

THE VOICE

MAGAZINE

Vol 25 Issue 18 2017-05-05

The Countdown Begins

Twelve Months to Go

Students of the World, Relax!

Stepping Out to Step Up

Lupus as a Student

Part II: Stress Strategies

Plus:

*Beyond the Numbers
The Creative Spark!
and much more!*



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LETTERS TO THE EDITOR



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

Beyond the Numbers

Karl Low



AUSU has put out their latest services survey. If you haven't already answered it and you enjoy *The Voice Magazine*, then you should really take a few moments to fill it out. You could not only win some gift certificates to a store of your choosing (which seems odd, why not just send cash?) but you'll help Council determine what services are worth the money they spend. *The Voice Magazine* is always in an interesting position for these things. We are the largest single item in the AUSU budget. It costs us close to \$75,000/yr to bring you weekly articles keeping you up to date with what's going on at AU and AUSU, as well as giving you a sort of connection to the thoughts and ideas of other students. But when you cost that much, naturally they want to see some results.

I always argue that *The Voice Magazine's* worth can't be boiled down to simply the number of readers, though that's obviously a key metric, and I've been hammering on that theme for long enough now that I'm confident that most of this Council understands that.

If nothing else, just by existing and reporting on Council activities, we act to ensure Councillors remember they are being watched by the students. And while AUSU Council watches AU for the students, so do we. But where AUSU Councillors may have to bite their tongues a little bit as they try to be politic and win concessions for the students, we don't have to. Both of these reasons are why it's important to have not just some sort of student media, but independent student media, regardless of the actual readership. Just the knowledge that they're being watched, written about, and, if something controversial happens, could find stories being quickly shared and spread, can serve as a type of support to avoid doing anything that might be questionable.

Also, I like to keep in mind that almost half of that money ends up being turned around and sent right back out to the student writers of *The Voice Magazine*. And that some of those writers take the experience they gain here and use that to push themselves forward in writing as a profession. There are lots of good reasons, in my mind, to support *The Voice Magazine* beyond the simple readership. That said, numbers are easy to understand and compare and it can be hard to argue against them. So help make it easier for AUSU Council to understand the value of *The Voice Magazine* by giving them the numbers that make the case, and fill out the survey.

And since we're talking about numbers, if you haven't already, consider subscribing to our Facebook page. You'll get little previews of what's coming up each week, a reminder when the new issue is out, and if you're interested in writing for *The Voice Magazine*, but don't know what to write, the Facebook page is typically where I put out notices looking for people to write specific types of articles. You could be one of those students we pay.

After you're done all that, come on back and start with our feature article, as Barb Lehtiniemi looks ahead to the home stretch of her degree. We've also got a lot of inspirational articles this week, as a bit of a change from the emotionally heavy articles of last week, plus, of course, news, reviews, interviews, events, and just things to make you think. Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is stylized and cursive, with a long, sweeping underline that extends to the right.

The Countdown Begins

Barbara Lehtiniemi



Twelve months to go.

This week, I began the final year of my AU journey. I enrolled in my fourth-last AU course, ENGL 341 *World Literature*, which joins two courses already in progress. ENGL 341 is a 6-credit course and it will accompany me on the final year toward an AU Bachelor of General Studies degree.

I began my AU journey almost five years ago. In November 2012 I enrolled in my first course, PHIL 252 *Critical Thinking*. My intention from the beginning was to pursue a degree, but the realization of that goal seemed far off in the hazy future. I had no firm timeline nor deadline.

For the next few years I seldom looked beyond the next course or two. I took only one or two courses at a time so I could devote myself wholly to each, extracting every drop of information out of the materials. Transfer credits gave me a welcome boost toward my degree requirements, but there were still many more credits to earn. The journey's end was always over the horizon, beyond my view.

Now the end is hurtling toward me in an unanticipated rush. One of my other time-eating commitments evaporated unexpectedly last autumn. This sudden opening up of available time presented me with the opportunity to take on more AU courses. Instead of wading through my AU courses one or two at a time, I could manage more. The possibility of graduating at least one year earlier—2018 instead of 2019 or later—spurred me to increase my course load.

Since last autumn I've been taking three courses simultaneously every month of the year, and I will be enrolled in four for the final six months. Everything seems to be moving in blurry fast forward. Instead of a vague notion of what course to take next, I've had to plan out my remaining courses in advance to keep the workload manageable. Suddenly my options are narrowing and my long list of potential courses has been whittled down to the ones I'm definitely going to take. Instead of contemplating the courses I *can* take, I'm beginning to mourn all the ones I *can't*.

Working at one or two courses requires discipline and structure, but working at three or four requires sacrifice. I can't sluff off school work because the sun is shining and I want to go for a walk. It took me a few months of sloppy juggling before I found a workable routine.

I've also had to modify my expectations of what can and cannot be done, and the standards that must be met. At home it means acknowledging that clean enough is good enough and that weeds in the garden are low priority. For school work it means cutting back on supplementary readings and letting go of the notion that each essay must attain perfection before I let go of it.

The accelerated pace affects those around me, too. My family and friends now have to deal with a Barb who is less available and more distracted. My spouse has to shoulder more of the workload at home, and we both have to recognize that I need to keep a regular schedule. Spontaneity is out while long hours at my desk are in.

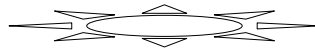
Most of all it means the end is in sight. For each of the next twelve months, I know what I'll be working on and when. I know when I'll finish all the requirements for my degree, and I know where I'll be in June 2018: in Athabasca, Alberta for convocation.

Now that the end has appeared on the horizon, I want the months to slow down so I can savour the last leg of a long journey. Instead, I'm sprinting toward the finish line, hoping life doesn't throw up a road hazard to break my pace.

I gaze with interest and longing at the social media posts of those who are reaching their own finish lines this year. I try to imagine how it will feel to hit "submit" on the absolutely last assignment. How it will feel to finally see Athabasca University's campus. How it will feel to take the last step of a long journey.

Only twelve months to go. The countdown is on!

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



Fly on the Wall **Students of the World, Relax!**

Jason Sullivan



At AU we have all felt a lingering shadow of dread as a deadline approaches. Maybe we've squandered spare time we could have used to apply ourselves; perhaps life just got in the way. It's as though we've revelled amidst plenty only to realize that our privilege can be crushed at any moment. Yet we must overcome the existential tension that deadlines have wrought. We may feel that the Sword of Damocles hangs over our head.

