-four hours a day. In addition to online resources to help students cope with wellness issues, the Student Lifeline offers counselling services and community referrals. You can read more about general Student Lifeline services in *The Voice Magazine's* article, "[Throwing Students a Lifeline](#)" from September 11, 2015.

Student Lifeline provides many resources of particular interest to students. Here are a few to get you in the study groove:

Student Life Topics. In this category you'll find articles to help you adjust to student life. *Adjusting to College or University: Tips for Students* walks you through the transition to post-secondary education, and helps you adapt to academic life and deal with money issues. *Culture Shock* provides useful advice for those studying in a new environment and links to online resources for those studying abroad. *Quick Tips for Spending Less* lists a number of cost-cutting strategies.

Motivational Podcasts. A variety of podcasts to boost your motivation and productivity can be downloaded or listened to online; some have transcripts available for download, too. The two-part *Get Motivated* podcasts will help you identify your motivation triggers and channel your enthusiasm and ambition to get things done. The *Achieving Your Goals* podcast provides tips on setting and achieving goals. And *Quick Stress Reducers* offers practical mindfulness tips to lower stress.

Toolkits. Toolkits contain a blend of articles, podcasts, and other media grouped under one theme. The *Mindfulness Toolkit* is packed with articles on meditation and relaxation, podcasts on reducing stress and taking purposeful pauses, and guided exercises on mindful eating and standing meditation. The *Change and Resilience*

Toolkit contains articles on developing an optimistic outlook and growing stronger through change, as well as audio recordings on achieving greater happiness, and a podcast on adapting to the changing workplace.

In addition to the above resources, the Student Lifeline program has resources to help deal with family issues, finances, mental health, addiction, relationships, careers, and many more life issues.

Access to the Student Lifeline is free for AU students. Go to Lifeworks.com, and log in with username "AUSU" and password "wellness". Once in, you can set up your own username and password to maintain a profile and add items to your library for later. Tip: click on the Site Map link at the bottom of the Student Lifeline home page to see a full list of services and online resources.

For more information on the Student Lifeline Program, or to download the Student Lifeline Mobile App, visit www.ausu.org/services/lifeline/.

Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Retail as a Career Scholarship

Sponsored by: Retail Council of Canada

Deadline: March 31, 2017

Potential payout: \$1000 to \$5000

Eligibility restriction: Applicants must be pursuing a retail, business, or marketing-related program, be enrolled at a Canadian college or university for Fall 2017, and currently working within the retail industry. See full [eligibility requirements](#).

What's required: A completed online application, an official transcript, a reference letter from your current employer, a 600-800 word essay about retail innovation, and proof of enrolment in a Canadian post-secondary institution.

Tips: Read the [2017 Application Guidelines](#) for information, tips on completing the application and writing the essay, and FAQs.

Where to get info: www.retailcouncil.org/memberservices/retail-education/retail-as-a-career-scholarship-program



In Conversation

With Kimi Shelter of StarBenders

Wanda Waterman



StarBenders is an Atlanta-based electro-rock glam band noted for addictive melodies and youthful angst lyrics. They've just released "Down and Out," a follow-up track to their recent album, *Heavy Petting*. Maestro guitarist and singer Kimi Shelter recently took the time to answer our questions about her background and the band, and gave some clues as to why she may be becoming the latest "it" girl.

Describe your musical background.

My background is equal parts classical and punk. My mother started me on violin in the second grade. She would

drag my older sister and I to the Atlanta Symphony Orchestra every Sunday morning while other kids watched cartoons. In defiance, I sought the opposite of classical music's discipline and rigidity. Enter the electric guitar.

What was the catalyst that made you choose music as a career?

Nothing else locked into place the way music did. The few times when I didn't honor my calling, my world would disintegrate.

What or who in your musical training had the most— and best— influence on you, as a guitarist, a composer, and a human being?

That'd have to be Nico Constantine. He's my producer, teacher, and, most importantly, my truest ally in this world. He's offered me a very enriching place creatively. While welcoming all my ideas he challenges the band and I to push further. With every creation we become more whole.

What part of your life do your songs come from?

There's no part of my life that songs don't come from. I generally sit down and begin channeling, with no expectations as to what will come of it. It allows me to target different parts of my brain without the danger of excluding anything.

