

THE VOICE

MAGAZINE
Vol 25 Issue 38 2017-09-29

AU's 8th President

The Second Session, Part II

Editors Behaving Badly

When to Red Flag a Potential Boss

Enduring Advice

Words from Students Past

Plus:

Instant Noodles 101

From Where I Sit

and much more!



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

Interviewing AU's 8th President: *The Second Session, Part II* 4

Articles

Editorial: *What's Inside* 3

Enduring Advice..... 7

Editors Behaving Badly 15

Parachute..... 19

All the Music be Happenin' Now: *The Gift of Jazz*..... 22

Columns

Council Connection: *September 12, 2017 Meeting* 10

The Not-So-Starving Student: *Instant Noodle 101*..... 12

The Fit Student: *Sweet Talk*..... 13

The Creative Spark: *Itty-Bitty Lightbulbs*..... 16

Technical Observations: *On Safari* 18

From Where I Sit: *The Privilege* 20

Dear Barb: *Education: Opiate of the Individual*..... 21

News and Events

Women of Interest 9

AU-Thentic Events 11

Scholarship of the Week..... 14

Student Sizzle..... 24

AUSU Update 26

Graphic

All the Music be Happenin' Now.....25

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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

What's Inside

Karl Low



I always find it interesting when some of our writers, working without knowledge of each other, seem to come together with a type of theme. This week, that theme is a loose connection of advice and strategies for when you're seeking out work. I know that some students at AU have been at this university thing for a long time. I was too. And when you're getting near the end, it can be scary to think of what comes beyond graduation. Your studies can form a comfortable routine, and breaking out of that is worrisome.

So, whether it's time to jump into something new with just the parachute of your passion for it, figuring out if you need to dump that prospective employer, or dealing with the dreaded interview once you've found what you're looking for, this week you'll find advice for all of it, including from new Voice contributor, Karlee Kapler, who immediately had my attention with her article title "Editors Behaving Badly"

But our feature article this week is the second part of The Voice Magazine's interview with AU President Dr. Neil Fassina. Scott Jacobsen gets a little more specific this time, trying to pry out of Dr. Fassina what kind of new technologies students can look forward to AU using, and how the entire idea of a distance university is able to keep up with a rapidly changing world of work.

We also have a look at the most recent Council meeting including the first reading of the new bylaws. What changes are in store for AUSU Council and what will that mean to you? You can find out at least some of that in this week's "Council Connection."

Also, AUSU has, almost since its inception, been finding ways to let students' experience inform each other. This week, Barb Lehtiniemi brings back a piece of that advice that's been lost with changes over the years. Personally, I like this one a lot because the advice tuned to the reality of students. It's easy to find generic advice as to how you have to keep on plugging away and eventually you'll make it. And that kind of advice can almost be disheartening at times, because if we weren't already having problems with those kind of obvious ideas, we probably wouldn't be needing advice in the first place. Less common is advice telling you not only that you don't have to read everything, but that you don't have to feel guilty about it, or advice tied specifically to how AU designs its courses and exams to save you a bit of work when you already feel like you're drowning.

Of course, the Voice Magazine doesn't condone not reading everything in your course. Ideally, you want to get the full benefit from the money you've spent, so it makes sense to read as much of it as possible—but sometimes the ideal is too far to reach. Better to grab what you can than lose all of it from frustration or guilt.

And sometimes just taking a break, reading about your fellow students or what's going on at AU is all that's needed to recharge those batteries for another try. So with that in mind, enjoy the read!

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

An Interview with AU's 8th President The Second Session, Part II

Scott Jacobsen



Dr. Neil Fassina is the 8th President of Athabasca University (AU). He earned a BSc in Psychology from the University of Calgary and PhD in Management from the Rotman School of Business at the University of Toronto. He is an active researcher in the areas around applied decision-making. He was installed in mid-January, 2017.

His first interview with the The Voice Magazine was conducted in late 2016, before he was officially president. [Part 1](#) and [part 2](#) of that interview are both available in our archives. This second session was conducted in late May, 2017 as the 8th president of AU. In this section, Scott asks about modern technologies, and what Dr. Fassina feels are some of the specific ways that AU can prepare for an ever-changing future.

You mentioned the more modern technologies called upon from both the faculty and staff, as one group, as well as the student learners. What are some of the more modern technologies that AU is looking into?

To consider the technologies, I will break it down. It is not a technical answer, but I look at three components to our technology. One is the hardware. The switches and circuits that we rest everything on top of, and so making sure our network is not only up to date on its design, but it is incredibly reliable and minimizing its downtime, and increasing its security. It is making sure that we're designing and implementing the pieces of that accurately.

In terms of the learning technologies and the academic computing side of things that rests on top of that hardware system, it is making sure that we are moving towards the most up to date version of our learning management system, and having that consistent experience across the university. It is integrating new data analysis tools within that learning management environment and connecting it to some of our content environments.

So we're not only able to understand how things are happening within our learning environment, but also so we're able to predict and shape the learning environment more effectively using data analytics. In terms of integrating some of the modern technologies that are becoming available within educational technologies, whether it be the augmented reality environment or the virtual reality environment. How do we create those spaces? So, our learners can seize the learning opportunity as best as they can.

How do we make all our learning as mobile ready as we can? Our learners can access their learning opportunities any time, anywhere. How do we create digitally enabled, but potentially offline, learning opportunities? When we're talking about making some of the communities that we want to try to serve, an online option may not always be possible. How do we enable that through technology without having to rely on a fibre-optic high-speed internet line?

How do we keep ahead of it on the learning side? On the university systems side of things, how are we seizing the technology so that it is easy and simple for our faculty and staff to interact with. So it is not necessarily a specific technology. But rather, how are we making the interfaces between the user and the university system the most fluid that we possibly can?

When you came into the position the big issues you suggested were sustainability, development of a vision within the university mandate, and re-establishment as the global pioneer in online education.

What are the targeted objectives now, as you chart a course with the AU community? How can everyone come together to make this university the global pioneer in online or distance education?

That's a great question. The objectives remain the same, creating the vision that we can all hang our hat on, or embracing that vision. It is one of those pieces that, in terms of talking about the mission of the university, the ability to be open, accessible, inclusive, flexible, and distance-based. That is something that to a person people are passionate about. It is a function of creating, whether that one straightforward statement that we can all look at as our vision and say, "That is what we are heading for."

If I were to suggest, or to be so bold, I would think you're not that far off when you asked the question, 'How do we become a global leader again, and being a pioneer or an innovator in open, accessible, and distance learning?' From there, it is going to have the community come together to create strategies to get there. It is recognizing that those strategies create the framework from which we're able to make decisions.

Then I said to either you, or certainly in other environments, that the largest challenge facing us right now is choosing among the opportunities that sit before us, but to get there and seize those opportunities. We must get to that stable platform from which to jump. By creating some of the strategies that we'll need to recapture our place as a leader in open and distance learning. Those strategies will help us figure out what must be prioritized.