Damocles was a Roman who approached the emperor Cicero intending to educate him on the great fortune and wealth. In response, Cicero

decide to give him a taste of the perils of power. He situated Damocles amidst a bountiful table of delights, where the latter cast his gaze about until he noticed a glistening sword dangling above his head. Historically the allegory of the Sword of Damocles came to symbolize an abiding sense of foreboding, an awful realization that at any moment the game could all be over. Like emperors of our educational dominion, we AU students have the privilege of making our own study schedules and proceeding at a pace of our choosing. Yet we also carry the burden of responsibility in that we have only ourselves to blame if we lack the willpower to stick to our plans.

Cicero was terrified of assassination, much as we distance students may fear failure. At AU we know that we have to work hard and not get behind if we are to succeed with the privilege of setting our own timelines. As

the inviting spring sunshine implores us to cast aside our (e)textbooks we strive to find that stereotypical concept: balance. Sometimes we just have to take a breath and pause.

Sometimes a moment of thought is worth an hour of action. John Lubbock, a Victorian-era naturalist and banker summarized the value of a time out with his meme-worthy phrase: "Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time" (Lubbock, online). When coursework feels too much like work that may be a cue to take a load off and allow the mind and body to wander. Personally, I prefer nature walks or reading *Philosophy Now* magazine, but playing with nieces and nephews or conversing with friends works fine too. So does lying on a warm green lawn. A study break is about allowing ourselves to just be what we feel like being so that when we drop our noses back to *ye ol grindstone* we feel a renewed vigour.

Repose allows us to reflect on how we learn so that we may tailor methods to suit our desires. A series of academic success tips from the University of Wisconsin-Green Bay include the telling question "do you only study when you're in the mood?" (Pauk, online). As we know at AU, the mood may easily be put off when a deadline lurks. I find that sometimes draining the swamp of responsibilities might translate into suddenly feeling passionate about draining the sink of soaking dishes so as to assiduously wash them. Anything other than what academically remains to be done seems like a great idea.

It helps to remember that success as distance students is a marathon rather than a sprint. "All rising to a great place is by a winding stair" wrote Francis Bacon (Bacon qtd by Lubbock, online). In this sense even the small things, including breaks for snacks or TV, are part of the process of success. Even a private pep talk can help. After all, aren't we at AU all destined for brilliance? Of course we are! When we graduate (or successfully complete even a single course on our journey of self-improvement) we don't just forge our destiny. We also acquire something that no one can ever take away from us. As with the majestic skills of tradesmen, no life calamity can spirit away the knowledge our education has allowed us to glean in our future travels.

AU-thentic Events

Upcoming AU Related Events

Statistics Software Tools

Saturday, May 6, 9:00 am to 4:00 pm MDT
Athabasca University, Peace Hills Trust Tower, 10011 - 109 Street,
12th floor, Room 1112, Edmonton AB
In person and online
Hosted by AU's Faculty of Graduate Studies
fgs.athabascau.ca/news/presentations/
Registration closes Friday May 5; e-mail fgseducation@athabascau.ca to register

Nursing and Health Studies Library Orientation

Saturday, May 6, 12:00 to 1:00 pm MDT
Online
Hosted by AU Library
library.athabascau.ca/orientations.html
no pre-registration necessary

Leadership and Management (LMD) Info Session

Tuesday, May 9, 10:00 to 11:00 am MDT
Online
Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/athabasca-university-leadership-management-development-lmd-information-session-4-2/
register online at above address

Manufacturing Management (MMC) Info Session

Tuesday, May 9, 5:00 to 6:00 pm MDT
Online
Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/athabasca-university-manufacturing-management-mmc-information-session-4-2/
register online at above address

AUSU Council Meeting

Tuesday, May 9, 5:30 to 7:30 pm MDT
Telephone and online
Hosted by AU's Students' Union
www.ausu.org/event/may-council-meeting-2/
e-mail admin@ausu.org for meeting package

Lubbock notes that a student who "leaves school knowing much but hating his lessons will soon have forgotten almost all he ever learned; while another who had acquired a thirst for knowledge, even if he had learned little, would soon teach himself more" (Lubbock).

AU is special because we are the pilots of our progress; we are here because we care. Our desire for learning propels us forward. With that impulse comes the huge responsibility to stay on course. This weight can be a virtue. It's not just that we gain the time we'd have spent commuting to school, we happily miss out on the excessive egos of professors and the drudgery of outdated learning styles. Lubbock claimed that, for too many students, education is "placed before them in a form so irksome and fatiguing that all desire for information is choked, even crushed out...our schools, in fact, become places for the discouragement of learning, and thus produce the very opposite effect from that at which they aim" (Lubbock, online). Elsewhere he dryly noted that "in too many cases it is odious to the young" (Lubbock, online). Happily, we at AU are limited *only* by deadlines rather than being bedevilled by brick and mortar constraints like arriving in class on time or participating in extracurricular activities that our peers pressure us into. We may miss out on academic socialization, but that is what the internet and local public lectures are for. In the end, we are free to engage in what Lubbock claimed ought to be a prime goal of education: "We should therefore endeavour to educate our children so that every country walk may be a pleasure" (Lubbock, online). Society and nature become part of our classroom instead of external to it.

Once we've taken given ourselves a break the advantages of distance education ought to become clearer. Being in class without a classroom allows us to apply our studies to life all the time, to read ourselves into the world in new ways. Lubbock gives an example of this based on his abhorrence for learning grammar by rote: "though a linguist should pride himself to have all the tongues of Babel cleft the world into, yet, if he have not studied the solid things in them as well as the words and lexicons, he were nothing so much to be esteemed a learned man as any yeoman or tradesman competently wise in his mother dialect only" (Lubbock, online). Our education brings us the solid themes of meaning rather than the fleeting facts of phonics. We may

More AU-thentic Events

Other AU Related Events

Integrated IT Performance Management—Real-World CIO/CTO perspectives

Wednesday, May 10, 12:00 to 1:30 pm MDT
Online

Hosted by AU's Faculty of Graduate Studies
fgs.athabascau.ca/news/presentations/
e-mail fgseducation@athabascau.ca to register

Online MBA for Executives Info Session

Wednesday, May 10, 10:00 to 11:00 am MDT
Online

Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/executive-mba-information-session-10am-mst-5/
register online at above address
second session: Wednesday, May 10, 6:00 to 7:00 pm MDT
business.athabascau.ca/event-details/executive-mba-information-session-6pm-mst-6/

Online MBA for Executives Info Session - Mississauga

Thursday, May 11, 5:00 to 6:30 pm EDT

The Westin Toronto Airport,
950 Dixon Road, Toronto ON
In person

Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-mississauga-2/
register online at above address

Online MBA for Executives Info Session - Markham

Friday, May 12, 12:00 to 1:30 pm EDT

Hilton Toronto/Markham Suites,
8500 Warden Ave, Markham ON
In person

Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-markham/
register online at above address

Online MBA for Executives Info Session - Toronto

Friday, May 12, 5:00 to 6:30 pm EDT

University Club of Toronto,
380 University Ave, Toronto ON
In person

Hosted by AU's Faculty of Business
business.athabascau.ca/event-details/athabasca-university-executive-mba-information-session-toronto-2/
register online at above address

feel that we're in Damocles' sandals, yet, if we relax and take time out, we may bring added enjoyment to our educational repast.