What was the most mesmerizing musical experience of your life?

All of the pushing that I do within my own mind has allowed me different levels of consciousness. I have lucid dreams and have felt supernatural beings in the crowd at shows.

I seek openings in the universe.

If you had to give your music a genre, what would you call it?

We call it Glam Noir or ATL Glam. StarBenders have a distinct darkness that's hard to put a finger on. Atlanta is known for its noise and art rock scene, which we've kind of adopted by virtue of geography.

What's the story behind "Down and Out"?

"Down and Out" is an apocalyptic pop song. It's about what people who are tuned in and turned on face in this world. You're being told that everything will be alright while the world is on fire. Being a creature of love has left you exiled and those bent on evil descend upon your heart like vultures. Our freedom is found within dreams.

How easy is it for a woman to break into the music industry— and stay there— these days? What advice do you have for other female musicians?

It isn't easy for anyone, male and female alike. I think that the sooner you try to not have a chip on your shoulder, the stronger you become. You have to see yourself as being a whole entity, with equal parts male and female in your spirit . . . yin and yang.

Do you have any advice for adolescent girls that you wish had been given to you?

There are definitely obstacles girls have to deal with in the world and within the music business. Rock music especially is a boys club. What you focus on grows and I go out of my way not to think about it. My advice is to work hard and rise above.

What conditions do you require in your life in order to go on being creative?

I create an environment that doesn't allow me to doubt myself and question what comes out. If you overthink your art before it has a chance to grow, you're dead in the water.

What do you feed your muse?

I'm an empath, so I have to avoid violent movies and negative places. I gravitate toward things that don't seem to sway me in any direction. Staying physically strong helps me a lot. I do yoga every day.

My bandmates inspire me big time. Kriss is one of the greatest guitarists I've ever heard and his love affair with music is inspirational. Aaron is an incredible guitarist as well. He's brought a very melodic, supportive, and unique current to the bass lines of our songs. Katie has swagger for days and a passionate approach to the drums that makes me want to wreck a room! I love the way she plays!

As artists do you feel any desire to straighten out the world a little with the art you make?

Like any relationship, you should never be under the impression that you can change someone. All we hope to do is offer a light that the audience can feed on and carry within themselves.

If you had an artistic mission statement, what would it be?

We're with you.

Tell us about your current and upcoming projects.

We'll be putting out singles every 6-12 weeks and be on tour this summer.

Do you have anything else to add?

My favorite animal is a cat.

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

Celluloid Psychology

50 Shades Darker

Melanie Fuller-Brudersas



50 Shades of—Not What I Expected!

50 Shades Darker is the sequel to the first film in the series, *50 Shades of Grey*. Not much has changed from the previous film; Christian (Jamie Dornan) remains a billionaire with lots of money and Anastasia (Dakota Johnson) is working for a publishing firm after quitting her position at Mr. Grey's office. After a hiatus in their relationship, he corners her at an art show, where he pressures her to have dinner with him.

Before I continue with the analysis and in-depth discussion of the film, I will mention the tone I gathered from others; "ug, poor story, poor movie, not worth

watching an abusive relationship be glamorized" (Roney, 2015). This tone is consistent with readings of other articles from journalists reviewing the film. These criticisms confuse me, as the book series is so popular. Why are people complaining about the film's story line? The film and the book have the same story line, so what is causing them to be disappointed? What were people expecting to be different?

I'm writing through the lens of a student studying high conflict divorce and healthy relationships in psychology. It may differ from the previous *Voice Magazine* article, "[50 Shades of Ugh](#)". For example, that article notes how "Someone who participates in the BDSM lifestyle discusses the misrepresentation of that lifestyle, which is based around consent. This book series, and now movie, are glorifying—even romanticizing—emotional and sexual abuse. The message this 'story' sends is disturbing at best."