When it comes to solving some of the financial constraints, it is a function of being able to solve which things we shouldn't be doing anymore, which things we need to invest in, but also be able to diversify some of those revenue streams to be able to enable some of the things that we're not yet doing. When the community comes together, it is very much about creating those strategies and those actions, again, just the language around them so that we have the framework to start making decisions and actions on.

Last time, we also talked about the knowledge economy and The Fourth Industrial Revolution with robotics and AI. Economy 4.0. How can AU surf the wave of Economy 4.0?

That's an interesting question. If I think about the concept of Economy 4.0 and the knowledge economy, part of it is shifting the impression of what knowledge is and what knowledge has the power to do. If I look at the evolution of a concept of a vocational skill, at one point of our history, a vocational skill was thought of as a hands-on, tactile action. We're seeing within that knowledge economy. It is that knowledge itself is becoming a vocational tool.

It is part and parcel of an individual interacting with either their work environment or community environment, home environment, or the like. So, it is embracing the learning opportunities or objectives as AU, and embedding them in the learning context in which the learner finds themselves. Whether, they come to AU because they want to improve their job, or their community, or they want to improve their own knowledge level, we've got the ability because we're not limited by bricks-and-mortar and people coming to us.

We can work with the learner in their community with that knowledge in a much faster fashion. We can be at that front-end of that wave by making sure that we're continually looking for learners and looking for learners around the learning objectives and making sure our programming is consistent with what they're trying to do with their own learning journey. It is also working with our learners to help them understand how their own environment is a key element of their learning.

So, it is that they're learning and their life experience are separate. They are one and of the same thing. So, it is, "How do we then enable the learner to use what they learned from us faster and more effectively in the environment without having to go into a bricks-and-mortar institution?" That's framing it in terms of a knowledge side of things. With regards to the AI wave, and as you point out, there is a social and an economic benefit to a highly knowledgeable community and workforce.

With the continued progression into the future of AI, to me, our answer is almost two parts. One, it is, "How do we enable our learners to embrace the technology that are available and AI for the betterment of their personal life, their communities, and their job?" That is a function of making sure our learning environment is staying up to date with the evolution of AI. The flip side of it is, "How do we as a university system use AI to help enable either our learners or our faculty to conduct their research, or enable our staff to be effective and responsible in their own roles?"

The post-secondary or higher education system overall is one of the sectors that is going to be impacted by AI. So, how can we as a virtual university take advantage of some of those technologies and use them to our betterment and then in turn to make better the learning environment? So, the AI piece is two questions. It is, "How do we put it in the hands of our learners?" It is also, "How do we utilize it to improve our learning opportunities?"

Does it seem then, as we move into Economy 4.0, that lifelong learning will become more prevalent in this country and, as one of AU's main attractions is flexibility of access, it could be a big draw? After all, a substantial portion of AU's audience is already students with dependants.

Absolutely, I would not only echo what you're saying, but complement it with what I believe is the way we see people talk about dependents. As the Boomer population continues to age in Canada, I would suggest that a lot of our learners will not only be talking about their dependent children, but are also going to be talking about elder care – which then creates another dimension of complexity for that learner who now needs an even higher degree of complexity to put their family first.

To me, that is where Athabasca University can step in. We are able to work with our learners and understand their needs for both child and elder care, and be able to meet the flexibility that they need. When you hear the story of parent having to study after their kid goes to bed, the story may evolve, where they are talking about having to put their studying in between supporting their children and parents. So, flexibility will have to become key for that lifelong learner.

AU has an international reputation as a "global pioneer" in distance education. We concluded on this note in the previous session. You mentioned wanting to have people see "a university that's here to stay" and work with the AU community to develop and execute the next steps, as well as being that global pioneer. Any further details since the first session to this palpable vision for you – for us?

You know, Scott, I think the further details are a function of some of the external validation of that need. So, one of the things that I had been told prior to arriving at AU and continue to be told, again, is that emphasis that

AU has always been that global leader. Now, I have had an opportunity to experience that firsthand in terms of hearing that from leaders at other institutions around the world.

Where truly, they look to us. When I say, "They look to us." They are looking to us as a university and as a group of individuals as well, in terms of our researchers – whether that is data analytics or embedded technologies. So, when other people from around the world are presenting, they are quoting people who are part of the AU community. So, it is not that there is more detail. There is a more robust understanding that it is important to go after that.

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



Enduring Advice

Barabara Lehtiniemi



Back when I first enrolled in my AU program, I read some advice from a student who was approaching the end of her studies. That student, Dawne, wanted to leave some parting words to encourage other students. In addition to her own words of encouragement, Dawne also included words of advice another student had posted years earlier—advice that kept Dawne going through the years it took her to finish her degree.

Not everyone at AU is on the same journey. We start at different times and take different paths to different destinations. However, we are all bound together by a common thread. We're all unique, but we're all learning.

Some of what we learn along our journey doesn't come from AU. Sometimes the most valuable learning comes from each other. That's why we congregate on social media and read student interviews in *The Voice Magazine*. Sometimes we hear or read suggestions or advice that come at the right time—words that just fit.

I found Dawne's post inspiring when I read it in 2013. I copied it into a computer file so I could always access it. I haven't followed all the advice in the post, but I read it often during times when I need some inspiration and direction. The original post is no longer available online, having disappeared when AUSU eliminated the former student forums from its website a few years ago.

Some of the advice is dated, but most is still relevant. Here is the original post, from May 16, 2013; the imbedded earlier post is undated:

After five and a half years, my AU experience has come to an end. In that time, I completed a University Diploma in Arts and a Bachelor of Arts degree. I am heading to convocation on June 6th.

At times, I thought convocation would never happen but now, as I reflect back on the experience, it was extremely rewarding and I obtained a life-long goal. I had been away from any formal schooling for a very long time and when the first package of course materials arrived, I sat and stared at it, wondering what had I got myself into. Over time, I found a routine that worked and plugged away at courses, feeling a greater sense of accomplishment with each one I completed.

I was trying to think of something really inspiring to write for those who are still working on their degrees and then I remembered a quote a former student posted when he completed his degree. I printed this quote and kept it nearby as I worked through my courses. I think he touched on many of the points that we face as students and provided some great advice.

[tnagel quote] Parting tips from a successful student? Here you go:

- Don't read everything. Don't feel guilty about not reading everything.
- If you can fulfill the "Learning Objectives", you're good. Stop studying.
- On multiple choice exams, the questions are almost certain to be the same as the end-of-chapter self-tests. Do these questions over and over until you can get 100%. This is the best study tactic I've found.
- Write on only one side of the page in exam books. Ask for another book if you need it. The backs of pages are great for inserting extra blocks of text or re-writing things you're not happy with.
- Take self-directed study courses where you can, especially if you've worked with the prof before.
- When you get close to the end of your degree and have option courses to complete, there are lots of courses that don't have final exams. I got sick of writing exams and was able to take no-exam courses for my last 6. It was an awesome break. Look in the forums here for courses that don't have exams.
- If it seems too hard, there's probably a better way.
- Ask for help, here in the forums or from your tutors.
- Don't put up with late marking on your assignments. Prod your laggard tutor with an email, and if there's no response, send an email to this magic address: tutserv@athabascau.ca. The few times I've had to use this email address, I've got a response (and usually a marked assignment) in less than 24 hours. I've never had any negative effects (like revenge marking) through a politely worded complaint to this email address. Remember, if you don't hold tutors to account on marking times, the service will be poorer for everyone.
- Set a specific objective, even if it's small, every time you sit down at your books. This avoids aimless "timewasting" study time, where you think you're studying but you're really procrastinating and feeling sorry for yourself.
- Set a VERY detailed schedule for every one of your courses and **STICK TO IT**.