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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.



In Conversation ..with Elsie and the Vibe

Wanda Waterman



Elsie came out of the Australian soul music scene but decided to launch a new chapter of her career in New York. This summer she'll be releasing her five-track self-titled debut EP, a delicious throwback to '60s soul and Motown (just have a listen to the early release track, "[Riverside](#)").

Elsie appears to be a woman with a mission, focused on positivity, the expansion of consciousness, and art as a vehicle of social change. There's nothing shallow about her optimism; Elsie clearly came by her personal ideals via the school of hard knocks. Recently she was nice enough to answer our questions about the role of music in her life and where her career is headed.

Describe your musical background. What role did music play in your childhood?

As a child, my grandparents would take me to see most of the popular musicals that came through Melbourne, Australia (my hometown). This was my earliest exposure to live music and performance, and I was (and still am) completely in love with live theatre. I used to make my extended family sit quietly at dinners so I could perform music from *Les Mis*. I also grew up learning the piano, which formed the foundation of my musical knowledge and is still where I write most of my songs.

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

When I discovered women with powerful voices, music took on a whole new meaning for me. Lauryn Hill, Alicia Keys, and Christina Aguilera were the first three women who made me want to become a singer. I discovered Lauryn Hill and Alicia Keys after my friend bought me their CDs as a gift.

I used to sit in my room and listen to their albums on repeat and try to imitate the way that they were singing. After hearing these artists, I delved into the vast realm that is R&B music. R&B, gospel music, and soul music just got me in the gut and resonated with me in a really profound way.

What's the story behind "Riverside?"

When I was 18 I was diagnosed with thyroid cancer. "Riverside" is my defiance in the face of that diagnosis, my defiance that my life was going to be in any way cut short, and finding inner strength to overcome the psychological impact of being diagnosed with cancer. The way that the song builds to the chorus perfectly encapsulates the feeling of elation that comes with knowing—or deciding—that you're going to be okay.

What do you love best about the whole EP, so far?

That it exists! The EP was a really long time in the making, and I'm so grateful that it's all come together in a way that I'm super proud of.

Can you share a little about your struggle with cancer?

Sure. So, as I mentioned, I was 18 when I was diagnosed with cancer. I had a really relaxed and optimistic attitude at the time, plus I'd seen that my mum had survived from having had it 15 years earlier. So, while it was super overwhelming and confronting, I was really lucky that I never even thought for a second that my time was up. It was something I had to get through and then get on with things! Unfortunately, there have been lingering physical symptoms of the ordeal that I'm learning to manage, but in the scheme of things, I consider myself to be very lucky.

How easy is it for a woman to break into the music industry—and stay there—these days?

This is a tough one, because I still very much feel like I'm *trying* to break into the industry. I definitely haven't broken in yet! But one huge thing I've learned is to just push. Push through the uncertainty, push through the self-doubt, push yourself into new and uncomfortable situations, push yourself to say "yes" to opportunities, and push yourself to believe you are enough. I still have to tell myself that every day as I try to make my way in the industry!

Do you feel any desire to straighten out the world a little with the art you make?

Yes. Yes. Yes x 10,000,000. That's a huge driver for me. I think art is such an amazing way to communicate a positive message and to provide new and unique perspectives. Personally, my worldview has been hugely broadened through movies, music, photography, writing, poetry, performance, and theatre, so I feel like it's a privilege to get to speak to people through music. I also think that a music career can create a unique platform to make a positive social contribution, and this is something I hope to be able to achieve.

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

Represent my truth and use that to better the world.

Tell us about your current and upcoming projects.

The whole EP is due for release in summer—I'm super excited! Outside of that, I'm gigging a whole bunch in NYC and the surrounding areas. You can find all the information you need on Facebook and Instagram @elsieandthevibe and Twitter @elsievibes.

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

The Fit Student

No Competition

Marie Well



Has someone looked you up and down and said, "No competition"? How would you feel if you worked as a grunt at an energy company, and the CEO corners you, seething the words, "No competition"? What if you served as the water boy at a major-league baseball game, and the star pitcher pulls you aside, snarling the words, "No competition"?

Either they're stating the obvious or you've got something that sparks the green-eyed monster. In other words, you've got potential. The more people who put you down, the more reason you've got to discover your stuff.

Let me take you on my journey from failure to succeeding. Dr. Jerry Orlick, author of *In Pursuit of Excellence* will join us shortly.

Did you ever suck at something that you later mastered?

I was out of shape—anorexic. Despite that, my friend convinced me to try martial arts. When he kicked the pads with the force of a spacecraft launch, I went into shock. And then,

he had me run a football field. I ran fewer than ten steps before I sucked wind. My first workout in ten years lasted minutes.

But he convinced me to start visiting the gym. With his coaxing, I later began visiting the gym six days every week. Within two years, I went from bench-pressing 10 pounds to 110. I started cycling highways instead of relying on cars. I learned how to fight—and even tried out for the university wrestling team.

We all can master anything we can conceive of doing. Don't let anyone tell you otherwise.

Did you ever succeed when others said you'd fail?

When I announced to people that I aimed to get a university degree, I got ridiculed. Prior to that, one guy asked me to wed him although he thought I was "dumber than a sack of hammers." Another person called me "the stupidest person he ever met."

But, mention of the degree got people almost violent. One nurse angrily told me that I had too little intelligence to get a degree. A family member said I didn't have the focus to get a degree. Two other people said they'd roll over dead before I got a degree.

I got a master's degree—and scored the top mark in seven university math classes. (When the nurse later saw me at the university, she said only two words: "No competition.") You, too, can prove them wrong.

But, first, let's look at what high performance requires, according to Dr. Jerry Orlick, in his book *In Pursuit of Excellence: How to Win in Sport and Life through Mental Training*. His talk appears in bold below; my tales follow.

Give 100% even when the task seems impossible.

Through hard-work and tenacity, you have the power to overcome the impossible.