From viewing the film and reading some of the *50 Shades* series, I question whether this is truly the message this story sends. Does it really *glorify* and embolden abusive relationships? Or is the story being taken too literally? I argue that there is no glamour here, only tragic, dark, and shady illusions. That is, this story intentionally cautions the hazards of falling for the shiny and glossy image of the desirable, dominant man. He embodies all qualities which AU psychologists, Sandra Collins and Nancy Arthur, claim to fit as the desirable, dominant stereotype; white, heterosexual, Christian, Anglo-saxon, able-bodied, attractive, male, high socio-economic status, and so on (Collins & Arthur, 2010). Christian Grey's male-dominant behaviour is familiar within our social conscience as men of his privilege are historically allowed several invasive dating privileges. How is this still an issue with the waves of feminism today and so much of what has been accomplished? The answer is that we are prone to internalizing oppressive, dominant aspects of the western culture. In other words, oppressive ideals and propaganda are passed down from past generations and become internalised by future generations. Thus, the idea of sexism is not absent or far from our conscience. We do not need to go far to find an article on these issues in current society.

I argue that this film challenges our latent internalizations of these past ideals and the confusing dating paradigm we face with dating and hook-up sites like Tinder, Plenty of Fish, OkCupid and so on. Let's take a moment to consider how these dating websites work. A person has a profile on display that they leave for others to view and decide whether or not that person is enticed to make a connection. You swipe right if you are interested in that person based on their appearance, hobbies, relationship goals, or interests, but if you're not, you just swipe left and they're gone. The problem with this anonymous profiling method is the meeting experience is artificial and depersonalised. That is, we seek out people based on an image of what they portray themselves to be online; we already have this illusive ideal of the person before we actually meet them of who they are. This is poignant to the story behind the 50 Shades series because the relationship between Mr. Grey and Anastasia is based on ideal and plays on that false, or, artificial concept of an ideal romance. We could just say the story of 50 Shades depicts an abusive relationship and move on, or we can explore the purpose behind why artists presented such an obscene story line about this torrid relationship.

Artists are thinkers who engage in conversations with the world through portrayal of the concepts they create. The way the story is set out, portrayed, and delivered is deliberate and intentional, and, like any fairy tale, legend, or myth, has some message or call to its purpose.

Viewing the 50 Shades series (in film or book form) makes more sense when acknowledging it as a non-literal story. For example, we read stories like Alice in Wonderland to our children as fantasy, and this fulfills the purpose of delivering its intended message to our own realities. Conversely, if we magnify what we dislike, we can lose the message behind the story. It's simple to get distracted over how Alice can change sizes, or that she ran away down a rabbit hole. But this would block us from discovering the magic and meaning behind the overall symbolic message of the story: Alice fell and got lost in the maze of her own internal world. To climb out of her rabbit hole, she had to make it through her confusing internal mazes, conquer the beast inside, and find the courage to get back into the world. Moral of the story? She overcame her challenges and found the courage to face herself. Did she change sizes and climb down a rabbit hole? Sure, but that wasn't the focus of the message behind the

AU-thentic Events

Upcoming AU Related Events

LinkedIn Tips & Training Workshop

Tuesday, March 14, 10:00 to 11:00 am MDT
Online

Hosted by AU's Faculty of Business

business.athabasca.ca/event-details/linkedin-tips-training-workshop/

register online at above address

AU Open House Info Session - Edmonton

Tuesday, March 14, 12:00 to 1:00 pm MDT

Commonwealth Rec Centre, 11000 Stadium Rd NW,
Room 205, Edmonton AB

In-person

Hosted by AU

athabasca.ca/discover/open-house/

register online at above address

2nd session: Tuesday, March 14, 5:00 to 6:00 pm MDT

AUSU Council Meeting

Tuesday, March 14, 5:30 to 7:30pm MDT

Telephone and online

Hosted by AU's Students' Union

www.ausu.org/event/march-council-meeting/

e-mail admin@ausu.org for meeting package

Executive MBA Info Session

Wednesday, March 15, 10:00 to 11:00 am MDT

Online

Hosted by AU's Faculty of Business

business.athabasca.ca/event-details/executive-mba-information-session-10am-mst-3/

register online at above address

2nd session: Wednesday, March 15, 6:00 to 7:00 pm MDT

business.athabasca.ca/event-details/executive-mba-information-session-6pm-mst-4/

Conducting a Literature Review

Wednesday, March 15, 1:30 to 2:30 pm MDT

Online

Hosted by AU's Faculty of Graduate Studies

fgs.athabasca.ca/news/presentations/

e-mail fgseducation@athabasca.ca to register

Looking ahead...