What would I do differently? Well, I've found that most courses can be completed in a month of INTENSE work. I wish that I'd have ordered a course, completed it in a month, and then taken a month off, free and clear, with no studying. With this one month on, one month off strategy, I would have completed, on average 18 credits per year, which means I would have completed my degree in six years (I had some transfer credits). This might not work for everyone, though.

I wish everyone success in their studies and know that in the end, the hard work does eventually pay off.

Dawne

I can't remember if I thanked Dawne for both her advice and for passing along that of "tnagel". I know from the comments on her post that many students found it inspiring. Over the years, I've heard others mention this post and I was glad that I'd had the foresight to save it and the ability to share it. I think both contributors would be pleased to know that their words continue to inspire.

Since I'm approaching the end of my own AU program—I'll finish my BGS in Spring 2018—I'll add my own words of advice to those above:

- Write the top five reasons why you are pursuing your education and post this where you can see it. You will have dark days when you need reminding why you're doing this.
- If some of your courses require essays, take an English composition course, such as ENGL 255, as one of your first courses. There's a reason why this course is a requirement of many programs.
- Always contact your tutor before an exam to ask for guidance. They often can help you focus your study efforts, which will save you time and anxiety.
- Reward yourself for milestones. Whatever your personal hurdles are, whether it's assignments or exams or finishing a course, plan a treat for yourself when you achieve it.
- Hang out on social media (but not too much!) There are often important tidbits of information, study tips, and motivating stories on AU-related channels on Facebook, Twitter, The Landing, *The Voice Magazine*, and others.

My final word of advice, and this applies to life as well as school, is to enjoy the journey—the destination is a fleeting moment, but the journey endures.

Did someone inspire you? Or do you have any advice you think would inspire students just beginning their AU journey? Contact voice@voicemagazine.org and we'll share your inspiring stories with our readers.

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

Women of Interest

Florence Bird was born January 15, 1908, in Philadelphia, Pennsylvania, and died July 18, 1998, in Ottawa Canada. Bird was a Canadian broadcaster, journalist and senator. In 1967, Prime Minister Lester B. Pearson appointed her as chair of the Royal Commission on the Status of Women in Canada. She is best remembered for her work on women's rights, pay inequalities and trying to improve the circumstances in women's prisons. In 1971, Bird was made a Companion of the Order of Canada, which is the highest award given by the Canadian government. Under the pseudonym of Anne Francis, Bird appeared on CBS Radio and television as a political analyst. In 1974 Florence Bird published "Anne Francis: An Autobiography." In 1983, she was a recipient of the Governor General award. Bird was appointed to the Senate by Pierre Trudeau and remained in the Senate until her 75th birthday in 1983.

The following websites includes additional details about Florence Bird's life and accomplishments"

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

<http://www.thecanadianencyclopedia.ca/en/article/florence-bird/>

<https://www.collectionscanada.gc.ca/women/030001-1103-e.html>

Council Connection

Bonita Arbeau

September 12, 2017 AUSU Council Meeting



All councillors except for Amanda Lipinski, who passed along her regrets, were in attendance at the September 12th AUSU council meeting. The meeting started with the first reading of AUSU's new bylaws. The bylaw draft, which council has been working on for the past year, includes several significant changes:

- Increasing the number of councillors from 9 to 13;
- Removing membership fee specifics, which will instead be placed in a membership fee policy and changed only by special resolution;
- Removing points that guarantee editorial autonomy for the Voice Magazine and its funding percentage, with the Voice's budget to be determined annually by council;
- Adding the roles and responsibilities of AUSU's executive director;
- Adding a section that outlines AUSU's signing authority;
- Including a process for strategic planning; and
- Replacing the annual general meeting with a similar annual members' meeting, only without teeth.

Overall, the new bylaws are well-organized, comprehensive, and general, with policy delineating more specific aspects such as the membership fee. AUSU bylaw revisions require two official readings during public council meetings and two student consultations by teleconference. President Shawna Wasylshyn mentioned that, thus far, no students have participated in the bylaw forum on AUSU's Web site and only one student attended the consultation on September 6. No councillors had any questions or comments about the bylaws, even after Shawna's prodding, and the first reading was approved unanimously.

Next, council approved the appointment of Councillors Kim Newsome, Robin Bleich, and Brandon Simmons to AUSU's Executive Compensation Review Committee. This biennial committee convenes the autumn before a general election to review and make recommendations to council on executive compensation. The committee is expected to produce its final report before the end of 2017.

The next item on the agenda was AUSU's three-year strategic plan, which was approved unanimously. The use of a long-term strategic plan as opposed to an annual goals list, as had been prior practice, provides continuity for council and stability for staff. The 2018-2020 strategic plan and its accompanying operational plan will provide guidance to council and staff on AUSU's strategic direction and key action items in the areas of advocacy, student engagement, member services, community partnerships, and AUSU organizational structure.

Councillor Kim Newsome expressed initial concern about the strategic document not being circulated to council for feedback prior to the meeting, but she also said that she was very pleased with the document. She raised some good points about how AUSU should not only *measure* the success of student services, but *analyze* that data so that it can be used to better engage and communicate with students about services. Kim also pointed out that the goal to advocate for "teaching excellence" is not applicable for AUSU, but that advocacy should be directed more toward the content, variety, and updating of AU courses. To address her concern, the wording was changed to advocating for "academic excellence."

In two staff-related agenda items, council voted to continue Jodi Campbell's employment as AUSU's Executive Director, now that his probation period is over, and agreed to allow him to hire a full-time governance and advocacy coordinator. The job description for the new position details how this new staff member will have responsibility for "overseeing all aspects of the AUSU governance and advocacy initiatives and strategies in order to enhance the overall experience of undergraduate students at AU."

For monthly policy revisions, the AUSU Executive approved an informal review of AUSU Policies 4.08 (Removing members from Not in Good Standing), 5.04 (Discipline and Dismissals), and 5.07 (Staff Professional Development), making only minor changes. Council unanimously approved changes to AUSU Policy 5.02 (Staff Hiring), cleaning up the definitions of what constitutes part-time, full-time, permanent, or contract staff positions.