When I first entered Math 30 for upgrading, my instructor said I would likely fail and should enroll in Math 20 instead. I couldn't remember what a positive times a negative equaled. I stalled on some basic one-digit by one-digit multiplication.

When I cried to my mentor about going into Math 20, she told me to stick it out in Math 30. I spent hours staring at a graph in the math text: I had no idea how the equation made the line curve. But I watched all the Math 30 videos in the library reserves ten-times apiece. I worked nonstop solving problems—and ended with a 100% final class mark.

Don't stop when things get tough. Work through the pain with all your muster—and claim your prize.

When you get criticized or face obstacles, turn these experiences into opportunities for bettering yourself.

When you get rejected or face something insurmountable, seek the opportunity to grow.

I eventually got a Master's degree and began working full-time at a prestigious job. But, at work, I started feeling spacey. I couldn't follow conversations and laughed nervously instead. I checked my pockets constantly to see if I misplaced my keys. I checked the folder every five minutes to see if I filed a page correctly. I felt the need to reread sentences multiple times as I'd immediately forget what I had just read. For seven hours per day, I felt terrorized.

Eventually, a doctor diagnosed me as having anxiety attacks. So, I began reading books on anxiety during the times I could function. I suffered with severe anxiety for half a decade—until I discovered cognitive behavioral therapy (CBT), a form of self-talk. Since applying CBT, I've lived panic free for nearly two years. Now that I've found peace, I'm prepared to pursue my deepest dreams.

No matter what obstacles you face, or what disabilities you get stricken with, you can better yourself, dream large, and turn obstacles into opportunities.

Take daily tiny steps toward your goal—even if it's just an itty-bitty step today.

No matter what hardships you face, take that first step toward your dream.

Each day, I take steps toward amazing goals. For instance, today I read pages from a book on inventing. In two hours, I go for an interview at an electronics power company. Later, I'll read about circuits and about advertising concept design.

Tomorrow, I inquire about taking a robotics course. So, take tiny steps each day toward your goals. Self-talk adds up. Education adds up. Exercise adds up. Hard-work adds up. Focus adds up. Even late-night Netflix and Papa John's pizza add up.

When you tell people your dream and they keel over laughing while stretching an index finger an inch from your eyes, just think of me.

The Creative Spark!

Your Fantastic Dreams

Marie Well



Do you dream big? In other words, if you love to bake and make crafts, could you be the next Martha Stewart—sans prison? You could: through creating lists of fantastic dreams.

Philosopher Henri Poincaré outlined a four-point path to creating. We'll cover that soon. But for now, I'm going to show you a way to create big dreams, and strive for not just one but five or more thrilling goals. But how can you do five when one seems challenging? Well, your dreams all come from you—and most of your dreams overlap. That's the exciting part; that's why you need to write your dreams down: so, you can see the connections.

Here's the process I did for mapping out giant overlapping goals. You can do the same thing.

Step 1: Write out a list of your thirty most grandiose dreams.

First, after listening to motivational clips, I wrote over thirty extreme dreams. The list included (1) become the Prime Minister, (2) become an Olympian wrestler, and (3) produce a blockbuster cinematic film. Any big dream or desire I ever had, I made even more grandiose.

Now you come up with thirty amazing dreams.

Step 2: Write out your list of mini-tasks under each big dream.

After I wrote down more than thirty dreams, I let the list percolate. I then broke the list into five to fifteen mini-tasks for each big dream.

Now you write down five to fifteen subtasks for each of your big dreams.

Step 3: Discover or stir desire for one of these big dreams.

The list laid dormant—until I stumbled on a job interview that spiked my passion for robotics and prototypes. Finally, I found the dream for me to pursue.

Now, keep alert for any opportunity that reveals the one big dream you can follow. Your subconscious will guide you. Discover your dream.

Step 4: Highlight this one big dream in blue. Highlight all the related mini-tasks you can do today in pink.

I returned to my list of thirty-plus amazing dreams, and highlighted the dream "build a robot" in bold blue. I then highlighted in bold pink all the mini-tasks (associated with building a robot) that I had already begun—or would start soon.

Now, you highlight the one big dream (and mini-tasks) that thrill you most.

Step 5: Discover the overlap in your big dreams.

But a surprising pattern emerged: Certain tasks geared for completing one dream reappeared for others. I highlighted the overlapping dreams with bold blue color.

Here's what my overlapping dreams (in bold blue) included: (1) build robots, (2) make multimedia (tech) art exhibits in Banff, (3) teach seminars (on robotics), (4) make an ecommerce enterprise, (5) invent products to market and sell, and more.

Now you highlight in blue all of your overlapping dreams.

Hint 1: Watch for clues on your life's purpose.

Watch for clues related to your list of big dreams and mini-tasks. Try novel experiences. By going out of your comfort zone, you'll discover these clues. Each new clue directs you through life's maze. And your life's purpose is at the end of the maze.

Now keep seeking clues in every novelty—present, past, or future.

Hint 2: Let your excitement accelerate your achievements.

But the catch is that the maze morphs into a more exciting maze with every clue and with every split second of dedication to your dreams. And the more excited you feel, the more you muster. I'm sure this action of acceleration marks how people accomplish the impossible.

Now discover your passions, once you do life will suck you into a state of excitement.

Hint 3: Consider Poincaré's four-point model for creativity.

In her book titled *How to Be Creative*, Liz Dean outlines philosopher Henri Poincaré's four-point model for creativity. The four-point-model reinforces some of my advice on dreaming big:

- Phase 1: intend on achieving a goal or solving a problem. Brainstorm or research [or list your wildest dreams as outlined above].
- Phase 2: Let your ideas incubate—or, in other words, sit idly. Your subconscious mind is working out your goal or problem. [By drafting your list of wildest dreams, you program your subconscious to detect opportunities.]
- Phase 3: At some point, a "flash" of inspiration will ignite in your consciousness. [Clues from new experiences can trigger this flash.]
- Phase 4: Evaluate your findings. [Evaluate the overlap in your dreams—and chase that mix of thrills.]

Step 6: Think in terms of ten-year goals.

So, your list of thirty dreams represents your forty-year-goal. Let life's clues narrow your dreams to the one's that overlap—these dreams form your ten-year goals.

Now figure out which dreams shape your ten-year goals.

Step 7: Chase the dreams, one step at a time.

You have the power to chase—and achieve—the impossible. Take that first step. And then the next step. One-step-at-a-time is the *only* path to your dreams, said a motivational speaker. A paradox? I call it a creative spark!