Welcome to CFL Week from AU - Regina

Thursday, March 23, 11:30 am to 1:30 pm CDT

Crave Kitchen + Wine Bar, 1925 Victoria Ave, Regina SK

In-person; limited space

Hosted by AU Recruitment Team

www.eventbrite.ca/e/cfl-week-athabasca-university-lunch-reception-tickets-32196089370

register online at above address

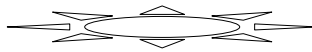
story; this was just a vehicle used to convey a message or point. Abuse is an aspect of 50 Shades, however it is not the main message behind the story.

Next week, Celluloid Psychology will tie things up with the second part, where we remove the blindfold to explore the psychology behind the main message of 50 Shades Darker.

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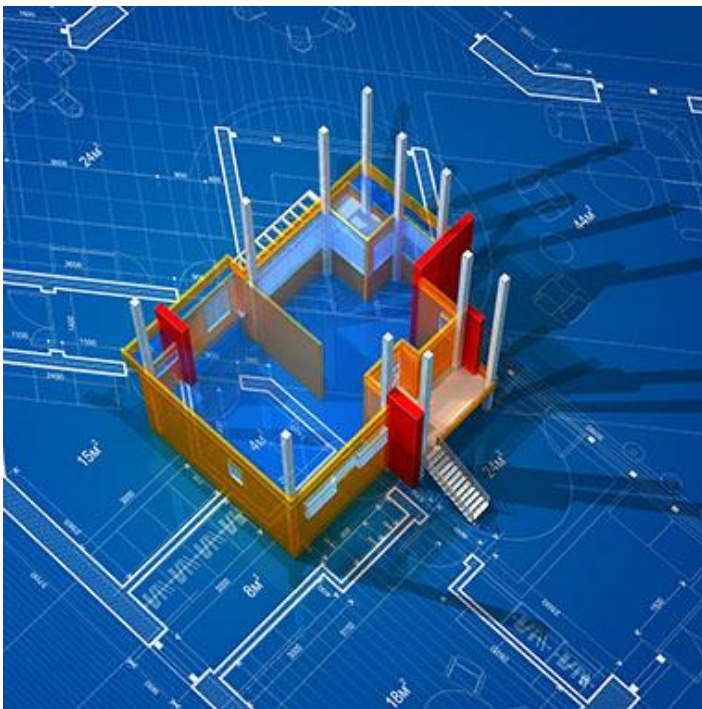
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Melanie is a second-year Masters student studying Counselling Psychology at AU. She is fascinated by pop culture and uses a critical lens of examining its meaning in the context of modern psychology.



New Spaces

Deanna Roney



Sometimes you need a change of scenery, even if you protested that change several times in the past. I had set my office up in a small spare bedroom, it was cozy, quaint (tiny), and it worked for me. It was my space and I could hide away in there for hours working. My husband had suggested several times that I move into the larger back room –it was tempting, but it would mean sharing. I like to have my peace while I work, though time proved that my cozy office wasn't so quiet. My husband disliked the back room and relocated his office to the kitchen table. Which meant whether he was working or relaxing with the TV on all the sound tunneled into my office.

I finally gave in. I moved my office into the back room and moved some of his gear into the cozy office. At the moment, while I sit in the disaster of my new office because I haven't had the time to finish

organizing, I wonder how it's all going to come together. There is more room for my dogs to relax and lay with me here—and maybe I could even fit a reading chair or couch.

It was tough to give up my space though, even when my new space came with many perks: better light, more space, quieter. There was something about my cozy office that meant nothing else could get thrown in. It was for creative work only (bookkeeping stayed in the back) and now I am sharing my creative workspace with my not-so-creative-work space.

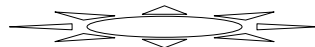
Maybe we all get a bit too stubborn for our own good. And though my legs were sore from doing hours of squats while moving my library of books, I now think this move is for the best. It is a space where I have room to breathe, I have lots of natural light coming in the large windows, and a view of more than just my dogs staring at me through the window—whining until I let them in. From these windows, I can see the mountains, the trees, and not just the neighbours fence and our shop.

Having a fresh space can do wonders for rejuvenating work, for refreshing our eyes, and inspiring new ideas. Sometimes just changing the existing space is enough to reignite some of the passion. After I finished my undergraduate degree I revamped my cozy office. I took the large desk that collected clutter (aka "research") and replaced it with something much smaller. I reorganized my shelves and put my desk in the middle of the room. This small change made me feel like I was starting a new chapter, my old set up was the student set up and now I could set up for the creative work—a small desk means less clutter.