Changes to AUSU's Staff Management Policy (5.03) prompted an interesting discussion about who should be involved in staff performance reviews. Kim Newsome pointed out that council changed this policy in January 2017 to require three to six people to participate in each performance review, a point that was now being removed. ED Jodi Campbell said that he is "not a fan of performance reviews," but prefers to conduct an annual review that centers on building positive relationships and setting goals. Kim responded that she would like multiple sources of feedback to be included so that one person does not control the review process. However, Councillors Brandon Simmons, Andrew Gray, and Robin Bleich spoke up that council should not be involved in staff reviews, but that good governance practices allow the ED to manage his staff how he sees fit; the ED is then held accountable to council for his management of staff. After adding a point that the ED's review will be done by the AUSU Executive, these changes were approved.

The monthly reports from the AUSU Executive, staff, and committee chairs revealed a somewhat quiet month at AUSU. However, one point of interest from the executive director's report was that AUSU has recently partnered with Shaw on a trial basis to provide discounts to AUSU members. There was a brief discussion about whether this offer qualifies as a student service and whether council should have been involved in the decision to sign an agreement with Shaw. An action item was created to look into creating a procedure for future offers.

The next council meeting is scheduled for Thursday, October 12th at 5:30 pm MST. This meeting will contain the final reading of the new AUSU bylaws, so if you would like to provide feedback to council before the bylaw's final approval, just send them an [e-mail](#) or comment on AUSU's [bylaw forum](#).

Bonita is a 3rd year bachelor of commerce student at AU, a mom-of-three, a political junkie, and an impassioned tennis fan, who just so happens to enjoy attending AUSU council meetings in her "spare" time. You can follow her on twitter @BonitaRenee88.

AU-thentic Events

Upcoming AU Related Events

Business Undergraduate Info Session

Mon, October 2, 5:00 to 6:00 pm MDT
Online

Hosted by AU Faculty of Business
business.athabasca.ca/event-details/business-undergraduate-information-session3-copy-2-copy-2/
register online at above link

AU Open House - Lethbridge

Wed, October 4, 6:00 to 7:30 pm MDT
Fairfield Inn & Suites, 4081 2nd Avenue
South, Lethbridge AB

In-person

Hosted by Athabasca University
www.eventbrite.ca/e/au-open-house-information-session-tickets-38059985441
Limited seating; register online at above link

AU Open House & Info Session

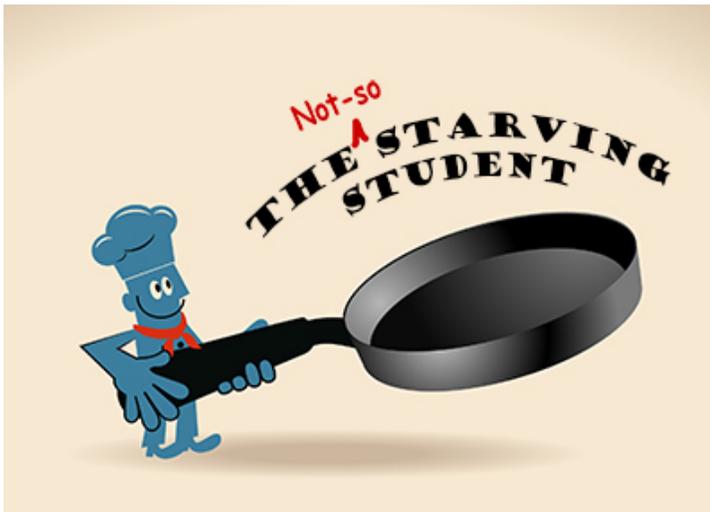
Thurs, October 5, 10:00 to 11:00 am MDT
Online

Hosted by Athabasca University
www.athabasca.ca/discover/open-house/
register online at above link
second session: Thursday, October 5, 6:00 to 7:00 pm MDT

The Not-So Starving Student

Instant Noodle 101

Xin Xu



If I had to name one fast food that unites all students worldwide, instant noodles would be my pick. While the column is named "the not-so-starving student", realistically, there will be a time and place for instant noodles; especially before a fixed deadline or when you're in dire need of grocery shopping. We will be exploring different types of instant noodles, the unique aspects of each and helping you find the flavor that matches your taste buds. Best of all, this list features only the instant noodles found at most supermarkets saving AU students both time and money.

Shin ramyun



This popular Korean brand features piping hot kimchi flavored noodles that will warm you during cold winter months. The package includes two spice packets; one of which includes the powdery seasoning and another which includes dried seaweed flakes, scallions and carrots. The mystery red powder does a fantastic job of flavoring both the noodles and broth. I also love the thicker and more elastic texture of the noodle than other instant noodle brands listed.

Mr. Noodles

Despite never being a fan of Mr. Noodles, these noodles are the least expensive when compared to their counterparts. The package features a single seasoning packet that offers milder flavors compared to some of the more ethnic instant noodle labels. The texture of the noodles is light but less chewy than the others listed here. However, if you're looking for a milder flavor rather than harsh, pungent flavors, this would be your go-to.



Mi Goreng



Mi Goreng is an Indonesian brand that produces dry noodles in lieu of soup noodles. While you can consume these noodles with broth, the instruction packet recommends the dry option which enhances the its complex flavor. The packet contains five mini seasoning packets including a soup base, optional chili flakes, soy sauce, sriracha and flavored oil. The combination of these packets creates a fragrant mix unique to the brand. For those wishing to take their instant noodle game to the next level, this would be your pick.

Nissin

My guilty pleasure in instant noodles began with this brand. Its broad flavor selection from five spice beef to tender braised pork broth means your taste buds will never be bored. Its noodles are textured and oftentimes comes with more than one seasoning packet adding to the complexity of the flavor.

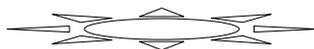


Mama



Mama noodles originate from Thailand and feature yet another variation of instant noodles to be sampled by AU students. These packets stand out the most on grocery shelves with their petite, metallic packaging. Don't be fooled by the small size of these packages, the flavor-filled seasoning really does mimic authentic Thai cuisine. For one, the Tom Yum flavored noodles have the optimal balance of the sweet, tangy, spicy, and savory. The downside being the small package of noodles. Students may find themselves needing at least two or three packs to fully savor the contents.

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



The Fit Student Sweet Talk

Marie Well



Are you a Canadian slapped with joblessness? A hundred interviews, but not one job?

Employers ooh and ah my resume. They rope me into interviews, lining up on my answering machine. When they hear my voice, they beg me for in-person interviews. But once they see me, I get the Dear John.

So, I floundered to change my look. I colored my hair—the nicest in a decade. I slimmed down on a health-nut diet. I bought new suits, shiny shoes, and a touch of makeup. I started exercising six days a week. Within four months, I looked ten years younger. A shiny penny, I strolled into interviews—yet Dear John kept scrawling.

Where did I fail? One blunt HR lady laid it out: low energy. Jeb Bush low energy. So, I asked Ms. HR what "low energy" meant. She said I sounded soft-spoken, passive, unconfident. Her points of flattery? She saw me as smart—a thinker whose ideas flash *after* the interview. And sweet. Her insults dripped with the sweet talk.