One caveat: Life sometimes feeds you your pet's pellets on a bun. Eat up; march on. After all, rabbit pellets are the source of some dogs' veggies.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Emily Woodward Scholarship

Sponsored by: RealMoney.co.uk

Deadline: May 31, 2017

Potential payout: \$2000

Eligibility restriction: Applicants must be enrolled in an accredited post-secondary institution as of July 31, 2017, must be 18 years of age or more, and have a GPA of 3.0 or higher.

What's required: An e-mail with personal information plus a minimum 1000-word essay on "What Does the Future Hold for Money?"

Tips: Be sure to use proper citations where necessary in your essay. Grammar and spelling count.

Where to get info: www.realmoney.co.uk/scholarship/



Women of Interest

Florence Bascom was born July 14, 1862, in Williamstown, Massachusetts and died June 18, 1945, in the same city. Bascom was the first female geologist in the United States. She was a woman of many firsts, including the first woman hired by the U.S. Geology Survey in 1896, the first woman to present a paper before the Geological Society of Washington in 1901, and the first woman elected to the Council of the Geological Society of America in 1924. While Bascom was studying for her PhD at Johns Hopkins University, she was forced to sit behind a screen so she wouldn't disturb the men. Bascom was a professor at Bryn Mawr College for 33 years, where she founded the Department of Geology that trained many of the first women geologists of the 20th century. The first edition of *American Men and Woman of Science* gave Bascom 4 stars, which is an honor for any scientist, whether male or female. During her career, Bascom published over 40 articles on genetic petrography, geomorphology, and gravel.

Additional information about this woman of many firsts may be founded at the following websites:

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

<http://trowelblazers.com/florence-bascom/>

<http://biography.yourdictionary.com/florence-bascom>

Change of Scenery

Deanna Roney



We decided to unhook the spare bathroom, as there were some issues with it, and turn it into a much-needed storage room. This plan was to take place sometime in the future—however, the plumber called and had a spare few minutes *right now*. So he came and disconnected everything. The next day I emptied it of "stuff" and, before I knew it, we had ripped down the drywall, ripped up the floor, pulled some wiring and had a new rewiring plan set in place. One very large load to the dump later and some uncovered surprises in the wall (one being the mysterious wasp nest we could never find) and my adjacent office is a construction zone.

This change is going to be great, when it is done; finally, a decent size storage area! But, until the work is finished I'm forced to try to get work done elsewhere in the house (it is a small place) and I have been finding it difficult to find somewhere quiet to get much done, not to mention it is difficult for me to have work going on and not have my hands on it. Because of this, I was falling behind where I wanted to be with work: my cached article was used much quicker than I had intended.

I am not the type that can concentrate on work in a coffee shop (the ability for people to do this is impressive). So today I decided to put my work first and escape to the cabin where the only distractions are the birds at the feeder and the loon which appears to be having a nap in the water out front. It is peaceful and conducive to writing. I have been planning on escaping out here several times, but each time something has come up. With the room underway, and construction happening on it this afternoon, my role will come tomorrow when the one wall we left drywall on needs patching and I start painting it and the trim out. It will come when we start putting the tongue and groove on the wall. But, it won't come today.

It feels pretty amazing to be out here for the sole purpose of getting some writing done: getting my to do list narrowed down. It is probably something I should have done sooner. There are always things we think we should do, should try, these shouldn't be put off. Changing the scenery of where you are working can inspire fresh ideas. Whether you are working on a paper, creative writing, or solving problems, changing up where you are studying or working every now and then can have a dramatic impact on your motivation and inspiration.

The loon out front has lifted her head from the water and drifts slowly toward where I sit in the cabin. She needs to move and change locations to find the food she needs to feed herself and, eventually, her young. Staying in one place you can find order and even success, you still need to try other things, go new places, and see if there is a bounty waiting for you.

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

Canadian Science News

Scott Jacobsen



Minister of Science Kirsty Duncan Views Research Chair Nominations as "Dismal"

Macleans said, "Canada's Minister of Science Kirsty Duncan made headlines when she expressed frustration over the fact female scientists occupy only 30 per cent of the 1,612 positions in the Canada Research Chairs Program (CRCP)."

Global News noted that Minister Duncan considered universities to not be doing enough heavy lifting in hiring more women research chairs. She stated her belief in the

competitive economy, where, if leaving out half of the talent pool, the country will be less competitive economically. Based on reportage from the Toronto Star, the results of the nominations for the CRCPs were "dismal," according to Minister Duncan: two times more men than women were nominated. The CRCPs were created 17 years ago. They are research positions in Canadian universities to push for excellence in "engineering, natural sciences, health sciences, humanities and social sciences."

Canada's Mixed History with Science

According to Global News, "...people in almost 500 cities across multiple continents marched in solidarity for the promotion of science. What began as a single rally in Washington, D.C. ... grew into an international political statement that included over a dozen Canadian cities." The march has a background. In 2010, Bill C-626 helped eliminate the long-form census. The census was meant to gather data for governments to plan particular programs. In 2012, Bill C-38 "launched an uproar." It was from the Harper administration, and according to Global News, "weakened the laws protecting the natural environment in Canada."

With Bill C-38, Canada withdrew from the Kyoto Protocol, which was based on commitment to the reduction of greenhouse gas emissions. In 2015, Justin Trudeau campaigned for scientific freedom. It was the first time "science became a campaign promise."

17 New Astronaut Candidates

CTV News reported that 17 new Canadian astronaut candidates have been selected. Among the candidates' occupations, there is a family doctor, astronomical optics scientist, and an engineer working with the German Aerospace Centre, among others. The Canadian Space Agency (CSA) revealed the names and profiles of the 17 astronaut candidates. Jeremy Hanson, a CSA astronaut, and Canadian innovation minister, Navdeep Bains, introduced the 17 candidates during a live-streaming Facebook presentation.

"We're searching for people that I would climb into a rocket with and fly to space," Hanson said. "Who have to be able to fix the toilet one day, be a plumber in space, to conducting world-class science to carrying out a risky spacewalk."

Fundamental Science Review the most comprehensive in 40 years

Canadian News Wire printed a release stating: "A comprehensive review of Canada's complex science system will help inform the future of Canadian research and scholarship. This was the message given by the Honourable Kirsty Duncan, Minister of Science, during...Universities Canada's annual membership and board meeting."

This was Minister Duncan's first speech after getting the most comprehensive science review in 4 decades. It is the Fundamental Science Review for the nation, which looks at the "federal support for fundamental science."