Even if you only have a small corner of the room to work in, to call your own, it is important to make that space productive for you. To not be afraid to change it up over the months when it stops working. Having a space that feels comfortable and where you can focus is important. Having things surrounding you that inspire you—or if you prefer minimalism, having blank space—then that's what you should have. I have found that doing these changes, keeping things fresh, and keeping the room comfortable, triggers something: walking into that space my mind clicks over to the desired task and everything flows much easier. It is like having a playlist for working, as soon as the first song starts, your mind engages and focuses on the task at hand.

So, even though my current office looks like a storm ripped through it, it will, with time, become my space. And until then, I am relishing in the quiet, the light, and the new space for me to work, where the dogs can come and say hi without knocking my desk and sending drinks teetering dangerously close to my computer.

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



The Creative Spark! Breakthroughs

Marie Well



Are you passionate about your talents? And do you specialize or do-it-all? Well, if you specialize, then you should also explore widely; if you do-it-all, then find common ground. Either way, you up your expertise—and you find focus.

But what if you have no talent? Then read books. Read until you discover your passions. Once you find your passions, weave them into every new experience, insight, feeling, or event. I guarantee, do this and you'll fast-track to peak performance.

I once saw a math student draw complex geometric shapes on the board. And his professor had geometric shapes hung from his office ceiling. They dreamed 24-gons—polygons with angles summing to 3960 degrees. They obsessed over

shapes. But philosophy says perfect triangles don't exist in nature. And design turns perfect triangles into dinosaurs. And guitar builders glue slightly asymmetrical interior patterns for better sound.

With that in mind, the meaning behind shapes shift. So, to shift specialties into breakthroughs, explore beyond your scope. Judith Weston, author of *The Film Director's Intuition* inspires with acting tips (in bold below). I add my take in what follows.

Think out loud in front of others. Before you read out loud first drafts, think out loud. Spill your thoughts to an audience. If no-one lends an ear, record yourself on a smartphone. Buy a smart-phone lavalier microphone, clip the mic to your lapel, and chat away.

Expand your worldview—read lots. Zeroing in on specialties has upsides. But, tunnel vision drops to dead-ends. For example, well-read copywriters get edgy. Their inspirations come from philosophy, mythology, feminism—you name it. Look at the success of Dove's feminism. So, read.

See the film industry as a means to master the craft—not to make millions. Similarly, view your education as the path to mastery, not money. Enjoy the learning journey more than the payoff. But do map your education to a doable career.

Script analysis will pop ideas in your head. Try them out. Learn by trial and error—not memorization. View each article you read as ideas to thread together. Then try on that loin cloth. Is it snug? Loose? Comfy but not stylish? Keep weaving ideas until the fit is fab.

You learn the most from the scariest tasks. So, tackle what tickles but torments you. Do you delight yet terrorize over tearing apart a motor and inventing gadgets from its parts? And your husband doesn't understand your fetish? Then do it! You'll learn lots.

Figure out why an idea puzzles you. Pretend you are the idea's author; add your personality into the puzzle. Let's say you don't understand how a philosopher could view the brain and consciousness as two separate interrelated entities. Do a thought experiment: pretend you are a neurosurgeon. Imagine you revive a clinically brain-dead patient. What if, newly awakened, your patient bursts into chatter about "another realm" of "infinite love" from a "higher being"? How would you respond? Where do you stand on the topic of consciousness? Add your personality to the puzzle.

Narrow your focus onto one obsession—or a few. Discover your passions by reading widely. Recently, I read about the philosophy of mind—a new topic—and I felt enamored. But narrow your obsessions—specialize.

But it seems I contradict myself. Yes, earlier I said to explore many different topics. Continue to do so, but with your obsession central to your synthesis.

Don't reject your ideas. Test them. Make them simpler. Don't spend your life in a fog. When a trivial thought occurs to you, don't dismiss it; dwell on it. Trivial thoughts—the kind you rarely explore—can lead to breakthroughs.

Questioning leads to confidence. So, don't ignore hunches; simplify them. Synthesize them. And, hopefully, you come to a positive conclusion. A paradox? I call it a creative spark!