Yet, she spurred me to succeed: I yearned to learn confidence. Yet, confidence repelled me. Why? An artist once said triangles suggest confidence: hands on hips, legs apart, arms raised in V-shapes. I visualized Rosie O'Donnell's rants of man-hate. Beastly. Bad-looking.

But to succeed, I needed a new take on confidence. A friend said, "Find books on confidence." So, I found the best: *How to Speak with Confidence in Public* by Edie Lush and Charlotte McDougall. The authors show how to win with confidence at face-to-face interviews:

- Prior to the interview, rehearse stories.
- Include stories answering these questions: "Tell me about yourself." "Why do you want to work with us?" "How did you handle a challenge?" "What makes you a fit?" Turn your life successes into snappy stories.

- And add a personal touch to your stories, such as emotion or humor. Use names and direct quotes wherever you can.
- But practice each story three times. Record your practice using a smart phone.
- Plus, find two facts about your potential boss.
- A few moments before the interview, walk up a stairwell to build energy. Then find a toilet stall to power pose in privately. In the can, put hands on hips, legs apart, and deep breathe ten times. Pump up your confidence.
- At all times inside the building, smile and speak kindly to everyone you meet. One might pass praise to your potential boss.
- At the interview, open with "I'm delighted to be here."
- Then pretend you're hosting a dinner gala. Engage the boss with warm, personal stories. Ask questions; gage responses.
- The longer your chitchat, the more human you seem. Strive for 25 minutes—or more—of non-work talk.
- When asked questions, express awe with the questions and show pride over your successes.
- Also, double your voice volume, emphasizing every word. Sounds forced? Not when you playback the recording. Try it and see.
- Also, keep your arms wide like two balloons got stuffed under your armpits. Spark energy with lots of gesturing.
- And smile.

So, shove away Jeb-Bush low energy. And tell stories. Use quotes, names, and pride—like a Rosie with a sweet smile.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: HealthGrad.com Leadership Scholarship

Sponsored by: HealthGrad.com

Deadline: November 1, 2017

Potential payout: \$2000

Eligibility restriction: Applicants must be currently enrolled in qualified healthcare-related program at the undergrad, grad, or doctorate level, and have a minimum GPA of 3.2. See the full [eligibility requirements](#).

What's required: An online application form, along with an 800- to 1000-word essay describing one thing you'd like to change about our health care system.

Tips: In addition to the essay, applicants are judged on academic history, extracurricular activities, and employment history, so fill out those areas of the application form in full.

Where to get info: www.healthgrad.com/scholarships/healthcare-leadership-scholarship/



Editors Behaving Badly

A Lesson in Knowing Your Worth

Karlee Kapler



Many of us at AU are, or were, beginners in our fields of study. Whether your dream is to be a freelance writer, a registered nurse, an anthropology professor, or a marketing manager—we start somewhere. And sometimes we get taken advantage of by people in higher positions.

To prove my skills, the editor of a small newspaper in my hometown had wanted me to write an article. From there she would decide if she would want to hire me, and would let me know if she was going to publish the article or not. She also made it clear that she would pay me for the article. I then waited to receive the assignment, and when I did I set to work.

I put a lot of effort into that article, and I was quite certain I would get the job. I sent it to her and added that I looked forward to hearing her thoughts. Then I waited. A week went by and I still hadn't heard from this editor. Somehow, I came across the previous week's publication and realized that she had went ahead and published my article, without letting me know. I was ecstatic but thought she must be busy; that's why she hadn't got back to me. So I sent her a polite email.

I waited another week, and sent out another polite email. Followed by several other polite emails in the following weeks. A whole month went by and still not a word from this editor. I had had enough. I decided to get a bit aggressive, and sent out a less polite email. That got her attention. She replied, asked for an invoice, and said that she had gone ahead and hired someone else. I typed up an invoice and sent it out. And that was the end of that, for her.

But I felt used. In my mind, I had created an article that I had stressed over, that in the end was just thrown into a publication as a filler. I was angry.

It is possible to take a negative experience and turn it into a positive one. These positive experiences arise in the form of lessons. Here are a few things to think about when pursuing your goals:

- **Identifying Red Flags**

This one was huge for me. I encountered red flags from the beginning and I ignored them. The first was that the editor kept rescheduling the interview and had said "I'll email you when it will be a good time for me." She rescheduled on me more than once, or didn't email me back when she said she would.

Another red flag was how she had failed to read my cover letter at all. During the interview, she asked me several things she would have known if she had read my cover letter. One more red flag was that she had difficulties locating my resume and cover letter in her office. All of these gave me the impression she was too busy to care. Not the type of person you want as a mentor, or to work for.

- **Do your homework**

When providing a service for someone, especially on a freelance basis, make sure a contract of some sort is written up. I had never been paid before for a freelance article, and I didn't even think of sending an invoice. Make sure beforehand that you have everything in place so that you get paid. Be prepared.

- **Know your worth, protect your talent, and be assertive.**

Your talent, knowledge, and passion are important, and it should not be compromised. If you provide a service, you deserve to be paid. It isn't normal to have to chase someone down for payment. That is stealing. I was nervous to send that assertive email. I was nervous to upset an industry professional, but I realized that if I didn't I would have had my work stolen from me. If I hadn't said something, I believe that she wouldn't have paid me. I sat there thinking that since I was new, that it was normal to be treated that way. But it wasn't.

A person in a higher position than you, is just that, a person. People develop biased opinions, become jealous, and manipulate. Just because someone has more experience than you doesn't mean they're exempt from being a courteous human being. A good leader is one that educates. In the end, it is worth it to fight back, to challenge, and to be a little pushy. You deserve to be treated fairly.

Karlee Kapler is a student at AU, majoring in English. She hopes one day to pursue a career in either editing, publishing, writing, communications, or post secondary teaching. She can't decide! Feel like reaching out? Shoot her an email at karlee.kapler@gmail.com



The Creative Spark!

Itty-Bitty Lightbulbs

Marie Well



Does wisdom expire? Well, some words of wisdom go cliché—like worn-out metaphors. For instance, I sigh when I read how leaders should act as servants. I nod-off when I read the 80-20 rule. There's nothing new in either.

But some wisdom we can't escape. Consider the guilt felt when we fall behind in courses. Or the guilt felt when we say unkind words. Naturally, we cringe when we break Golden Rules.

And certain wisdom never fades. A colleague had cancer and sought meaning—philosophical, not spiritual meaning. My advice? Don't get razzle-dazzled by the wisdom in Wonder Woman; read the Buddhist 8-fold path instead.

The Buddhist 8-fold path lists rules that cross-over many faiths. The 8-fold path talks about right action, right speech, right mindset, right livelihood, right effort, right conduct, right thought, and right view. Break what's right, and you'll squirm.

But can you craft new wisdom? Yes, use wild metaphors that upend beliefs. As an example of a new metaphor, one book points to a middle ground between master and jack-of-all-trades (*How to Be Everything: A Guide for Those Who (Still) Don't Know What They Want* by Emilie Wapnick). Another book makes a bee-otch an object of desire (*Why Men Marry Bitches: A Guide for Women who are too Nice* by Sherry Argov). Still others say to slow down life to speed up success.