Minister Duncan emphasized to university presidents the need to ensure effective and strategic investment of taxpayer money. Governments and researchers have a co-responsibility in showing how investments in science are of benefit to the common good in Canada.

Quantum technology in space and radar research for Mars get \$80.9 million

"Money earmarked for space development in this year's federal budget will go to two projects that could have lasting impacts on Earth and beyond, the federal government announced Thursday," the [Toronto Star](#) reported.

One research project involves radar to study the surface of Mars, even below its surface. The other science project will examine the potential uses of quantum technology in space. University of Waterloo's Institute for Quantum Computing will oversee it.

The money investments will be \$80.9 million over 5 years. Navdeep Bains, economic development minister, said, "We want to have a thoughtful, insightful, long-term plan when it comes to space." He talked to Canadian Space Agency (CSA) staff, saying investments in space innovation are smart.

Humans may have been to North America 115,000 years earlier than thought

Humans may have lived in North America far longer than previously thought. Recently, there was evidence found of human activity as far back as 130,000 years ago. The evidence is from an archaeological site in San Diego County, California.

"In 1992, a site was uncovered containing mastodon bones, along with stone anvils and hammerstones. Dating the tools proved to be challenging. However, using recent technology, including uranium dating, the team believes they have firm evidence that humans were using tools to break apart the bones and make other tools," [CBC News](#) said.

Co-author of a [Nature](#) paper, Richard Fullager, said the materials, bone wear patterns, and the site, make the evidence "absolutely incontrovertible." It is also controversial. Anthropologists and paleontologists have consensus for humans' journey to North America 15,000 years ago. This evidence indicates it was 115,000 years earlier.

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



From the PSE News Desk

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

Next stop: the Oscars! In a first for a Canadian post-secondary education institution, Ontario's Sheridan College has received a Tony Award nomination. In a [news release](#) on its website, Sheridan College announced it has received a nomination for Best Musical for its role in producing the musical "Come From Away". The popular play about air travellers stranded in Gander and other communities in Newfoundland in the wake of the 9/11 attacks, got its start at Sheridan College and has since appeared on Broadway. "Come From Away" received a total of seven Tony Award nominations for 2017.

Canadian Education News

Scott Jacobsen



Free Abortion Pills, Working for Greater Gender Equity, and More in Ontario budget

The National Post reported that the "governing Liberals" of Ontario are investing in education, expanded social programs, health care, and pilot projects. Charles Sousa, finance minister, said the financial books are balanced and permits Ontario to invest in drug coverage, health care, and new schools.

Patrick Brown, progressive conservative leader, made the accusation that the Liberals actually have a deficit of about \$5 billion. Some benefits from the 2017 Ontario budget include free abortion pills

and 4,400 prescription drugs covered for kids under 24.

Other benefits include helping the libraries become digitized, a tax credit for seniors' transit, improved dementia care, increased cost of cigarettes, work towards greater gender equity in the board room, and cutting food waste, among many others.

Ontario Student Assistance Program overhaul

CBC News stated, "Recent graduates can now wait until they earn \$35,000 a year before they begin to repay the provincial portion of their student loans, a tweak to last year's surprise budget highlight that overhauled the Ontario Student Assistance Program."

The minimum income needed before was \$25,000. This change will take place in September, 2017. It is applicable to graduates of spring/fall. With students having a Registered Education Savings Plan (RESP), the RESP will not affect their financial assistance.

The mean tuition for a university student in Ontario is \$6,540 for the 2017-18 school year. College students pay \$2,940 on average. \$190 million will "create development opportunities" over 3 years. These will be for all academic levels of students.

A Way Home: Working Together to End Youth Homelessness

"Adam Vaughan, Member of Parliament for Spadina–Fort York, today announced a \$7.9 million investment to A Way Home: Working Together to End Youth Homelessness." Canadian News Wire's printed release said. "Mr. Vaughan made the announcement on behalf of the Honourable Patty Hajdu, Minister of Employment, Workforce Development and Labour."

1,300 youth and families will take part in the initiative. It will be coordinated through a partnership of community partners, the provinces of Alberta and Ontario, the Canadian Observatory on Homelessness at York University, A Way Home: Working Together to End Youth Homelessness, and the MaRS Centre for Impact Investing.

It is an attempt to "dramatically improve" the situation of youth homelessness with social innovation. The aim is to increase employment and educational success through prevention of youth becoming homeless. The Government of Canada will spend about \$8 million in funding for this project.

St. Francis Xavier University gets \$35 million in federal-provincial funding

According to the *Montreal Gazette*, investments in culture and education infrastructure can assist in making the nation prosperous. It promotes collaboration and innovation. It also inspires people to know the world.

Dr. Kent MacDonald, President of St. Francis Xavier University, and others, including some ministers, announced about \$35 million federal-provincial funding for 3 centres of education. These will be on the St. Francis Xavier University campus.

"This federal and provincial funding is truly transformational and will further enhance the academic environment for the exceptional faculty, staff and students of StFX University," MacDonald said, "This investment allows StFX University to create an educational hub that aligns innovative health and liberal education programming with our one-of-a-kind Institute of Government."

Recognition of Jeanette Christine Armstrong, and her Work for First Nations Education

"If anyone is deserving of the scholarly term 'autochthonous' (something springing from the very ground where it is found), it's this wise Okanagan elder, knowledge-keeper, writer, teacher, visual artist and activist for indigenous people's rights," *The Province* stated.

That Okanagan elder is Jeannette Christine Armstrong. The Province says she is a voice of conscience for her First Nation as well as British Columbia, Canada, and aboriginal peoples generally. Born in 1948, on the Penticton Indian Reserve, she knows both English and Okanagan languages.

She grew up knowing the Canadian provincial and federal institutions worked to force assimilation of the First Nations. The work was done through efforts of taking apart belief systems, ceremonies, language, and traditional economies. Armstrong earned the George Woodcock Lifetime Achievement Award in 2016.

Sheridan College Students Campaigning for Education of Indigenous Communities' Treatment

At Sheridan College's Davis campus, a group of students is campaigning for the education of fellow students about the treatment of Indigenous communities on reserves. The student group targeted the Canada 150 celebrations.

Funding from the "massive budget" for Canada 150 could help child welfare and education within First Nations communities, was one critique from the student group, *The Brampton Guardian* said. Postcards, signed by almost 200 participants, at an April 17 event called Pass on the Cake were reported to be on route to the local MP.

Abigail Salole, Sheridan instructor, said Pass on the Cake was in response to "doublespeak" around amends. "On one hand, the Canadian government is saying that it's really important for us to make reconciliation with indigenous people," Salole said, "but also not spending any money on those social problems – they're finding so much money to celebrate Confederation."