Canadian Education News

Scott Jacobsen



Canadian Foundation Donates \$12 Million to Indigenous Education

According to the [Globe and Mail](#), the Slight Family Foundation committed money to 15 non-profit organizations over the next five years. Those non-profits engaged with "First Nations, Inuit and Métis," especially related to cultural activities, education, health, and the prevention of violence against Indigenous women.

The Slight Family Foundation was formed by former media executive Allan Slight in 2008. The "gift" is "one of the largest of its kind ever directed at the Indigenous communities in this country."

Gary Slight, Allan Slight's son, is the president and chief executive of the Slight Family Foundation. He said, "What better year to be doing this, given all the issues facing our country, and the people in our country, and the new focus from the [federal] government?"

Syrian Women Come to Canada for Education

[CBC News in Toronto](#) stated that Syrian women are coming to Canada to continue their education. The continuing conflict in Syria prevented some women from the continuance of their educations. Canada was the answer to the dilemma.

For example, five women who landed at Pearson International Airport on Thursday will begin their new education journey in Canada. They will study English at the International Language Academy of Canada (ILAC).

Communications manager for ILAC, Nelson Tome, said, "These were very promising women in their own fields. They had to stop their studies because of the conflict. We're giving them the opportunity to continue their education."

Women "Slipping Down" Canadian University Career Ladders

[Times Higher Education](#) reported that "while recruitment of new deans at Canadian universities largely reflects the overall gender balance of its academic sector, a University of Toronto researcher has found that women were far less likely to be reappointed once their five-year office had concluded."

In an analysis of about 300 announcements of appoint and reappointment from *University Affairs* between 2011-2016, a PhD student at the Ontario Institute for Studies in Education, Eric Lavigne, it was found that 42% of dean appointments were women and 58% were men.

Furthermore, 29% of the reappointments were women and 71% were men. Lavigne is a former associate dean at the University of Toronto, too. Women have a higher attrition or dropout rate than men as well. Women may not "see the point" in continuing middle management roles.

Scott Douglas Jacobsen is an AUSU Councillor. He works with various organizations, and runs In-Sight: Independent Interview-Based Journal, and In-Sight Publishing.

Women of Interest

Allie Vibert Douglas was born December 15, 1894, in Montreal, Quebec and died July 2, 1988, in Kingston, Ontario. She was an astronomer and the first Canadian woman to become an astrophysicist. Douglas began her education at McGill University, but, with the outbreak of WWI, she moved to England with her brother where she worked in the War Office as a statistician. She returned to Montreal to continue her education at McGill where she was the first person to earn a PhD in astrophysics from a Quebec university. As well, she was the first woman in North America to reach this level of achievement. Douglas became the Dean of Women at Queens University. In 1967, she served as an officer of the Order of Canada and, in that same year, the National Council of Jewish Women named Douglas one of ten "Women of the Century." She died in 1988 and soon after her death, asteroid 3269 was named Vibert Douglas in her honor. In addition, in 2003 a crater on the planet Venus was named after Douglas.

Further information about this remarkable woman can be found at the following websites:

https://en.wikipedia.org/wiki/Vibert_Douglas

<http://www.queensu.ca/gazette/alumniereview/stories/allie-vibert-douglas>

<http://www.rickchiarelli.com/trailblazing-women-initiative.html>

<http://www.thecanadianencyclopedia.ca/en/article/alice-vibert-douglas/>

Student Sizzle AU's Hot Social Media Topics

Following what's hot around AU's social media sites.

AthaU Facebook Group

Oksana posts an invitation for submissions to AU Equity Committee's second annual equity event. Stephanie offers her MATH 215 textbook for sale. JoAnne posts APA style blog info on the use of the singular "they". Lesley seeks feedback on the Learning Disabilities course.

Other posts include AUGSA elections, APA guidelines for images, and Human Services degrees.

Twitter

@AthabascaU tweets: "Using [#Firefox](#) as your browser? Know the latest update could impact access to certain websites <https://t.co/UHvvTWrAS8>."

@AthabascaUSU (AUSU) tweets: "Want to know if there are any career fairs in your area? AUSU has links to job fairs across Canada on our website! <http://bit.ly/1HhSARn>."