If your metaphor has the F-word, place that bomb in a book title. Bookstores will feature your profanity on prime display. And if your metaphor rhymes, you'll delight the world. "Fake it 'til you make it" sparked hope with many high school grads. When I asked a student stylist her hair-dressing dreams, she said, "Fake it 'til you make it." Then she splatted color on my scalp.

But remember that no matter how catchy the metaphor, wisdom is making a moral argument. John Truby shows how to make a moral argument in his book *The Anatomy of Story: 22 Steps to Becoming a Master Storyteller*:

- Make your story have actions tied to moral implications. Bundle these moral or immoral actions into a larger theme.
- Theme is not so much big ideas like good versus bad; "theme is the author's view of how to act in the world" (p. 108). *You* set the code of the right way to behave.
- But don't go overboard with preaching. Instead, let consequences dictate what counts as right action.
- Also, stuff your theme into a single sentence. Your theme could say, "Intimate love lasts when rooted in values."
- Then, zero in on how your hero's actions harm others. This is the moral starting point. As an example, start with a hero's criminal behavior destroying his true love. Then end with hero's realization of the opposite moral: "Intimate love lasts when rooted in values."
- And show how your hero makes amends.
- Or assign each character a different take on the theme. Consider the theme, "Intimate love lasts when rooted in values." The first character, the hero, harms his true love with his criminal behavior. The second character can't commit to a promising relationship because of his false desire for an ex. The third character desperately buys love. For all these characters, make the moral action come back to the theme: "Intimate love lasts when rooted in values."
- Or have the hero's and the enemy's values conflict. "Remember, values are deep-seated beliefs about what makes a good life" (p. 117). Give the hero and villain lots of opposing values. Grind these values together in the hero's quest for the goal.

In stories, you act as God, laying down right ways to behave. So, draw wisdom from life-lessons, from values, or from twists in metaphors.

Wisdom can also come from itty-bitty lightbulbs. Author Mel Robbins counted down from 5 to 1 to get out of bed. She turned that flash into a book: *The 5 Second Rule: Transform Your Life, Work, and Confidence with Everyday Courage*. Call it a creative spark!

Technical Observations

On Safari

Dakota Soares



After our interlude, we now return to our series on internet browsers. This week we will focus in on the Apple environment's biggest internet browsing software package: Safari. This browser

Initially making its debut in June of 2003, the Safari browser (originally delivered as, believe it or not, an optional download from Apple) was an initial hit with Apple fans. It is no longer a widely used browser on the desktop however; having been eclipsed by Internet Explorer/Edge, Chrome, and Firefox. Though it is still possible to download Safari for Windows, the network traffic coming from the Windows version of Safari is negligible.

It has a very strong base amongst iPad and iPhone users, and so captures a significant percentage of mobile network browsing, meaning that most websites in North America are built so that

their mobile presence works well on Safari. However, the mobile versions of Safari can only be used by iOS users, and are unavailable on the Google Play Store or the Amazon App Store.

It is pre-loaded on every Apple device, and thus is the top browser for both the popular iPad and iPhone, two of the most widely used mobile devices in North America. This pre-loading scheme has been a subject of controversy, as Apple has not allowed third parties to run browser engines on iOS. Most iOS users, however, seem content with the experience and most continue to use it as the Browser of choice.

Because of the discrepancy in use between Desktop and mobile, the two separate "forks" of Safari have caused some issues. The mobile version is highly stable, well liked and has a lot of advanced controls. However, the desktop version lagged badly behind in several features, and Apple only recently has started putting effort into bringing the desktop version up to speed, adding features that are already standards in IE/Edge, Chrome and Firefox.

Safari has unfortunately had the dubious honour of being the first browser hacked at the famous PWN2OWN CanWest Security Conference in 2008. It has repeatedly fallen under successive attempts at various PWN2OWN yearly contests, being successfully exploited a total of eight times (that is not as bad as Firefox, but worse than Chrome or IE).

Safari is great for browsing the web on your mobile device. I would recommend sticking with it if you have an iPad or an iPhone. AU students who tend to use desktops or laptops may consider alternative browsers for the browsing experience.

A specific note for students in the Faculty of Science Math courses, where Math elements displaying properly in the browser is crucial. In this environment, I would suggest using Firefox or Chrome, as they will tend to render mathematical formulas better than Safari (even the mobile version) will.

Dakota Soares is an entrepreneur taking his BSc through AU, and has many interests including music, information technology, and chicken producing.

Parachute

Deanna Roney



My husband shared a video with me this morning, one of the many that circulate Facebook. This one is of Steve Harvey, from Family Feud. I'm not sure what instigated the speech, you can see set people in the background getting things ready, so maybe he was just talking to the audience before the show started. Maybe someone asked a question, or maybe he saw something that inspired it before stepping out on stage.

What he talks about in this video is taking a leap. To find the one thing you are passionate about and gifted in and then doing it. He has an interesting analogy about jumping off a cliff. The passion or the gift sits on your back as a parachute, it is what will save you. But, he goes on to say, that your parachute won't open right away, you'll bounce off the rocks for a while first. But eventually, it will, open.

I think this analogy is perfect. Every student at AU has taken that leap by going back to school. For some, it is right out of high school. For others, many years have passed. But each choice to take the leap and go for something that you are passionate about is daring. It is not an easy choice, there are voices in our heads that

warn us against it: what if you fail, what if you can't do it? Starting AU after many years being out of school had its challenges. There were many days when I felt like I was bouncing off those cliff walls and hitting every outcrop, every rock, every branch, and I'm sure the birds nesting there were tossing things at me. Some days were hard. Getting back into it was hard.

But, eventually, that parachute did open. I found my balance and I stopped hitting every rock and branch, not to say some didn't still find their way into my path, but I became more comfortable dealing with them. I started bouncing back quicker. I don't know that it is just a single leap that will get us where we want to go. For me, it seems like there are several, the first one is the scariest, the biggest, but after that, it's like we land on a ledge, catch our breath and then have to decide to take the next leap—with a new parachute, that also will not open right away.

But after that first jump, going back to university, it has been easier to take the next. The path to where we want to be isn't going to be easy, but it will be worthwhile. I remember at convocation, there was a business major who went back to school so she could successfully manage a bee farm. I loved hearing about her dream and I often think about her and wonder how it is going. We all take that leap into Athabasca University with different desires and dreams and after we successfully complete our degree through distance education, I don't think there is much to stop us.

So once this freefall is over, don't be afraid to jump again. I am currently bouncing off the cliff walls, myself, but I am sure the parachute is going to open soon.

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 Privilege

All over Alberta campaign signs are sprouting like spring dandelions. Newspaper editors are rubbing their hands gleefully at the thought of four or more weeks of ad sales. Print shops are seeing an uptick in business as even the least engaged candidates attempt to create campaign materials.

The size of community and what's at stake are drivers in how much individuals are forking over to get elected or re-elected. The race for Edmonton mayor is higher stakes than one of the five council positions in beautiful downtown Andrew.