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

Living with Lupus as a Student

Tara Howse



I left off last week's [article](#) with a question on how do we limit stress, particularly for those affected with autoimmune disorders (in my case, lupus). First, you must recognize your signs of stress. Everyone—with or without an illness—manifests stress differently. For myself, stress affects me both psychologically and physiologically. Knowing what your indicators are for when things are becoming "too much" is key in managing your stress levels.

I have found that the intense concentration required for studying results in extreme fatigue and joint pain. Joint pain, particularly in my

fingers, is easy to explain and often even easier to see. My fingers along the joints will often be red and swollen. I'm happy that after a year of medication, the level of pain and swelling has significantly been reduced, but for some sufferers it's a daily struggle. Luckily, most people can—and do—empathize with joint pain and minimal explanation is needed.

Fatigue, however, is more challenging to describe. Sitting down and focusing on a screen is draining. My fatigue sets in after only two or three hours instead of the six or eight hours a typical office worker may experience. In addition to the standard mental exhaustion, fatigue stays with me all evening and can have negative effects. Where some may get together with friends over beer and wine to decompress after a long day, the effort required to get changed and ready to go out and the idea of having to converse with people often results in me staying home, alone, and going to bed by 8pm. Fatigue is the constant feeling of being hung-over; it's being incapable of managing and comprehending the simplest of ideas and tasks. While studying, it's reading and re-reading, and then re-re-reading the same sentence or paragraph without ever understanding what is trying to be taught. Again, the difference between a healthy person's fatigue and mine is a combination of the amount of time it takes to reach the point of exhaustion and the level of tiredness it brings.. Often, after a three-hour study period, I require a one to two hour nap to recuperate (which is a significantly better ratio than it was just 6 months ago).

Back to the primary question: how do you manage stress so it's possible to study and still live a (relatively) normal life? I have had to experiment, and I'm still learning. I've had to re-learn what time management means for me. I used to give myself two days off of all responsibilities each week, but two days off means it's necessary to work 8-10 hour days during the week, which I just can't do. I've learned I need to prepare and prioritize my week and each day as it comes, sometimes re-arranging to meet new demands and changing responsibilities.

Primarily, I've had to re-evaluate and cut back on non-school commitments. I've taken a less active work role, I limit my volunteer time to one or two primary organizations, my socializing focuses around activities I absolutely love (which has made my circle of friends tighter), and I've stopped feeling guilty for taking time off to relax.

More specific answers? Let me be clear, you need to take the time to do some soul searching. I can give advice and suggestions, but the most important thing you can do for your stress levels is to know yourself and what makes you happy. In the meantime, consider the following suggestions:

- 1) Meditate – there's a reason it's constantly being suggested. It works. There's legit science behind meditation but instead of thinking you need to sit on a pillow, cross-legged, for 2 hours and only eat lentils for the previous 24 hours, know that there are many different styles of meditation. Meditation worked for me at the start when I had ample time due to being pretty much incapacitated. As I started (and continue) to heal, I have found that mindfulness is a better form for me. Ask questions, try new styles, and learn what works for you.
- 2) Get. Out. – specifically, do some exercise in a wilderness setting. It does not have to be intense nor complicated. It could be a walk in the park. Feeling the grass, smelling the rain, watching the birds and, yes, even experiencing the cold reduces stress, boosts your mood, lowers your blood pressure, and increases your creativity. There are myriads of health reasons to get outside. Those socializing activities I referred to? I'm an outdoor loving adventurer. I go skiing, biking, and hiking with friends instead of happy hour.
- 3) Learn a relaxing hobby – journaling (and other writing) allows you to express yourself in a non-judgemental manner that helps process thoughts and feelings, adult colouring books are insanely popular because the detailed drawings force you to focus and calms your mind, and playing an instrument works your brain in a different manner. Having never played an instrument before, I'm learning the banjo. I'm terrible, but I don't care because I'm having fun.
- 4) Limit screen time – we are on the computer all the time. Not only does the screen mess up the quality of your sleep but instead of unwinding and relaxing, it often makes our brain work extra hard. SOUND! LIGHTS! STORY! It's so much for our senses to follow and take in. Read paper instead. Anything. Seriously, anything: magazine, trash novel, it doesn't matter, just be sure you enjoy it.

Tara Howse is in the BPA - Criminal Justice degree program with AU. With aspirations to continue her education, she is looking into AU's Master of Arts - Integrated Studies degree

Student Sizzle AU's Hot Social Media Topics

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

AthaU Facebook Group

Stephanie is curious if other students read their textbooks or just skim. Jeffi celebrates the end of studying for summer. Kari wonders if zip files can be uploaded through a course site. Oxana seeks info on course extension deadlines.

Other posts include AU website outage, English majors, and courses COMM 329, ECON 248, and SOCI 365.

reddit

After a two-month silence, a single post inspires a flurry of comments on the Athabasca University subreddit. Click on the [link](#) and post something and see what happens!

Twitter

[@AthabascaU](#) tweets: "With the new [#AthaU](#) Programs & Courses page you can 'favourite' courses...Each time you visit AthabascaU.ca, there they are!"

[@AthabascaUSU](#) (AUSU) tweets: "Want help setting your career and career and educational goals? Contact [@AthabascaU](#) Counselling Services! <http://counselling.athabascau.ca/> [#cdnpse](#)."





A Night to Remember

The other day when Hilary called I got to the phone first. "Is dad there?" she asked.

"Yep, he just walked in," I said. "What's up?" I ask.

"Get dad on the line and I'll tell you both at the same time." Oh.

"Well, that sounds scary," I said as my mother-brain kicked into oh-crap-what-now mode. For the uninitiated, oh-crap-what-now can go either way. It can be she's the victim of a hit-and-run car accident or gotten that promotion and sizable raise. We've gotten both of those calls. And many others on that continuum.

When Roy finally gets on the line, she tells us that Mother's Day and Roy's birthday are both coming up very soon. And as her gift to each of us, she scored two Oilers' tickets to two home games. She would attend each game with one of us. We would need to figure who would attend each time. This was near the great news end of the spectrum.

I chose Sunday's game 3 in round 2 of the playoffs against the Anaheim Ducks, even though the seats were much poorer, because the 5 PM start time was more reasonable for someone who doesn't really like night driving.

Greg and Grady also had tickets so he drove and effectively removed that hassle. We got there early, came through a less busy entrance, and had time to spare. Again, worry free.