@AthabascaUBiz tweets: "Read how Stefanie Ruel, current [#AthaUBiz](#) DBA student, is utilizing her career to propel her future: <https://goo.gl/ZHZE9j>."

Youtube

Missed the start of AU's MOOC March 6? Here's the opening video, [Welcome to Learning to Learn Online](#).





First Step to Success

I doubt anyone other than Zen Buddhists get through life without peeking into the lives of those around them. If we're a wee bit enlightened, we make our observations with the detached curiosity of a scientist rather than the wild-eyed envy of a maniac.

Hell yeah, they're younger, thinner, richer, or smarter than we are. They've traveled more; volunteered more, set the world on fire more than we have through our puny and inconsistent attempts.

Or at least that's how it looks from here.

If we actually know these people, we also know some of the backstory not always visible to others. The bankruptcy, the chemo treatments, the estranged kids, the career setback.

For those we don't know, memoir is the best way to get into their stories. Right now, I'm in the thick of *All Over the Map* by travel writer Laura Fraser. It's part travelogue, part culinary journey. It covers a seven-year period in the life of a childless divorcee who wonders if she'll ever find enduring love. A woman who wonders how she can reconcile who, at her depth, she really is, with what she truly wants and why it keeps eluding her. Who can't identify with that quandary?

Recently, I've read others: Maya Angelou's classic, *I Know Why the Caged Bird Sings*; one of Natalie Goldberg's memoirs, *The Great Failure*; the cruelly sad *Fiction Ruined My Family* by Jeanne Darst; bestselling author, Jennifer Weiner's, *Hungry Heart*; and a couple of Lisa Scottoloni's joint efforts with her daughter. In each case, I've been amused and distressed, heartened and motivated by the human story revealed by these brave souls. They've managed to see and share the best and worst of their experiences. They did it at personal risk of humiliation or judgment, and anger from the companions on their journey. They did it without lying (remember James Frey's *A Million Little Pieces*?).

Many of the other books I favour are a hybrid of self-help and memoir. Shonda Rhimes' *Year of Yes* is compelling and instructive. As is Randy Pausch's famous *The Last Lecture*; Mallika Chopra's *Living with Intent—My Somewhat Messy Journey to Purpose, Peace and Joy*; *The Art of Stillness* by Pico Iyer; or most of

Sarah Ban Breathnach's books starting with *Simple Abundance* up to and including, *Peace and Prosperity*. These authors and countless others have parlayed difficult life experiences into how-to guides offering us escape from a similar fate if we listen and learn.

There's the rub. Learning how to 'fix' our own lives is hard work and frustratingly elusive in how long change lasts. That's because it's always easier to see someone else's missteps and blunders than our own self-destructive moves. Sometimes, we're born into crazy, dysfunctional families. Sometimes, we're slow learners. Sometimes, we miss the forest for the trees.

But I'm not giving up memoirs any time soon because great stories well told are a gift and self-awareness is the first step to success, from where I sit.

Hazel Anaka's first novel is *Lucky Dog*. Visit her [website](#) for more information or follow her on Twitter @anakawrites.



Do the Doo

Dear Barb:

Last weekend the weather was beautiful so my husband and I went out for a walk. Unfortunately, we had a few incidents with dog poop! We were walking down the sidewalk and right in the middle of the sidewalk was a huge pile of dog poop. We actually had to walk around it. It's not like the owner wouldn't have noticed their dog depositing that pile. Unbelievable! So we continued walking through the park and along comes an older man driving a scooter and walking two little dogs, maybe poodle crosses. As we approached we noticed one dog hunching over and obviously ready to poop. The man, who was extremely overweight and smoking a cigarette, started pulling something out of his pocket. I had a feeling he was doing this for our sake and I was right. As we walked past I turned around a few times and he just continued on his journey, without picking up the poop. Don't people realize young kids play in the parks and could easily come in contact with animal feces and ultimately become very sick. I feel if this man was not able to get off his scooter to pick up his dog's poop, then he shouldn't be walking his dog. He should hire a dog walker. As far as the dog poop in the middle of the sidewalk, come on people, pick it up. When I mentioned these incidents to a friend of mine she came up with all kinds of scenarios, like maybe the man on the scooter couldn't afford a dog walker, and that I was not being sensitive to his disability. I don't feel I am being insensitive, I think I am being realistic.