Of course, the best scenario for any incumbent is to be unchallenged and elected by acclamation. Roy experienced that in 2013, but is not so lucky this time. So amid the angst of another harvest that hasn't yet started for many, we need to worry about the ins and outs of campaigning.

A few weeks ago I designed his postcard and had them printed, cut and ready to go. It's got a succinct message, thumbnail photo, and election date and advance poll details. The guy challenging Roy is the local crank. A guy critical of everything and everyone; a guy who bullies his way through all his dealings. Most people believe it's no contest but if that very attitude keeps people from showing up to vote, another Trump can get elected.

So Roy is campaigning door to door, has newspaper ads scheduled, and increased his sign order. The way he's worked for the past seven years is to deal with all questions and concerns as they arise. Many people have been helped or at least heard and know he's a person of integrity and unafraid of hard work. He's trying to find the delicate balance between juggling his harvest duties with the need to connect with an electorate that is also trying to take a crop off. Misreading these voters and wasting their time during an already lousy start to harvest will likely tick people off.

Several years ago the provincial government asked for online input on changes to the MGA (Municipal Government Act). I took part and recommended that municipal elections move to spring from fall. Apparently, that brilliant suggestion fell on deaf ears. Does the date matter to urban politicians? No. So why not make it easier on both rural politicians and their electorate? No idea.

In a related story, my sister is one of ten people vying for one of five seats on the local village council. She agonized over running and did a lot of research prior to making her decision. She was alarmed by the talk of one-issue candidates who intended to 'clean house' and revisit past decisions. In this case there will likely be a candidates' forum.

So, this time, I implore you to get involved. If you're not running, then at least educate yourself about the issues and the candidates. If you're in Alberta, make sure you leave the couch or the carpool long enough to vote at either the advance poll or on October 16th. In some parts of the world, people kill for the privilege, from where I sit.

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



Dear
Barb

Barbara Godin

Education: Opiate of the Individual

Dear Barb:

I've been searching universities online and I came across your column. I am in my forties and have twin girls, who have just left home to go to university. They are quite a distance from home and each at different universities. They have been my whole life and now I don't know what to do with myself. My husband works full time at a job he loves. For most of my life I have worked on and off at part time jobs, but my main focus has been raising my girls. I am considering taking some online courses and maybe getting my degree, but I just don't know if I'm ready for that. I have been out of school for over twenty years. I wonder if you can give me some suggestions as to how I could find out if I am capable or ready for university. Thanks, Melissa.

Hey Melissa:

Great topic! I'm sure there are many parents who find themselves in a similar situation to what you are. A return to school can be a new beginning for the second half of your life. Many people return to school after twenty or even thirty years and successfully achieve their goals. Online is a good way to begin your journey. Eventually you may feel you want to attend university, or you may find online is a perfect fit for you. Athabasca has a great site where you can begin, it's actually called "Am I ready for Athabasca University?" As well, AU has many sites listed under "Counselling Services" that would be very helpful for you. Good luck, education is never a waste of time.

Dear Barb:

I think my wife is addicted to opiates! My wife injured her back two years ago and her doctor prescribed pain medication for her. Initially it helped and she was feeling good, but I think it's become an addiction. Every time her prescription runs out she goes back to the doctor claiming her back is hurting again. Her doctor doesn't do any further testing; he just keeps renewing her prescription. If I try to discuss my concerns with her, she becomes defensive and says her doctor prescribes them so she has to take them. I know some doctors do this so they don't have to deal with complaining patients. I don't know how I can get my wife to confront this issue. Any suggestions? James.

Hi James:

You are correct that some doctors prescribe medications rather than dealing with their patients' real issues. Further testing should be done to find out what is causing this pain and how to alleviate it. Perhaps you could go to an appointment with your wife and explain to the doctor your concerns. If he chooses not to do anything, you and your wife need to see another doctor for a second opinion. However, if she is not receptive, you may be right that she is addicted to the pills. Then this becomes a completely different issue and she will have to get specialized treatment, or go into a facility to deal with her addiction problem. Take it one step at a time, and thanks for writing, James.

Follow Barb on twitter @BarbGodin

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.

All the Music be Happenin' Now A Gift from the Jazz

Wanda Waterman



When I asked pianist Neil Cowley why his compositions had slowly moved away from jazz and toward more personal innovations, he replied, "My love of jazz came from things that swing. I listened to Erroll Garner as a kid. I adore playing that stuff and I'm actually good at it, but I no longer do it openly, because I don't think it fits with how we're living now. It feels like it comes from an age gone by, and I wish it wasn't. It would be glorious for music to be that happy, but it's just not the *zeitgeist* of the age now."

So what was the *zeitgeist* of our age? We tried to figure it out together, naming Robert Glasper, Marco Benevento and the circuit-bending phenomenon, and various other *avant garde* experiments before agreeing that none of these could be called a "scene" in the sense of a musical genre presiding over the entertainment industry the way Tin Pan Alley, big

band, bebop, free jazz, rock music, and punk had done in their times. Already in the new millennium geniuses had appeared, and more were still emerging (among whom I counted Cowley, for sure), but these were all working along on their own, as Cowley did in his little studio in his English garden, braving loneliness and boredom to do justice to the musical messages burgeoning inside him.

Even listening was different now, Cowley observed. People didn't go out to pubs and cafés to hear live music, and concerts, like the one he'd just given as part of the Montreal International Jazz Festival were, he admitted, prohibitively expensive. Thanks in part to the new technologies, listening to recorded music may have been democratized, but live music had become the prerogative of the rich. With that trend jazz had become more elitist, formal, academic, and less of a voice for the downtrodden.

A case in point: In 2012 jazz baritone Giacomo Gates put out a CD of Gil Scott-Heron songs, shortly after Heron had passed away. The covers were a genuine and beautifully executed tribute to one of the most underpaid and undersung heroes of American music. In spite of being the sparks that eventually ignited hip hop music, Heron's songs and poems got little airplay because they were just a little too challenging to the worldview that had been fabricated to maintain the status quo ("Whitey's on the Moon" is a great example).

After interviewing Gates by email I caught up with him at the bar of an expensive summer resort in Laconia, on New Hampshire's Lake Winnepesaukee. The performance was remarkable, if a little predictable: a set of standards, a few reminiscences, and Gates's rich, deep voice accompanied by the brilliant Berklee alumni Bruce Gertz, John Funkhouser, and Jonathan Lorentz.

During the intermission Gates confessed to me apologetically that he couldn't do any of the Gil-Scott Heron songs for this crowd. And of course he couldn't. Genres like jazz, old tyme music, rai, tango, fado, and blues may have originated among the slaves, the poor, the exiles, and the disenfranchised, but once a genre became gentrified its voice changed along with its audience.

I brought up the same topic in my phone interview with jazz bassist Christian McBride, who had just as much trouble identifying "the next big thing." But there was no doubt about jazz being a living, moving, shaping force in his life. *Zeitgeist* of the age or not, McBride loves jazz, believes in it, shares it, and uses it as an instrument of positive social change. He pointed to the Internet as both an obstacle and an opportunity for jazz musicians.