When Brett Kissel's microphone failed during the singing of the American national anthem, we became part of the 18,000 plus voices belting out the Star-Spangled Banner. I ain't no damn singer but I was so proud of our collective selves for doing the polite, generous, gracious, and right thing under the circumstances. I don't know all the words and I think the song is terribly difficult for all but the most accomplished vocalists. The truth is, it didn't matter. It wasn't technically perfect but it was heartfelt and so clearly Canadian.

Even though there were earlier problems with the music that typically rocks the room during the warm up skate, I didn't put two and two together. Cynical me thought the mic 'problem' was a contrived publicity stunt. Clever but contrived. I haven't heard any Rogers Place or Oilers spokesperson official explanation but do know the story blew up on social and mainstream media.

I'd also wager that nine out of ten Americans wouldn't know any of our much easier national anthem lyrics or care enough to try singing it.

It's just too bad that warm glow we were feeling was dashed by the Ducks' goal just twenty-five seconds into the game. It was not a stellar night for Cam Talbot who has routinely performed miracles between the pipes. Many of the passes were sloppy and there were too many turnovers. But, yet, the love affair continues. The hope and the optimism are palpable. Roy will likely see a winning game Wednesday night but I'm glad I was there Sunday. It was a night to remember, from where I sit.

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



Ex-Communication

Dear Barb:

I am a single mother of two young boys. I want to be home with my boys, so I'm taking courses through AU and looking forward to getting my degree by the time they are in school full time. My ex and I separated over a year ago and he rarely sees our sons. When he was with us he was a good attentive father, and I know the boys miss him. I have tried everything I can think of to get him more involved with the boys and he says he will see them more often, but he never follows through. I don't know if I should continue to try to force him to spend more time with the boys or just let things go. I feel if I let things go, he will drift away from the boys and they'll lose contact. From all the things I've read, kids do better when their father's are involved in their lives. What do you suggest I do about this situation? Thanks.

Monica in Halifax.

Hi Monica:

There are many reasons why fathers don't see their kids. It may be because the relationship between the parents is so bad that the fathers do not want to put the children in the middle. Often fathers who were very involved in their children's lives find it difficult to become a part time "Disneyland" father. Others find it difficult to maintain a relationship with their children when they see them one weekend a month, as they are more like an uncle. Some fathers

simply do not want to be a part of their children's life. To protect their children, mothers may become angry at the father, hoping this will make him change, but usually this type of behaviour has the opposite effect. To avoid this type of confrontation the father may drift away and, as a result, everyone suffers.

The court system currently favors mothers, although this seems to be changing as more fathers are being given equal custody. As a result, mothers are having to adjust to being part time mothers. Ask yourself if you are you willing to give your ex care of the boys half the time, and trust that he will take good care of them. Perhaps you could obtain a mediator and work out a schedule with your ex and share the children equally. Of course, there are exceptions, for example, if your ex has an alcohol or drug problem, or is abusive, and then you need to restrict the children's time with him or have supervised visits. You and your ex must try to keep your personal feelings to yourselves and put your children's needs first. Maybe he is not the type of father you think he should be, but he is the type of father that he is, and you need to accept that. I hope I have been helpful.

Thanks Monica.

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.

MIGHT LISTENERS HAVE BEEN HAPPIER WHEN THEY HAD ONLY ONE PURE GENRE TO PICK FROM?



Assuming there's ever been such a thing as a pure music genre?



GOOD POINT. STEEL GUITAR ENTERED COUNTRY MUSIC VIA HAWAIIAN MUSIC AND BLUES.



BAGPIPES ENTERED SCOTLAND FROM EUROPE, AND EUROPE PROBABLY GOT THEM FROM THE MIDDLE EAST.



CLASSICAL MUSIC WAS FIRST ROOTED IN WORSHIP BUT THEN TOOK ON INFLUENCES FROM FOLK AND POPULAR MUSIC OF ALL CULTURES.



AND JAZZ WAS AN OCEAN IN NEW ORLEANS WHERE ALL MUSICAL RIVERS CONVERGED.



PURE MUSIC IS NO MORE REAL THAN PURE ETHNICITY. MUSICAL GENRE, LIKE RACE, IS A HUMAN CONSTRUCT.



point being? How are our musical times different?

THEY'RE NOT DIFFERENT. THEY'RE THE SAME. ONLY EVER SO MUCH MORE SO.





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Fill our out Survey for a Chance to Win!

AUSU values the opinions of our members!

Please fill out our services survey to provide AUSU with valuable feedback. We want to know how we can best serve you, our members, and make sure you have a positive experience with AUSU and as a student at Athabasca University!

Over \$500 in prizes will be given away to members who fill out our survey! Prizes include gift cards to a store of the winners' choosing (2X \$100, 4 X \$50, 4 X \$25) and some great AUSU swag!

The survey will only take 8-10 minutes to complete. All of your answers are completely confidential. AUSU will make note of your responses to ensure we are finding the best ways to serve our members!

Take the AUSU 2017 Services Survey online [here!](#)

Please note, the survey will ask for your AU student ID number to enter the prize draw, but this is completely optional. However, in order to receive a prize, you must provide your ID number and be an active AUSU member. Your survey answers will remain completely anonymous and will not be connected to your identity. If you have any questions, contact services@ausu.org.

Deadline: Wednesday, May 24, 2017

AU Services Survey



IMPORTANT DATES

- **May 5:** [Deadline to finish courses for 2017 Convocation](#)
- **May 9:** [AUSU Council Meeting](#)
- **May 10:** [Deadline to register in a course starting June 1](#)
- **May 14:** [AUSU Council Meeting](#)
- **May 15:** [June degree requirements deadline](#)
- **May 28:** [Deadline to apply for course extension for July](#)
- **May 28:** [Deadline to apply for course extension for July](#)

AUSU's Annual General Meeting

AUSU's AGM will be **Tuesday, May 23 at 5:30pm MT.**

Click [here](#) to add this event to your calendar. The meeting is held by teleconference, and all members are welcome to attend. It will be a chance to 'meet' the council that represents you, review AUSU's Annual Report, and ask questions.

The AGM Agenda is available on our website [here](#).

The teleconference instructions are in the agenda.



AUSU's Annual Report

AUSU's 2017 Annual Report is now online [here](#).

The report covers the 2015/2016 fiscal year (Oct 1, 2015 - Sept 30, 2016). It includes:

- Reports from each of the executives;
- AUSU's audited finances and budget;
- Overview of AUSU's services & communications;
- Overview of AUSU's accomplishments;
- A quick look at the plans for 2016/2017;
- and more!



CLASSIFIEDS

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THE VOICE

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