It is the owner's responsibility to pick up after their dog, that is part of owning a dog. What is your opinion on this issue? Thanks Jill.

Hi Jill:

You outline some situations that we have all experienced at one time or another. People don't pick up their dog's poop for a variety of reasons, which, fortunately, all have solutions. For example, the man on the scooter may have a hard time getting up and bending over to pick up after his dogs, but there is a solution. The GoGo Stik is an invention where you can attach any size plastic bag and pick up your dog's poop without having to get off the scooter. Another reason people do not pick up their dog's droppings is because they are on a run and don't want to carry the bag. A quick solution to this problem is a Turdle Bag, which is a plastic bag that attaches to your dog's leash. I agree with you that it is the owner's responsibility to pick up after their dogs. Most provinces have bylaws requiring people to clean such materials. For example, in Toronto there is a municipal bylaw which requires individuals to pick up after their pets or risk a \$255 fine. Unfortunately, this by-law is very difficult to enforce as you need to catch the perpetrator in the act. I don't think you are being inconsiderate, but rather the individuals leaving their dogs feces for others to step in, or children to play near, are being inconsiderate. Thanks for bringing up this excellent topic.

Follow Barb on twitter @BarbGod

Email your questions to 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.

So. There was more to the doppelgänger cure than just the advancement of psychotherapy.



Our leaders have to remain wise and compassionate after they achieve power. If not our revolution will be as pointless as any other.



You think my sessions with Dr. Reuben have made me permanently wise and compassionate?



My doppelgänger cure helped you experience an inner revolution.

Yes.



According to Karen Horney one can only cure a neurosis by removing the conditions that keep it alive. I decided to apply the same principle to tyranny and terrorism.



What conditions keep tyranny and terrorism alive?



Just one condition. Fear. Fear of poverty. Fear of differences. Fear of the wrath of God. Fear of losing what you love. You name it. Our leaders must be convinced that we're all fundamentally safe.

Agreed. And speaking of fear of losing what you love—



Don't worry. We've hidden Alan in the secret tunnels your maps helped us find. Thanks, by the way.





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IMPORTANT DATES

- **Mar 10:** [Deadline to register in a course starting Apr 1](#)
- **Mar 14:** [AUSU Council Meeting](#)
- **Mar 15:** [April degree requirements deadline](#)
- **Mar 31:** [Deadline to apply for course extension for May](#)
- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 11:** [AUSU Council Meeting](#)
- **Apr 28:** [Deadline to apply for course extension for June](#)

Planning for the Future

Are you looking ahead, wondering where you might be two years from now, five years from now, or even 10 years into the future? Maybe you're considering a major life change or facing a tough challenge, and you could use some guidance and strategies to help you succeed.

If you'd like to get better organized, boost your productivity, and set realistic goals for your family's future then stay the course, the **Student LifeLine** can help.

Contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)**, to connect with a caring consultant for action-planning support and helpful advice, or to book short-term counselling sessions with professional therapists.

This is a FREE service for all AUSU members!

You can also log in to www.lifeworks.com (username: AUSU, password: wellness) to access a wealth of helpful articles and resources, including:

- Self-assessments, [What's Your Communication Style?](#) and [How Resilient Are You?](#)
- Online toolkits: [Becoming You: Finding Your Path in Your 20s and 30s](#) or [Change and Resilience](#)
- Articles: [Friends, Relationships, and Building a Community](#); [Getting Organized](#); [Getting Past Obstacles to Personal Change](#); [Learning to Be More Assertive](#); [Growing as a Couple in Midlife](#).
- eBook, [Bouncing Back](#) which can help you adopt a positive attitude and develop coping skills that will see you through life's ups and downs.

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AUSU
 ATHABASCA UNIVERSITY STUDENTS' UNION

2017 Executive Election

AUSU just conducted its annual Executive Election, in accordance with [AUSU Policy 3.02: Election of Executive Officers](#). The elected council elects the three executive positions from amongst themselves. The election results are as follows:

- President:** Shawna Wasylyshyn
- VP External and Student Affairs:** Julian Teterenko
- VP Finance and Administration:** Scott Jacobsen

Check out [AUSU Policy 2.03: Officers Job Descriptions](#) to find out more about the executive positions.

Congratulations to the elected executives!

CLASSIFIEDS

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

THE VOICE

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