"Now that everyone has the ability to listen to any kind of music anywhere, at any time, there's no excuse for aesthetic ignorance," he observed. "There's absolutely no reason why a person can't have at least a pedestrian knowledge of any form of music, and if not, it just means they choose not to look for it. Sadly, I think that the more convenient things are the less people actually take advantage of that convenience, or they take it for granted."

McBride's passion for the music gets manifested in his own playing, in collaborations, in his podcasts, and in the work he's done with Jazz House Kids, the amazing school in New Jersey founded by his wife, Canadian singer Melissa Walker. Jazz House Kids provides a holistic musical environment for jazz excellence, recruiting many big names in jazz to provide young people of all backgrounds with a jazz environment that not only helps them grow as musicians but also instills self-confidence, self-discipline, community values, and positive personal direction.

I know from experience how well jazz equips human beings for real life. Being the string section of the three-piece Radio Stardust Jazz Orchestra, my presence was demanded, from 2008 until 2010 at the Malmstroms once a week for dinner and music practice. It was a privilege and a half.

Jack and Susan, two artists from California, had moved to Nova Scotia to inhabit the rambling Simpson estate, which included a big main house, a carriage house they'd converted into studio space, and a number of outbuildings, all surrounded by gorgeous acreage where deer could often be seen loping along the edge of the forest.

Jack's favourite era was the 1940's, so their home was decorated as a kind of shrine to the era in which the house had been constructed. Dinner was always a delicious version of California cuisine—lots of fresh vegetables, seafood, olive oil, fresh bread with pasta or rice— that was nourishing yet light enough to keep our wits sharp for the musical brainstorm we were preparing. After dinner, we'd take our tea out to the music studio and get to work building our repertoire of standards and original songs.

We were well aware that, as Cowley pointed out, jazz was no longer the natural musical language of the occidental human being. We were playing around with something that was now, despite its historical importance, not much more than a niche interest. Something only intelligent people liked to hear. But what we were doing was too alive to dismiss as cultural re-enactment. We were still improvising, making sounds that had never been heard before and that would never be heard again. We were writing original songs and arranging standards in new ways. It couldn't be anachronism; it felt too creative. We were all going through very difficult life circumstances, and we still reminisce about how healing and strengthening it was for us to be able to play jazz together during that time.

There's something perpetual about the gift of jazz. It's as if God planted jazz as a tree beside the still waters and then stepped back and let it procreate infinite varieties of fruit.

The last word should go to guitarist Michael Gauthier, who shared this wonderful anecdote, illustrative of the eternal quality of jazz:

"Back in the eighties there was an *el primo* jazz club in Montreal called The Rising Sun. Sonny Stitt, the famous bebop alto sax player, was playing there with a local band that included my friend, Art Roberts, on the piano.

"Art invited me to come see the show for free, so of course I went, and during the break Art invited me upstairs to hang out with the other musicians. He introduced me to Sonny, but after that I sat there like a peanut, saying nothing, just listening to all these guys in their forties and fifties talking together.

"Suddenly Sonny turned to me and said, 'Mike, they can take your woman, they can take your house, they can take your money, but they can never take your music.

'Never forget that.'"

Wanda also writes the blog *The Mindful Bard: The Care and Feeding of the Creative Self*.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Everybody's favourite Jason posts an update on his post-grad progress. Brenda seeks advice on resolving a Moodle issue with AU IT support, then follows up with the resolution. New member Allison reaches out to other BA PoliSci students. Marcy's looking for a real text to replace an e-text and several students direct her to potential outlets.

Other posts include AB funding for mental health resources, exam anxiety, and our very own Dear Barb.

reddit

A couple of threads this week revolving around BIO 204 & 310, CHEM 214, and MATH 215.

Twitter

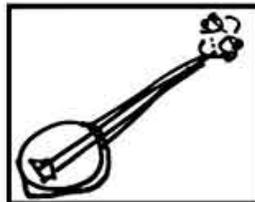
@AthabascaU tweets: "Online learning can be intimidating but it's a vital skill. Learning to Learn Online is Free & starts Monday! <https://t.co/NOoS3Gpahz>."

@AU_Press tweets: "Our latest publication in #cdnhist is Jennifer S.H. Brown's "An Ethnohistorian in Rupert's Land." <http://ow.ly/4ZsG30fpgwj>."



My Jazz Years

In 2007 I got a tenor banjo. I'd wanted a five-string.



At the Digby music store I asked Tommy Cowan what kind of music was played on a tenor banjo.



Dixieland!

I told Josh Peck, who loved Dixieland as much as I did.



We were lame at first, but we got better, and other people started joining us.



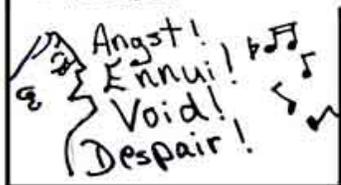
We practiced religiously at the front of the church every Tuesday night. Called ourselves "The Dixie Hicks."

It was blissful.

One new musician was clarinetist Jack Malmstrom.



Jack later backed me at spoken word events.



He recruited me to his project, which also included his wife Susan on drums-

"The Radio Stardust Jazz Orchestra."



I learned to comp. We played in bars and art galleries, and started recording an album.

Jazz was the only bright spot in those dark years.



I'd also enjoyed playing sacred music, folk, bluegrass, and blues.

But they couldn't hold a candle to the joy of playing jazz with other musicians. Why not?

What was it about jazz?



by Wanda Waterman



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STUDENTS' UNION

IMPORTANT DATES

- **Sept 29:** [Deadline to apply for course extension for Nov](#)
- **Oct 10:** [Deadline to register in a course starting Nov 1](#)
- **Oct 12:** [AUSU Council Meeting](#)
- **Oct 13:** [November degree requirements deadline](#)
- **Oct 31:** [Deadline to apply for course extension for Dec](#)
- **Nov 10:** [Deadline to register in a course starting Dec 1](#)
- **Nov 14:** [AUSU Council Meeting](#)

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Offer available until **September 30, 2017**.

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Year-Round Bursaries

AUSU has numerous bursaries available year-round for students in financial need.

Emergency Bursary - can pay for course extensions of supplemental exams needed due to unforeseen circumstances and urgent financial need. (*Note: AUSU pays the fees to AU directly.*)

Health Care Bursary - can pay up to \$1000 towards a health care plan for members who have no other reasonable access to personal or group health care benefits.

Travel Bursary - help pay travel costs for members who need to travel for their AU studies, such as to attend exams, labs, practicums, or related conferences. (*Note: AUSU pays travel costs directly. Students must apply at least 30 days before travel.*)

Computer Bursary - to purchase new laptops for student that need a new computer for their AU studies. (*NOTE: This bursary will not be available until October 1*)

Find out more or apply online [here](#).

AUSU FAQ's

Have questions about AUSU or our services? Check out our FAQ's online [here](#)!!

AUSU
FAQ's



CLASSIFIEDS

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

THE VOICE

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